



**BROADCAST MONITORING SCHEDULE:**

**NATIONAL AND REGIONAL PROGRAMMES**

Containing the listings of radio and television stations monitored daily.  
Plus many more available for recording or monitoring by request.

**January 2010**

**[broadcast@durrants.co.uk](mailto:broadcast@durrants.co.uk)**  
**020 7674 0200**

**DURRANTS SCHEDULE:**  
**NATIONAL AND REGIONAL PROGRAMME INDEX**

Please note: programmes in **purple** are weekend / seasonal / once a week programmes and as such, times and days vary.

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Pages 16 –17		West Midlands; Coventry & Warwickshire; Shropshire; Hereford & Worcester; Staffordshire; Cheshire - Birmingham, Stoke, Wolverhampton
Pages 18 –19		East Midlands; Lincolnshire; Nottinghamshire; Derbyshire, Leicestershire; Northamptonshire
Page 20		East Anglia; Suffolk; Norfolk; Cambridgeshire – Norwich, Ipswich, Bedford, Luton, Cambridge, Peterborough
Pages 21 – 22		South; Buckinghamshire; Bedfordshire; Hertfordshire; Oxfordshire; Berkshire; Essex; Three Counties; Sussex – Oxford, Reading, Southampton, Portsmouth, Isle of Wight
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Pages 24 – 25		South West; Cornwall; Devon; Dorset; Channel Islands – Plymouth, Exeter
Page 26		South East; Kent; Surrey; Southern Counties – Guildford, Dover
Pages 27 – 31		Scotland; Wales; Northern Ireland; Cumbria
For monitoring or recording requests please contact the Broadcast Team:		Tel: 020 7674 0200 Fax: 020 7674 0222 Email: <a href="mailto:broadcast@durrants.co.uk">broadcast@durrants.co.uk</a>

NB. This document will be updated and distributed on a regular basis. It is correct at the time of printing but is subject to holiday/sickness coverage.

## **DURRANTS SCHEDULE:** **NATIONAL AND REGIONAL PROGRAMME INDEX**

Those Channels which are *italicised* in this index are recorded and monitored only by prior arrangement

### **TV STATIONS**

<b><u>NATIONAL</u></b>	<b><u>Pg</u></b>		
BBC 1	05	<b><u>ITV</u></b>	<b><u>Pg</u></b>
BBC 2	05	ANGLIA EAST (Ipswich/Norwich)	21
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CHANNEL 4	05	ITV BORDER	30
FIVE	06	ITV 1(LONDON)	10
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<i>MORE4</i>	<i>07</i>	STV EAST	30
<i>MTV</i>	<i>07</i>	STV NORTH	30
<i>NATIONAL GEOGRAPHIC</i>	<i>07</i>	ITV TYNE TEES	14
SKY NEWS	06	UTV (Ulster / Northern Ireland)	34
<i>SKY SPORTS NEWS</i>	<i>07</i>	WALES (Cardiff)	33
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<i>SKY SPORTS 2</i>	<i>07</i>	WESTCOUNTRY South (Plymouth)	27
<i>SKY SPORTS 3</i>	<i>07</i>	YORKSHIRE EAST (Humberside)	11
<i>SKY SPORTS EXTRA</i>	<i>07</i>	YORKSHIRE NORTH (Leeds)	11
<b><u>BBC 1 &amp; 2 TV</u></b>	<b><u>Pg</u></b>		
EAST (Ipswich/Norwich)	21		
EAST (Bedford/Luton)	21		
EAST MIDLANDS (Notts/Derby)	19		
<i>JERSEY</i>	<i>28</i>		
LONDON	10		
NORTH (Nth Yorks – Leeds & Sheffield)	11		
NORTH (East - Yorks, Humbs & Lincs)	11		
NORTH EAST (Newcastle & Cumbria)	14		
NORTHERN IRELAND	34		
NORTH WEST (Manchester)	16		
SCOTLAND	30		
SOUTH (Oxford)	23		
SOUTH (Southampton)	25		
SOUTH EAST (Kent)	29		
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WALES	33		
WEST (Bristol)	26		
WEST MIDLANDS (Birmingham)	17		

**RADIO STATIONS**

<b><u>NATIONAL RADIO</u></b>	<b><u>Pg</u></b>	<b><u>BBC RADIO cont...</u></b>	<b><u>Pg</u></b>
BBC RADIO 1	08	TWEED	31
BBC RADIO 2	08	ULSTER	34
<i>BBC RADIO 3</i>	08	WALES	33
BBC RADIO 4	08	WILTSHIRE (West Wiltshire)	26
BBC RADIO 5 LIVE	09	WM (Birmingham)	17
<i>BBC RADIO 5 LIVE SPORTS EXTRA</i>	09	YORK	12
BBC WORLD SERVICE	09		
BBC LONDON 94.9FM	10		
<i>TALKSPORT</i>	09		
<i>ABSOLUTE RADIO (formerly Virgin)</i>	09		
<b><u>BBC RADIO</u></b>	<b><u>Pg</u></b>		
ABERDEEN	31		
ASIAN NETWORK (Birmingham)	17		
<i>ASIAN NETWORK (Leicester)</i>	19		
BERKSHIRE	23		
BRISTOL	26		
CAMBRIDGESHIRE	22		
CORNWALL	27		
CUMBRIA	31		
COVENTRY & WARWICKSHIRE	17		
CYMRU	33		
DERBY	19		
DEVON	27		
ESSEX	23		
FOYLE (Londonderry)	34		
GLOUCESTER	26		
<i>GUERNSEY</i>	28		
HEREFORD & WORCESTER	18		
HIGHLANDS & ISLANDS	31		
HUMBERSIDE	12		
<i>JERSEY</i>	28		
KENT	29		
LANCASHIRE	16		
LEEDS	11		
LEICESTER	19		
LINCOLNSHIRE	20		
LONDON	12		
MANCHESTER (formerly GMR)	16		
MERSEYSIDE	16		
NEWCASTLE	14		
NORFOLK	21		
NORTHAMPTONSHIRE	19		
NOTTINGHAM	19		
ORKNEY	31		
OXFORD	23		
SCOTLAND	31		
SHEFFIELD	11		
SHETLAND	31		
SHROPSHIRE	17		
SOLENT	25		
SOLWAY	31		
SOMERSET	26		
STOKE	18		
SUFFOLK	21		
SUSSEX	29		
SWINDON	26		
TEES	14		
THREE COUNTIES (Herts & Beds)	23		

<b>INDEPENDENT STATIONS</b>	<b>Pg</b>
2TEN FM (Reading)	24
AIRE FM (Leeds)	12
BEACON RADIO (West Midlands )	18
BRMB	18
CAPITAL FM (London)	10
CENTRAL FM (Scotland)	32
CFM RADIO (Carlisle)	32
CHOICE FM (London)	10
CITY TALK FM (Liverpool)	16
CLYDE ONE FM (Glasgow)	32
DOWNTOWN RADIO (Belfast)	34
EAGLE RADIO 96.4 (Guildford)	24
FORTH ONE FM (Edinburgh)	31
FORTH 2 AM (Edinburgh)	31
FOX FM (Oxford)	24
GALAXY 105 (Yorkshire)	15
HALLAM FM (Sheffield)	12
HEART BEDFORD	24
HEART CAMBRIDGE	22
HEART EAST MIDS	20
HEART ESSEX	24
HEART HAMPSHIRE	25
HEART IPSWICH	22
HEART KENT	29
HEART LONDON	10
HEART NORTHAMPTON	20
HEART NORTH DEVON	26
HEART NORWICH	22
HEART PETERBOROUGH	22
HEART SUSSEX	29
HEART WEST MIDS	18
IMAGINE FM (Stockport)	18
LBC 97.3FM / LBC 1152AM (London)	10
KERRANG!	18
KEY 103 FM (Manchester)	16
KICK FM (Newbury)	24
KINGDOM FM (Fife)	32
KMFM SHEPWAY (Dover)	29
KMFM THANET (Margate)	29
LEICESTER SOUND FM	20
LINCS FM (Lincoln)	20
MAGIC 828 AM (Leeds)	12
MAGIC 1170 (Teeside)	15
MAGIC 1152 (Tyne & Wear)	15
MAGIC 1152 (Manchester)	16
METRO RADIO (Tyne & Wear)	15
MORAY FIRTH RADIO (Inverness)	32
NORTHSOUND 1 (Aberdeen)	32
PIRATE FM (Cornwall)	27
RADIO BORDERS	32
<i>RADIO CEREDIGION 103.3FM (Aberystwyth)</i>	33
RADIO CITY 96.7 FM (Liverpool)	16
RED DRAGON	33
ROCK FM (Preston)	16
ROCK RADIO Q96 FM (Paisley)	32
RUGBY FM	18
SIGNAL 1 (Staffs/Cheshire)	18
STAR FM (Cambridge)	22
STAR NORTH EAST (formerly Durham FM)	13
STRAY FM (Harrogate)	13
SUN FM (Tyne & Wear)	15
SUNRISE	10
SWANSEA SOUND 1170AM	33
TAY FM (Dundee)	32
TFM (Teeside)	15
THE PULSE (Bradford)	12
TOUCH 962 (Coventry)	18
VIKING FM (Humberside)	13
WAVE 105.2 FM (Southampton / Solent)	25
WEST SOUND AM (Ayr)	32
XFM (London)	10

**BBC 1**

BREAKFAST	0600 – 0900	Mon-Fri
BBC NEWS	1300 – 1330	Mon-Fri
NEWSROUND	1700 – 1715	Mon-Fri
BBC NEWS	1800 – 1830	Mon-Fri
BBC NEWS	2200 – 2225	Mon-Fri
WATCHDOG	1930 – 2000	Mon only
PANORAMA	2030 - 2100	Mon only
THE ONE SHOW	1900 – 1930	Mon-Thur
QUESTION TIME	2235 – 2335	Thurs only
THE ONE SHOW	1900 – 1800	Fri only
BREAKFAST	0600 – 0900	Sat & Sun
NEWS	2200 – 2220	Sat & Sun
NEWS	1700 – 1715	Sat only
ANDREW MARR	0900 – 1000	Sun only
THE POLITICS SHOW	1200 – 1300	Sun only
COUNTRYFILE	1900 – 2000	Sun only
BBC NEWS	1935 – 1950	Sun only

**BBC 2**

WORKING LUNCH	1230 – 1300	Mon, Tue, Thu, Fri
WORKING LUNCH	1330 – 1400	Weds only
NEWSNIGHT	2230 – 2320	Mon-Thurs
NEWSNIGHT	2230 – 2300	Fri only
THE MONEY PROGRAMME	1900 – 1930	Fri only
TOP GEAR	2100 - 2100	Sun only

**BBC 3**

Recorded only, monitored on request

**BBC 4**

Recorded only, monitored on request

**ITV 1**

GMTV NEWS HOUR	0600 – 0700	Mon-Fri
GMTV	0700 – 0925	Mon-Fri
THIS MORNING	1030 – 1230	Mon-Fri
ITV LUNCHTIME NEWS	1330 – 1355	Mon-Fri
ITV EVENING NEWS	1830 – 1900	Mon-Fri
TONIGHT	2000 – 2030	Mon & Fri
NEWS AT TEN	2200 – 2225	Mon-Thurs
ITV NEWS	2300 – 2330	Fri only
GMTV	0835 – 0925	Fri only
NEWS	1220 – 1225	Sat & Sun only
NEWS	1700 – 1715	Sat & Sun only
NEWS	2245 – 2300	Sat & Sun only

**CHANNEL 4**

CHANNEL 4 NEWS	1900 – 1950	Mon-Fri
CHANNEL 4 NEWS	1900 – 1935	Fri only
CHANNEL 4 NEWS	1830 – 1900	Sat only
CHANNEL 4 NEWS	1930 – 2000	Sun only

**FIVE**

5 NEWS	1245 – 1255	Mon-Fri
5 NEWS	1700 – 1730	Mon-Fri
5 NEWS	1900 – 1930	Mon-Fri
FIFTH GEAR / THE GADGET SHOW	2000 – 2100	Mon only
5 NEWS UPDATE	2100 – 2115	Sat & Sun only

**SKY NEWS**

SUNRISE	0700 – 0800	Mon-Fri
LIVE DESK	0900 - 1000	Mon-Fri
AFTERNOON LIVE	1300 - 1400	Mon-Fri
TONIGHT AT SIX	1800 – 1900	Mon-Fri
NEWS AT TEN	2200 – 2300	Mon-Fri
TONIGHT AT SIX	1800 – 1900	Sat & Sun

**BBC WORLD NEWS**

Formerly BBC World TV

WORLD BUSINESS REPORT	1130 – 1145	Mon-Fri
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**BBC NEWS ( formerly BBC News 24)**

BUSINESS NEWS*	0530 – 0600	Mon-Fri
BUSINESS TODAY	2240 – 2250	Mon-Fri

\*simulcast on BBC 1 and BBC World News

**CNBC (EUROPE)**

EUROPEAN SQUAWK BOX	0800 – 0900	Mon-Fri
WORLDWIDE EXCHANGE	0900 – 1100	Mon-Fri
EUROPEAN CLOSING BELL	1600 – 1700	Mon-Fri

**CNBC (UK)**

STRICTLY MONEY	1100 - 1200	Mon-Fri
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**CNN**

CNN TODAY	0730 – 0800	Mon-Fri
QUEST MEANS BUSINESS	1930 – 2000	Mon-Fri

**BLOOMBERG**

ON THE MARKETS	0800 – 0900	Mon-Fri
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**ISLAM CHANNEL**

NEWS	2330 - 2355	Mon- Fri
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NB: start times and duration may vary

<b>MORE 4</b>	<b>Recorded only, monitoring on request</b>
<b>NATIONAL GEOGRAPHIC</b>	<b>Recording and monitoring available on request</b>
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<b>MTV</b>	<b>Recorded only, monitoring on request</b>
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<b>SKY SPORTS 1 CH 401</b>	<b>Recorded only, monitoring on request</b>
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<b>SKY SPORTS 2 CH 402</b>	<b>Recording and monitoring available on request</b>
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<b>SKY SPORTS 3 CH 403</b>	<b>Recording and monitoring available on request</b>
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<b>SKY SPORTS EXTRA CH 404</b>	<b>Recording and monitoring available on request</b>
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<b>SKY SPORTS NEWS</b>	<b>Recorded only, monitoring on request</b>
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**NB. Please note the above list of satellite channels have been selected because of their relevance to our schedule. If you would like coverage of any other national satellite channel please ring general enquiries.**

**BBC RADIO 1**

CHRIS MOYLES	0630 - 1000	Mon-Fri
NEWSBEAT	1245 - 1300	Mon-Fri
NEWSBEAT	1745 - 1800	Mon-Fri
VERNON KAYE	1000 - 1300	Sat only

**BBC RADIO 2**

JEREMY VINE	1200 - 1400	Mon-Fri
BUSINESS NEWS	1730 - 1740	Mon-Fri

**BBC RADIO 3**

Recording and monitoring available on request

**BBC RADIO 4**

FARMING TODAY	0545 - 0600	Mon-Fri
TODAY	0600 - 0900	Mon-Fri
WOMAN'S HOUR	1000 - 1045	Mon-Fri
YOU AND YOURS	1200 - 1300	Mon-Fri
THE WORLD AT ONE	1300 - 1330	Mon-Fri
PM	1700 - 1800	Mon-Fri
SIX O'CLOCK NEWS	1800 - 1830	Mon-Fri
THE WORLD TONIGHT	2200 - 2245	Mon-Fri
MONEYBOX LIVE / INSIDE MONEY	1500 - 1530	Wed only
IN TOUCH	2040 - 2100	Tues only
THINKING ALLOWED	1600 - 1630	Wed only
IN BUSINESS	2030 - 2100	Thurs only
OPEN COUNTRY	0610 - 0635	Sat only
FARMING TODAY THIS WEEK	0635 - 0700	Sat only
TODAY	0700 - 0900	Sat only
MONEYBOX	1200 - 1230	Sat only
NEWS	1300 - 1315	Sat only
SATURDAY PM	1700 - 1730	Sat only
SIX O'CLOCK NEWS	1800 - 1815	Sat & Sun
NEWS	2200 - 2215	Sat only
NEWS AND PAPERS	0700 - 0710	Sun only
BROADCASTING HOUSE	0900 - 1000	Sun only
THE FOOD PROGRAMME	1230 - 1300	Sun only
THE WORLD THIS WEEKEND	1300 - 1330	Sun only
THE WESTMINSTER HOUR	2200 - 2245	Sun only

**BBC RADIO 5 LIVE**

MORNING REPORTS	0500 – 0530	Mon-Fri
WAKE UP TO MONEY	0530 – 0600	Mon-Fri
5 LIVE BREAKFAST	0600 – 0900	Mon-Fri
VICTORIA DERBYSHIRE	1200 - 1300	Mon, Tues, Thurs, Fri
DRIVE	1600 – 1900	Mon-Fri
MORNING REPORTS	0500 – 0600	Sat & Sun
BREAKFAST	0600 – 0900	Sat & Sun
WEEKEND NEWS	2000 – 2200	Sat & Sun
DONAL MACINTYRE	1930 – 2030	Sun only

**BBC RADIO 5 LIVE SPORTS EXTRA**

Recording and monitoring available on request

**BBC WORLD SERVICE**

WORLD BUSINESS REPORT	0830 – 0850	Mon-Fri
EUROPE TODAY	1705 – 1800	Mon-Fri

**TALKSPORT 1053/1089 MW**

Recording and monitoring available on request

**ABSOLUTE RADIO**Recording and monitoring available on request  
Formerly VIRGIN 105.8 FM

**BBC 1 (LONDON)**

BBC LONDON NEWS	0625 - 0630 / 0655 - 0700	Mon-Fri
BBC LONDON NEWS	0725 - 0730 / 0755 - 0800	Mon-Fri
BBC LONDON NEWS	0825 - 0830 / 0855 - 0900	Mon-Fri
BBC LONDON NEWS	1330 - 1345	Mon-Fri
BBC LONDON NEWS	1830 - 1900	Mon-Fri
BBC LONDON NEWS	2225 - 2230	Mon-Fri
INSIDE OUT	1930 - 2000	Mon only
BBC LONDON NEWS	1715 - 1725	Sat only
BBC LONDON NEWS	1950 - 2000	Sun only

**ITV 1 (LONDON)**

LONDON TODAY	0710 - 0715	Mon-Fri
LONDON TODAY	1355 - 1400	Mon-Fri
LONDON TONIGHT	1800 - 1830	Mon-Fri
LONDON TONIGHT	2225 - 2235	Mon-Thurs
LONDON TONIGHT	2330 - 2340	Fri only
LONDON TONIGHT	1700 - 1715	Sat & Sun only

**BBC LONDON 94.9 FM**

BREAKFAST	0700 - 0800	Mon - Fri
DRIVETIME	1700 - 1800	Mon - Fri

**LBC 97.3 FM**

BREAKFAST	0700 - 0800	Mon-Fri
NEWS	1700 - 1705	Mon-Fri

**LBC 1152 AM**

NEWS	0800 - 0805	Mon-Fri
NEWS	1600 - 1615	Mon-Fri

**CAPITAL 95.8 FM (London)**

NEWS	0700 - 0705	Mon-Fri
NEWS	1700 - 1705	Mon-Fri

**HEART LONDON**

NEWS	Formerly Heart 106.2 FM (London)	
NEWS	0800 - 0805	Mon-Fri
NEWS	1700 - 1705	Mon-Fri

**CHOICE 96.9 FM (South London)**

NEWS	0700 - 0705	Mon-Fri
NEWS	1800 - 1805	Mon-Fri

**SUNRISE (London)**

NEWS	0700 - 0705	Mon-Fri
NEWS	1200 - 1205	Mon-Fri
NEWS	1700 - 1705	Mon-Fri

**XFM 104.9 FM (London)**

NEWS	0800 - 0805	Mon-Fri
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**REGIONAL SCHEDULE INDEX****BBC 1 NORTH****(North Yorkshire - Leeds & Sheffield)**

NORTH NEWS	0625 – 0630	Mon-Fri
NORTH NEWS	1330 – 1345	Mon-Fri
LOOK NORTH	1830 – 1900	Mon-Fri
INSIDE OUT	1930 – 2000	Mon only
NORTH NEWS	1700 – 1705	Sat only
NORTH NEWS	1700 – 1705	Sun only
POLITICS SHOW	1235 - 1330	Sun only

**BBC 1 NORTH (East)****(Yorkshire, Humberside & Lincolnshire)**

LOOK NORTH	0625 – 0630	Mon-Fri
LOOK NORTH	1330 – 1345	Mon-Fri
LOOK NORTH	1830 – 1900	Mon-Fri
INSIDE OUT	1930 – 2000	Mon only
POLITICS SHOW	1235 - 1330	Sun only

NB – Politics Show / Inside Out are the same broadcasts as BBC 1 North (Leeds & Sheffield)

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**ITV YORKSHIRE NORTH (Leeds)**

CALENDAR NORTH NEWS	0710 – 0715	Mon-Fri
CALENDAR NORTH NEWS	1355 – 1400	Mon-Fri
CALENDAR NORTH NEWS	1800 – 1830	Mon-Fri
CALENDAR NEWS	1700 – 1705	Sat & Sun only

**ITV YORKSHIRE EAST (Humberside)**

CALENDAR EAST NEWS	1805 – 1815	Mon-Fri
NB – morning and lunchtime news same as ITV Yorks North		

**BBC RADIO LEEDS**

BREAKFAST SHOW	0700 – 0900	Mon-Fri
LIZ RHODES TONIGHT	1600 – 1800	Mon-Fri

**BBC RADIO SHEFFIELD**

BREAKFAST PROGRAMME	0700 – 0825	Mon-Fri
NEWS	1700 – 1705	Mon-Fri
HOWARD PRESSMAN	1730 – 1800	Mon-Fri

**BBC RADIO YORK**

BREAKFAST PROGRAMME	0700 – 0900	Mon-Fri
ELLY FIORENTINI	1630 – 1900	Mon-Thurs
ELLY FIORENTINI	1630 – 1830	Fri only

**BBC RADIO HUMBERSIDE**

BREAKFAST	0630 – 0830	Mon-Fri
DRIVETIME	1600 – 1700	Mon-Fri
NEWS	1700 - 1710	Mon-Fri

**AIRE 96.3 FM (Leeds)**

NEWS	0700 – 0705	Mon-Fri
NEWS	1700 – 1705	Mon-Fri

**MAGIC 828 (Leeds)**

NEWS	0700 – 0705	Mon-Fri
NEWS	1700 – 1705	Mon-Fri

**THE PULSE (Bradford/Halifax)**

NEWS	0700 – 0705	Mon-Fri
NEWS	1700 – 1705	Mon-Fri

**HALLAM FM (Sheffield)**

NEWS	0700 – 0710	Mon-Fri
NEWS	1800 – 1810	Mon-Fri

<b>STAR NORTH EAST</b>	(formerly Durham FM)	
NEWS	0800 – 0805	Mon-Fri
NEWS	1800 – 1810	Mon-Fri
<b>STRAY 97.2 FM (Harrogate)</b>		
NEWS	0900 – 0905	Mon-Fri
NEWS	1700 – 1705	Mon-Fri
<b>VIKING 96.9 FM (Humberside)</b>		
NEWS	1700 – 1705	Mon-Fri

**BBC 1 NORTH EAST****( Newcastle & Cumbria)**

NORTH EAST NEWS	0625 – 0630	Mon-Fri
NORTH EAST NEWS	1330 – 1345	Mon-Fri
LOOK NORTH	1830 – 1900	Mon-Fri
INSIDE OUT	1930 - 2000	Mon only
NORTH EAST NEWS	1700 – 1705	Sat Only
NORTH EAST NEWS	1700 – 1705	Sun Only
POLITICS SHOW	1235 – 1300	Sun Only

**ITV TYNE TEES**

TYNE TEES & BORDERS NEWS	0635 - 0640	Mon-Fri
TYNE TEES & BORDERS NEWS	1355 – 1400	Mon-Fri
NORTH EAST TONIGHT	1800 – 1830	Mon-Fri
TYNE TEES & BORDER NEWS	1700 – 1715	Sat Only
TYNE TEES & BORDER NEWS	1700 – 1715	Sun Only

**BBC RADIO NEWCASTLE**

BREAKFAST	0700 – 1000	Mon-Fri
NEWS	1300 – 1305	Mon-Fri
DRIVETIME	1600 – 1730	Mon-Fri
HOWES FISHING	0600 – 0630	Sat only
NEWS	0700 – 0705	Sat only
BREAKFAST	0800 – 0900	Sat only

**BBC TEES**

BREAKFAST PROGRAMME	0700 – 1000	Mon-Fri
DRIVETIME	1700 – 1800	Mon-Fri

<b>METRO RADIO (T&amp;W)</b>		
NEWS	0700 – 0705	Mon-Fri
NEWS	1700 – 1705	Mon-Fri
<b>MAGIC 1170 AM (Teesside)</b>		
NEWS	0700 – 0705	Mon-Fri
NEWS	1700 – 1705	Mon-Fri
<b>SUN FM 103.4FM (Sunderland)</b>		
NEWS	0700 – 0705	Mon-Fri
NEWS	1700 – 1705	Mon-Fri
<b>TFM 96.6 (Teesside)</b>		
NEWS	0700 – 0705	Mon-Fri
NEWS	1700 – 1705	Mon-Fri
<b>MAGIC 1152 AM (T&amp;W)</b>		
NEWS	0700 – 0705	Mon-Fri
NEWS	1700 – 1705	Mon-Fri
<b>GALAXY 105 (Yorkshire)</b>		
NEWS	0650 – 0700	Mon-Fri
NEWS	1650 – 1700	Mon-Fri

**BBC 1 NORTH WEST (Manchester)**

NORTH WEST NEWS	0625 – 0630	Mon-Fri
NORTH WEST NEWS	1330 – 1345	Mon-Fri
NORTH WEST TONIGHT	1830 – 1900	Mon-Fri
INSIDE OUT	1930 – 2000	Mon only
NORTH WEST NEWS	1700 – 1705	Sat Only
NORTH WEST NEWS	1700 – 1705	Sun Only
POLITICS SHOW	1235 – 1300 TAPED ONLY	Sun Only

**ITV GRANADA (Manchester)**

GRANADA NEWS	0710 – 0715	Mon-Fri
GRANADA NEWS	1355 – 1400	Mon-Fri
GRANADA REPORTS	1800 – 1830	Mon-Fri
GRANADA NEWS	1700 – 1715	Sat Only
GRANADA NEWS	1700 – 1715	Sun Only

**BBC RADIO LANCASHIRE**

LANCASHIRE TODAY	0700 – 0900	Mon-Fri
LANCASHIRE TONIGHT	1700 – 1800	Mon-Fri

**BBC RADIO MERSEYSIDE**

MORNING MERSEYSIDE	0600 – 0830	Mon-Fri
ROGER PHILLIPS	1200 - 1400	Mon-Fri
MERSEYSIDE TONIGHT	1700 – 1900	Mon-Fri

**BBC RADIO MANCHESTER**

BREAKFAST	0700 – 0900	Mon Fri
NEWS	1300 – 1305	Mon-Fri
MANCHESTER NOW	1700 – 1800	Mon-Fri
MANCHESTER BUSINESS	1800 – 1900	Mon only

**ROCK FM 97.4FM (Preston)**

NEWS	0800 – 0805	Mon-Fri
NEWS	1700 – 1705	Mon-Fri

**RADIO CITY FM (96.7 FM Liverpool)**

NEWS	0700 – 0705	Mon-Fri
NEWS	1600 – 1605	Mon-Fri

**KEY 103 FM (Manchester)**

NEWS	0700 – 0705	Mon-Fri
NEWS	1700 – 1705	Mon-Fri

**MAGIC 1152 (Manchester)**

NEWS	0700 – 0705	Mon-Fri
NEWS	1700 – 1705	Mon-Fri

**CITY TALK FM (Manchester)**

NEWS	0700 – 0705	Mon-Fri
NEWS	1300 – 1305	Mon-Fri
CITY TALK DRIVE	1700 – 1800	Mon-Fri

**BBC 1 WEST MIDLANDS (Birmingham)**

MIDLANDS TODAY	0625 – 0630	Mon-Fri
MIDLANDS TODAY	1330 – 1345	Mon-Fri
MIDLANDS TODAY	1830 – 1900	Mon-Fri
INSIDE OUT	1930 – 2000 TAPED ONLY	Mon only
MIDLANDS TODAY	1700 – 1705	Sat only
MIDLANDS TODAY	1700 – 1705	Sun only
POLITICS SHOW	1235 – 1300	Sun only

**ITV CENTRAL WEST (Birmingham)**

CENTRAL WEST NEWS	0635 – 0640	Mon-Fri
CENTRAL WEST NEWS	1355 – 1400	Mon-Fri
CENTRAL WEST NEWS	1800 – 1830	Mon-Fri
CENTRAL WEST NEWS	1700 – 1715	Sat only
CENTRAL WEST NEWS	1700 – 1715	Sun only

**BBC RADIO WM ( Birmingham)**

BREAKFAST SHOW	0700 – 0900	Mon-Fri
LUNCH WITH ED DOOLAN	1200 – 1400	Mon-Fri
DRIVETIME	1600 – 1800	Mon-Fri

**BBC RADIO ASIAN NETWORK (Birmingham)**

ASIAN NETWORK REPORTS	1230 – 1300	Mon-Fri
ASIAN NETWORK REPORTS	1800 – 1830	Mon-Fri

**BBC RADIO COVENTRY & WARWICKSHIRE**

BREAKFAST PROGRAMME	0700 – 0900	Mon-Fri
CWR NEWS	1800 – 1805	Mon-Fri

**BBC RADIO SHROPSHIRE**

BREAKFAST PROGRAMME	0600 – 0800	Mon-Fri
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**BBC RADIO STOKE**

BREAKFAST PROGRAMME	0700 – 0730	Mon-Fri
DRIVETIME	1700 – 1800	Mon-Fri

**BBC RADIO HEREFORD & WORCESTER**

BREAKFAST	0800 – 0900	Mon-Fri
DRIVETIME	1700 – 1800	Mon-Fri

**BRMB 96.4FM (Birmingham)**

NEWS	0700 – 0705	Mon-Fri
NEWS	1600 – 1605	Mon-Fri

**HEART WEST MIDLANDS**

NEWS	Formerly 100.7FM (West Midlands) 0700-0705	Mon-Fri
NEWS	1700-1705	Mon-Fri

**KERRANG!**

NEWS	0600 - 0605	Mon-Fri
NEWS	1700 – 1705	Mon-Fri

**TOUCH FM (Coventry)**

NEWS	0800 – 0805	Mon-Fri
NEWS	1700 – 1705	Mon-Fri

**SIGNAL ONE FM (Staffs/Cheshire)**

NEWS	0700 – 0705	Mon-Fri
NEWS	1600 – 1605	Mon-Fri

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**IMAGINE FM (Stockport)**

NEWS	0800 – 0805	Mon-Fri
NEWS	1700 – 1705	Mon-Fri

**BEACON FM (Wolverhampton)**

NEWS	0600 – 0605	Mon-Fri
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**RUGBY FM**

NEWS	0700 – 0705	Mon-Fri
NEWS	1300 – 1205	Mon-Fri
NEWS	1700 – 1705	Mon-Fri

**BBC 1 EAST MIDLANDS (Notts/Derby)**

EAST MIDLANDS NEWS	0625 – 0630	Mon-Fri
EAST MIDLANDS NEWS	1330 – 1345	Mon-Fri
EAST MIDLANDS TODAY	1830 – 1900	Mon-Fri
INSIDE OUT	1930 – 2000	Mon only
POLITICS SHOW	1235 – 1300	Sun only

**ITV CENTRAL EAST (Notts/Derby)**

CENTRAL EAST NEWS	1800 – 1815	Mon-Fri
NB – morning, lunchtime and weekend news same as ITV Central West		

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**BBC RADIO NOTTINGHAM**

BREAKFAST	0600 – 0800	Mon-Fri
DRIVETIME	1700 – 1900	Mon-Fri

**BBC RADIO DERBY**

BREAKFAST SHOW	0700 – 0900	Mon-Fri
NEWS	1700 – 1800	Mon-Fri

**BBC RADIO LEICESTER**

GOOD MORNING LEICESTER	0700 – 0900	Mon-Fri
DRIVETIME	1700 – 1800	Mon-Fri

**BBC RADIO NORTHAMPTONSHIRE**

START THE DAY	0600 – 0800	Mon-Fri
STUART LINNELL	1100 – 1400	Mon-Fri
DRIVETIME	1600 – 1800	Mon-Fri

**BBC RADIO ASIAN NETWORK (Leicester)**

**RECORDING AND MONITORING AVAILABLE ON REQUEST**

**BBC RADIO LINCOLNSHIRE**

NEWS	0700 – 0900	Mon-Fri
LINCS TONIGHT	1700 – 1800	Mon-Fri

**LEICESTER SOUND 105.4FM**

NEWS	0800 – 0805	Mon-Fri
NEWS	1600 – 1605	Mon-Fri

**LINCS FM**

NEWS	0700 – 0705	Mon-Fri
NEWS	1700 – 1705	Mon-Fri

**HEART EAST MIDLANDS**

	Formerly Heart 106 (East Midlands)	
NEWS	0800 – 0805	Mon-Fri
NEWS	1700 – 1705	Mon-Fri

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**HEART NORTHAMPTON**

	(formerly Northants 96.9 FM )	
NEWS	0700 – 0705	Mon-Fri
NEWS	1700 – 1705	Mon-Fri

**BBC 1 EAST (East - Ipswich / Norwich)**

LOOK EAST NEWS	0625 – 0630	Mon-Fri
LOOK EAST NEWS	1330 – 1345	Mon-Fri
LOOK EAST	1830 – 1900	Mon-Fri
INSIDE OUT	1930 – 2000	Mon only
LOOK EAST NEWS	1700 – 1705	Sun Only
POLITICS SHOW	1235 – 1300	Sun Only

**BBC 1 EAST (West - Bedford/Luton/Cambridge)**

LOOK EAST (CLOSE UP WEST)	1840 – 1850	Mon-Fri
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**ITV ANGLIA EAST (Ipswich/Norwich)**

EAST ANGLIA NEWS	1815 – 1825	Mon-Fri
NB – morning, lunchtime and weekend news same as Anglia West with 10 min split in evening news		

**ITV ANGLIA WEST (Bedford/Luton)**

WEST ANGLIA NEWS	0710 – 0715	Mon-Fri
WEST ANGLIA NEWS	1355 – 1400	Mon-Fri
WEST ANGLIA NEWS	1800 – 1830	Mon-Fri
WEST ANGLIA NEWS	1700 – 1715	Sat & Sun only

**BBC RADIO NORFOLK**

TODAY IN NORFOLK	0700 – 0900	Mon-Fri
NORFOLK TONIGHT	1600 – 1800	Mon-Fri

**BBC RADIO SUFFOLK**

BREAKFAST	0700 - 0900	Mon-Fri
DRIVETIME	1700 – 1800	Mon-Fri

**BBC RADIO CAMBRIDGESHIRE (Cambridge)**

BREAKFAST	0700 – 0900	Mon-Fri
NEWS	1300 – 1305	Mon-Fri
CAMBRIDGESHIRE TONIGHT	1700 – 1800	Mon-Fri

**HEART NORWICH**

	(formerly Radio Broadland)	
NEWS	0700 – 0705	Mon-Fri
NEWS	1700 – 1705	Mon-Fri

**HEART IPSWICH**

	(formerly SGR Ipswich FM)	
NEWS	0700 – 0705	Mon-Fri
NEWS	1700 – 1705	Mon-Fri

**HEART CAMBRIDGE**

	(formerly Q103 Cambridge 97.4FM)	
NEWS	0800 – 0805	Mon-Fri
NEWS	1700 – 1705	Mon-Fri

**STAR 107.9FM (Cambridge)**

NEWS	0700 – 0705	Mon-Fri
NEWS	1800 – 1810	Mon-Fri

**HEART PETERBOROUGH**

	(formerly Hereward FM)	
NEWS	0800 – 0805	Mon-Fri
NEWS	1700 – 1705	Mon-Fri

**BBC 1 SOUTH (Oxford)**

BBC OXFORD NEWS	1830 – 1845	Mon-Thurs
BBC OXFORD NEWS	1830 – 1900	Fri only
Morning, lunchtime and weekend news same as BBC 1 South (Southampton)		

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**BBC RADIO ESSEX**

BREAKFAST	0700 – 0900	Mon-Fri
DRIVETIME	1700 – 1800	Mon-Fri

**BBC RADIO THREE COUNTIES** (Beds/Herts/Bucks)

THREE COUNTIES BREAKFAST	0700 – 0900	Mon-Fri
JONATHAN VERNON SMITH	1100 – 1400	Mon-Fri
DRIVETIME	1630 – 1700	Mon-Fri

**BBC RADIO OXFORD**

BREAKFAST	0700 – 0900	Mon-Fri
DRIVETIME	1700 – 1800	Mon-Fri

**BBC RADIO BERKSHIRE**

BREAKFAST IN BERKSHIRE	0700 – 0900	Mon-Fri
DRIVETIME	1700 – 1800	Mon-Fri

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**HEART ESSEX** (formerly Essex FM )

NEWS	0700 – 0705	Mon-Fri
NEWS	1700 – 1705	Mon-Fri

**HEART BEDFORD**

NEWS	(formerly Radio Chiltern - Bedford) 0700 – 0705	Mon-Fri
NEWS	1700 – 1705	Mon-Fri

**2TEN FM (Reading)**

NEWS	0700 – 0705	Mon-Fri
NEWS	1800 – 1805	Mon-Fri

**FOX FM (Oxford/Banbury)**

NEWS	0700 – 0705	Mon-Fri
NEWS	1800 – 1805	Mon-Fri

**KICK FM (Newbury)**

NEWS	0700-0705	Mon-Fri
NEWS	1800-1805	Mon-Fri

**EAGLE RADIO 96.4 (Guildford)**

NEWS	0700 – 0705	Mon-Fri
NEWS	1800 – 1805	Mon-Fri

**BBC 1 SOUTH (Southampton)**

SOUTH TODAY	0625 – 0630	Mon-Fri
SOUTH TODAY	1330 – 1345	Mon-Fri
SOUTH TODAY	1830 – 1900	Mon-Fri
INSIDE OUT	1930 – 2000	Mon only
SOUTH TODAY	1700 – 1705	Sat only
SOUTH TODAY	1700 – 1705	Sun only
POLITICS SHOW	1235 – 1300	Sun only

**ITV MERIDIAN SOUTH (Southampton)**

MERIDIAN SOUTH NEWS	0635 – 0640	Mon-Fri
MERIDIAN SOUTH NEWS	1355 – 1400	Mon-Fri
MERIDIAN TONIGHT	1800 – 1830	Mon-Fri
MERIDIAN SOUTH NEWS	1700 – 1715	Sat only
MERIDIAN SOUTH NEWS	1700 – 1715	Sun only

**BBC RADIO SOLENT**

SOLENT TODAY	0700 – 0900	Mon-Fri
DRIVETIME	1700 – 1800	Mon-Fri

**HEART HAMPSHIRE**

(formerly Ocean FM Southampton &amp; Hants)

NEWS	0800 – 0805	Mon-Fri
NEWS	1700 – 1705	Mon-Fri

**WAVE 105.2 FM (Southampton / Solent Area)**

NEWS	0800 – 0805	Mon-Fri
NEWS	1800 – 1805	Mon-Fri

**100 BBC 1 WEST (Bristol)**

POINTS WEST	0625 – 0630	Mon-Fri
POINTS WEST	1330 – 1345	Mon-Fri
POINTS WEST	1830 – 1900	Mon-Fri
INSIDE OUT	1930 – 2000	Mon only
POINTS WEST	1700 – 1705	Sat only
POINTS WEST	1700 – 1705	Sun only
POLITICS SHOW	1235 – 1300	Sun only

**ITV WEST (Bristol)**

WESTCOUNTRY NEWS	0635 - 0640	Mon-Fri
WESTCOUNTRY TODAY	1355 – 1400	Mon-Fri
WESTCOUNTRY TONIGHT	1800 – 1830	Mon-Fri
WESTCOUNTRY NEWS	1700 – 1715	Sat only
WESTCOUNTRY NEWS	1700 – 1715	Sun only

**BBC RADIO BRISTOL**

BREAKFAST	0700 – 0900	Mon-Fri
DRIVETIME	1700 – 1800	Mon-Fri

**BBC RADIO SOMERSET**

BREAKFAST	0700 - 0800	Mon-Fri
SOMERSET'S DRIVE	1700 – 1800	Mon-Fri

**BBC RADIO WILTSHIRE**

BREAKFAST	0700 – 0900	Mon-Fri
EVENING UPDATE	1700 – 1800	Mon-Fri

**BBC RADIO SWINDON**

BREAKFAST	0700 – 0900	Mon-Fri
*Evening broadcasts same as Wiltshire		

**BBC RADIO GLOUCESTERHIRE**

BREAKFAST SHOW	0700 – 0900	Mon-Fri
DRIVETIME	1700 – 1800	Mon-Fri

**HEART NORTH DEVON**

NEWS	0800 – 0805	Mon-Fri
NEWS	1700 – 1705	Mon-Fri

**BBC 1 SOUTH WEST (Cornwall)**

SPOTLIGHT	0625 – 0630	Mon-Fri
SPOTLIGHT	1330 – 1345	Mon-Fri
SPOTLIGHT	1830 – 1900	Mon-Fri
INSIDE OUT	1930 – 2000	Mon only
SOUTH WEST NEWS	1700 – 1705	Sat only
SOUTH WEST NEWS	1700 – 1705	Sun only
POLITICS SHOW	1235 – 1300	Sun only

**ITV WESTCOUNTRY South (Plymouth)**

WEST COUNTRY TONIGHT	1800 – 1815	Mon-Fri
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NB: morning, lunchtime and weekend news the same as ITV West

**BBC RADIO CORNWALL**

BREAKFAST	0700 – 0900	Mon-Fri
LAURENCE REED	1200 – 1300	Mon-Fri
DRIVETIME	1700 – 1800	Mon-Fri

**BBC RADIO DEVON**

BREAKFAST	0700 – 0900	Mon-Fri
GOOD EVENING DEVON	1700 – 1800	Mon-Fri

**PIRATE 102 FM (Cornwall)**

NEWS	0800 – 0810	Mon-Fri
NEWS	1700 – 1710	Mon-Fri

BBC 1 JERSEY

AVAILABLE ON REQUEST

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ITV CHANNEL ISLANDS

AVAILABLE ON REQUEST

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BBC RADIO JERSEY

AVAILABLE ON REQUEST

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BBC RADIO GUERNSEY

AVAILABLE ON REQUEST

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**BBC 1 SOUTH EAST (Kent)**

SOUTH EAST NEWS	0625 – 0630	Mon-Fri
SOUTH EAST NEWS	1330 – 1345	Mon-Fri
SOUTH EAST NEWS	1830 – 1900	Mon-Fri
INSIDE OUT	1930 – 2000	Mon only
SOUTH EAST NEWS	1700 – 1705	Sat Only
SOUTH EAST NEWS	1700 – 1705	Sun Only
THE POLITICS SHOW	1235 – 1300	Sun Only

**ITV MERIDIAN SOUTH EAST (Maidstone)**

MERIDIAN TONIGHT	1800 – 1830	Mon-Fri
Morning, lunchtime and weekend news same as ITV Meridian South		

**BBC RADIO KENT**

BREAKFAST SHOW	0700 – 0900	Mon-Fri
NEWS	1300 – 1310	Mon-Fri
DRIVETIME	1700 – 1800	Mon-Fri

**BBC RADIO SUSSEX**

Formerly BBC Southern Counties

BREAKFAST	0700 – 0900	Mon-Fri
DRIVETIME	1700 – 1800	Mon-Fri

NB: both Sussex and Surrey broadcast separate Breakfast and Drivetime programmes; TNS monitors the Sussex programmes. BBC Surrey is recorded with monitoring available on request

**HEART KENT (formerly INVICTA FM )**

NEWS	0700 – 0705	Mon-Fri
NEWS	1700 – 1705	Mon-Fri

**KMFM SHEPWAY****(Folkestone & Dover)**

NEWS	0830 – 0835	Mon-Fri
NEWS	1300 - 1305	Mon-Fri
NEWS	1800 – 1805	Mon-Fri

**KMFM THANET (Margate)**

NEWS	0700 – 0705	Mon-Fri
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**HEART SUSSEX**

(formerly SOUTHERN FM (Brighton))

NEWS	0800 – 0815	Mon-Fri
NEWS	1800 – 1815	Mon-Fri

**BBC 1 SCOTLAND**

REPORTING SCOTLAND	0625 – 0630 / 0755 – 0800	Mon-Fri
REPORTING SCOTLAND	0755 – 0800	Mon-Fri
REPORTING SCOTLAND	1330 – 1345	Mon-Fri
REPORTING SCOTLAND	1830 – 1900	Mon-Fri
REPORTING SCOTLAND	1700 – 1705	Sat & Sun only
POLITICS SHOW	1230 – 1330	Sun only

**BBC 2 SCOTLAND**

NEWSNIGHT SCOTLAND	2300 – 2320	Mon-Thurs
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**STV WEST**

STV NEWS	0635 - 0640	Mon-Fri
STV NEWS	1355 – 1400	Mon-Fri
STV NEWS	1800 – 1830	Mon-Fri

**STV EAST**

STV EAST NEWS	1810 – 1820	Mon-Fri
Morning, lunchtime and weekend news same as STV West		

**STV NORTH (Inverness)**

STV NORTH NEWS	0810 – 0815	Mon-Fri
STV NORTH NEWS	1355 – 1400	Mon-Fri
STV NORTH NEWS	1800 – 1830	Mon-Fri

**ITV BORDER (England)**

LOOKAROUND	1800 – 1830	Mon-Fri
Morning, lunchtime and weekend news same as ITV Tyne Tees		

**BBC RADIO SCOTLAND**

GOOD MORNING SCOTLAND	0600 – 0900	Mon-Fri
MORNING EXTRA	0905 – 1000	Mon-Fri
MACAULAY & CO	1005 – 1130	Mon-Fri
SCOTLAND LIVE	1200 – 1245	Mon-Fri
NEWSDRIVE	1600 – 1800	Mon-Fri
SCOTLAND AT TEN NEWS	2200 - 2205	Mon-Fri
SCOTLAND AT TEN	2205 – 2230	Mon-Thurs
RADIO CAFÉ	1315 – 1400	Tues & Wed only
RIDDOCH QUESTIONS	1315 - 1400	Fri only
OUT OF DOORS	0630 - 0800	Sat only
NEWSWEEK	0800 - 0900	Sat only
SPORTS WEEKLY	0905 – 1000	Sat only
THE BUSINESS	1000 - 1030	Sun only

**BBC RADIO ORKNEY 810 MW**

AROUND ORKNEY 0730 – 0800  
 Logged as 0800-0830 due to time lapse of BBC streaming

**BBC RADIO SCOTLAND (Highlands & Islands)**

NEWS	0755 – 0800	Mon-Fri
NEWS	1255 – 1300	Mon-Fri
NEWS	1655 – 1700	Mon-Fri

**BBC RADIO SCOTLAND (North East - Aberdeen)**

ABERDEEN NEWS	0755 – 0800	Mon-Fri
ABERDEEN NEWS	1255 – 1300	Mon-Fri
ABERDEEN NEWS	1655 – 1700	Mon-Fri

**BBC RADIO SCOTLAND (Tweed / Borders)**

NEWS	0755 – 0800	Mon-Fri
NEWS	1255 – 1300	Mon-Fri
NEWS	1655 – 1700	Mon-Fri

**BBC RADIO SCOTLAND (South West - Solway)**

NEWS	0755 – 0800	Mon-Fri
NEWS	1255– 1300	Mon-Fri
NEWS	1655 - 1700	Mon-Fri

**BBC RADIO CUMBRIA**

THE BREAKFAST SHOW	0700 – 0900	Mon-Fri
DRIVETIME	1700 – 1800	Mon-Fri

**FORTH ONE (Edinburgh)**

NEWS	0800 – 0805	Mon-Fri
NEWS	1300 – 1305	Mon-Fri
NEWS	1700 – 1705	Mon-Fri

**FORTH 2 (Edinburgh)**

NEWS	1100 – 1105	Mon-Fri
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**MORAY FIRTH RADIO (Inverness)**

NEWS	0800 – 0805	Mon-Fri
NEWS	1300 – 1305	Mon-Fri
NEWS	1700 – 1705	Mon-Fri

**TAY FM (Dundee)**

NEWS	0800 - 0805	Mon-Fri
NEWS	1300 - 1305	Mon-Fri
NEWS	1700 - 1705	Mon-Fri

**NORTHSOUND ONE (Aberdeen)**

NEWS	0700 – 0705	Mon-Fri
NEWS	1300 – 1305	Mon-Fri
NEWS	1700 - 1705	Mon-Fri

**CLYDE 1 (Glasgow)**

NEWS	0800 – 0805	Mon-Fri
NEWS	1300 – 1305	Mon-Fri
NEWS	1700 - 1705	Mon-Fri

**WESTSOUND (Ayr)**

NEWS	0800 – 0805	Mon-Fri
NEWS	1300 – 1305	Mon-Fri
NEWS	1700 – 1705	Mon-Fri

**ROCK RADIO Q96.3 FM (Paisley)**

NEWS	0730 – 0735	Mon-Fri
NEWS	1300 – 1305	Mon-Fri
NEWS	1730 – 1735	Mon-Fri

**CENTRAL FM ( Stirling)**

NEWS	0700 – 0705	Mon-Fri
NEWS	1300 – 1305	Mon-Fri
NEWS	1700 – 1705	Mon-Fri

**CFM RADIO (Carlisle / W. Cumbria)**

NEWS	0700 – 0705	Mon-Fri
NEWS	1300 – 1305	Mon-Fri
NEWS	1700 – 1705	Mon-Fri

**RADIO BORDERS**

NEWS	0800 – 0805	Mon-Fri
NEWS	1300 – 1305	Mon-Fri
NEWS	1700 – 1705	Mon-Fri

**KINGDOM FM (Fife)**

NEWS	0700 – 0705	Mon-Fri
NEWS	1300 – 1305	Mon-Fri
NEWS	1700 – 1705	Mon-Fri

**BBC 1 WALES**

WALES TODAY	0625 – 0630	Mon-Fri
WALES TODAY	1330 – 1345	Mon-Fri
WALES TODAY	1830 – 1900	Mon-Fri
X RAY	1930 - 2000	Mon only
WEEK IN WEEK OUT	2235 – 2305	Tues only
DRAGONS EYE	2335 – 0005	Thurs only
WALES TODAY	1700 – 1705	Sat & Sun only
POLITICS SHOW	1235 - 1300	Sun only

**ITV WALES**

NEWSDESK	0635 – 0640	Mon-Fri
NEWSDESK	1355 – 1400	Mon-Fri
WALES TONIGHT	1800 – 1830	Mon-Fri
THE FERRET	1930 – 2000	Thurs only
NEWSDESK	1700 – 1705	Sat & Sun only

**S4C****WELSH LANGUAGE STATION**

NEWYDDION	1930 – 2000	Mon-Fri
PENAWDAU NEWYDDION	2055– 2105	Mon-Fri
WEDI 7	1900 – 1930 TAPED ONLY	Mon-Thurs

**BBC RADIO WALES**

GOOD MORNING WALES	0600 – 0900	Mon-Fri
NEWS	1100 – 1105 / 1200 - 1205	Mon-Fri
RADIO WALES PHONE-IN	1205 – 1400	Mon-Fri
GOOD EVENING WALES	1600 – 1830	Mon-Fri
WALES AT WORK	1830 – 1900	Tues only
CALLED TO ORDER	1830 – 1900	Fri only
COUNTRY FOCUS	0730 - 0800	Sun only

**BBC RADIO CYMRU****WELSH LANGUAGE STATION**

POST CYNTAF	0700 – 0830 TAPED ONLY	Mon-Fri
BWLETIN NEWYDDION	1300 – 1315	Mon-Fri
POST PRYNHAWN	1700 – 1800 TAPED ONLY	Mon-Fri

**RED DRAGON (Cardiff)**

NEWS	0700 – 0705	Mon-Fri
NEWS	1300 – 1305	Mon-Fri
NEWS	1800 – 1805	Mon-Fri

**SWANSEA SOUND**

NEWS	0800-0805	Mon-Fri
NEWSWATCH	1700-1705	Mon-Fri

**RADIO CEREDIGION (Aberystwyth) AVAILABLE ON REQUEST**

**BBC 1 NORTHERN IRELAND**

NEWSLINE	0625 – 0630	Mon-Fri
NEWSLINE	1330 – 1345	Mon-Fri
NEWSLINE AT SIX	1830 – 1900	Mon-Fri

**UTV ULSTER (Northern Ireland)**

UTV NEWS	0635 – 0640	Mon-Fri
UTV NEWS	1350 – 1400	Mon-Fri
UTV LIVE AT SIX	1800 – 1830	Mon-Fri

**BBC RADIO ULSTER**

GOOD MORNING ULSTER	0700 – 0900	Mon-Fri
TALK BACK	1200 – 1300	Mon-Fri
EVENING EXTRA	1700 – 1830	Mon-Fri

**BBC RADIO FOYLE (Londonderry)**

THE MORNING PROGRAMME	0800 – 0900	Mon-Fri
NEWS AT ONE	1300 – 1330	Mon-Fri

**DOWNTOWN RADIO (Belfast)**

NEWS	0700 – 0705	Mon-Fri
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