

Independent National and Network Radio

All stations broadcast 24 hours a day and are based in London, except where otherwise stated.

See Digital section for details of DAB multiplexes. Satellite channels beginning with 0 are for the Sky EPG; those beginning with 7 are for the Freesat EPG.

UK National Radio

ABSOLUTE RADIO

Format: Rock Music
 Broadcaster: TIML
 AM: 1197, 1215, 1233, 1242, 1260 kHz MW, see table
 DAB: Digital One national multiplex
 Satellite 0107/724, Cable 915
 Airdate: 30/4/1993 as Virgin Radio. Absolute from 29/9/2008

Absolute AM Area	kHz Site	kW
London, Herts, Essex, S Beds	1215 Brookmans Park	125
N & W Kent, S & Central Essex	1197 Hoo	2
North Sussex and East Surrey	1233 Gatwick	0.125
West Surrey and NE Hampshire	1260 Guildford	0.5
Reading area	1233 Reading	0.16
South East Kent & S East Sussex	1260 Lydd	1
Brighton and South Sussex	1197 Southwick, Brighton	1.1
S Hampshire & Isle of Wight	1215 Fareham	1
Bournemouth area	1197 Bournemouth	0.5
Torbay area	1197 Occombe, Torbay	1
Plymouth area	1215 Plumer Barracks	1.1
West Cornwall	1215 Redruth	2
South Wales, Avon, Somerset	1215 Washford	100
Gloucestershire	1197 Gloucester	0.3
Swindon area	1233 Swindon	0.1
Western Midlands Region	1215 Droitwich	105
Oxfordshire	1197 Oxford	0.25
Northamptonshire	1233 Kings Heath	0.5
S & Central Cambridgeshire	1197 Chesterton Fen	0.2
South East Suffolk & NE Essex	1233 Manningtree	0.5
East Norfolk & NE Suffolk	1215 Postwick	1.2
Lincs, Peterborough, Kings Lynn	1242 Boston	2
Nottingham and Derby area	1197 Trowell	0.5
Stoke-on-Trent area	1242 Sideway	0.5
Merseyside and North Clywd	1197 Wallasey	0.4
NW England & Yorkshire	1215 Moorside Edge	200
Sheffield, Roth., Chesterfield	1233 Sheffield	0.3
Humberside	1215 Hull	0.32
Cleveland, S Durham, N Yorks	1242 Stockton	1
Tyneside, N Durham, S Nthmb	1215 Wrekenton	2.5
Central Scotland	1215 Westerglen	100
East Tayside	1242 Dundee	0.5
Aberdeen and East Grampian	1215 Redmoss	2.3
Belfast & East Northern Ireland	1215 Lisnagarvey	16

92% daytime coverage
 Marginal reception is available in most of the rest of the UK except NW Scotland, W Northern Ireland, South Scotland and North Cumbria and parts of Cornwall and the Cardigan Bay area

ABSOLUTE RADIO (LONDON)

Opts out of Absolute Radio with: Local News
 London area 105.8 Crystal Palace 4
 9 000 000 coverage
 Airdate: 10/4/1995 as Virgin: Absolute from 29/9/2008.

CLASSIC FM

Format: Light Classical Music with News and Talk
 Broadcaster: Global Radio
 FM: 99.9 - 101.9 MHz, see table
 DAB: Digital One national multiplex
 Northern Ireland multiplex
 Satellite 0106/721, Cable 922
 Airdate: 7/9/1992

Classic FM Area	MHz Site	kW
London & South East England	100.9 Wrotham	125
London area	100.6 Crystal Palace	2
Reading	101.8 Hemdean	0.5
East Kent	101.8 Dover	4.2
Brighton and Worthing area	101.9 Whitehawk Hill	0.5
Central Southern England	100.3 Rowridge	250
Devon and East Cornwall	100.0 North Hessary Tor	160
West Cornwall	101.5 Redruth	10
South Wales & West England	101.7 Wenvoe	250
Bristol	101.4 Pur Down	0.2
Bath	100.2 Bath	0.2
Swindon area	100.8 Blunsdon	0.72
Herefordshire and Gloucester	100.4 Ridge Hill	4.8
Swansea area	101.3 Kilvey Hill	1
Pembrokeshire, W Carmar	100.5 Presely	7.3
Ceredigion	101.1 Blaenplwyf	10
West and North Gwynedd	100.7 Arfon	18.75
North Clywd & NE Gwynedd	101.6 Great Ormes Head	2.5
Midlands	100.1 Sutton Coldfield	250
Oxon, Bucks, Berks, S Midlands	101.3 Oxford	46
Milton Keynes and West Beds	100.4 Bow Brickhill	10
Cambs, Beds, S Lincs, E Nthnts	101.9 Peterborough	40
Norfolk and Suffolk	101.5 Tacolneston	250
Lincnshire & Humberside	100.5 Belmont	6.4

Classic FM Area	MHz Site	kW
NW England & Yorkshire	101.1 Holme Moss	250
Sheffield and Rotherham	101.7 Sheffield	0.5
Leeds	101.6 Beecroft Hill	0.3
Bradford	100.3 Idle	0.5
S Cumbria & NW Lancashire	101.8 Morecambe Bay	6.4
Cleveland and South Durham	101.6 Bilsdale West Moor	2
North East England	100.3 Pontop Pike	130
West Tyneside & Tyne Valley	101.0 Fenham	0.05
North Cumbria & SW Scotland	99.9 Sandale	250
Isle of Man	100.2 Douglas	1.0
Border Region	100.9 Selkirk	5.4
Central Scotland	101.7 Black Hill	250
Ayrshire	101.3 Darvel	8
East Tayside and East Fife	100.1 Angus	10.625
Grampian Region	100.5 Meldrum	150
Inverness & Moray Firth area	101.4 Mounteage	11
East & Cent. Northern Ireland	101.9 Divis	250
Derry area	100.5 Londonderry	31

95% stereo coverage, (99% mono)
 Marginal reception is available in most of the rest of the UK except Powys and parts of NW Scotland

TALK SPORT

Format: Sport and Talk
 Broadcaster: UTV
 AM: 1053, 1071, 1089, 1107 kHz MW, see table
 DAB: Digital One national multiplex (mono)
 Northern Ireland multiplex (mono)
 Satellite 0108, DIT 723, Cable 927
 Airdate: 14/2/1995 as Talk Radio (Talk and News format), Sport phased in 1998-2000. Talk Sport from 17/1/2000

Talk Sport AM Area	kHz Site	kW
London & South East England	1089 Brookmans Park	400
West Kent, N Sussex, E Surrey	1053 Rusthall, Tonbridge	4
North Sussex and East Surrey	1107 Gatwick	1
South East Kent & S East Sussex	1107 Lydd	2
Brighton and South Sussex	1053 Southwick, Brighton	2.2
S Hampshire & Isle of Wight	1107 Fareham	1
Bournemouth area	1053 Bournemouth	1
Exeter area	1053 Exeter	1
Torbay area	1107 Occombe, Torbay	1
Plymouth area	1053 Plumer Barracks	1
West Cornwall	1089 Redruth	2
South Wales & West England	1089 Washford	80
Central England	1053 Droitwich	500
Norfolk and Suffolk	1053 Postwick	18
Lincs, Peterborough, Kings Lynn	1107 Boston	1
Nottinghamshire, E Derbyshire	1071 Clipstone	1
Merseyside and North Clywd	1107 Wallasey	0.5
NW England, Yorks, N Wales	1089 Moorside Edge	400
Humberside	1053 Hull	1
Cleveland, S Durham, N Yorks	1053 Stockton	1
Tyneside, N Durham, S Nthmb	1071 Wrekenton	1
SW Scotland, N & W Cumbria	1053 Dumfries	10
Central Scotland	1089 Westerglen	125
East Tayside	1053 Dundee	1
Aberdeen and East Grampian	1089 Redmoss	2.2
North Scotland	1053 Rosemarkie	1
Belfast & East Northern Ireland	1089 Lisnagarvey	12.5
Derry area	1053 Londonderry	1

96% daytime coverage
 Marginal reception is available in most of the rest of the UK except parts of NW Scotland and Fermanagh

Digital and Network Radio

BFBS

Format: Contemporary and Adult Contemporary Music
 Broadcaster: Independent
 DAB: Digital One national multiplex
 Satellite 0211/786
 Airdate: 4/2009 on National DAB. Station has broadcast to overseas forces for many decades

CHOICE

Format: Rhythm
 Broadcaster: Global Radio
 Bristol & Bath (DAB) North West (DAB)
 Cardiff & Newport (DAB) North East (DAB)
 London (FM, DAB) Yorkshire (DAB)
 West Midlands (DAB) Satellite 0114/720,
 Airdate: 31/3/1990 (London FM), 31/7/2001 (Digital - Urban Choice), Merged 2004

GOLD

Format: Oldies Music
 Broadcaster: Global Radio
 Stations broadcast local output Mon-Fri 12-16 plus local news and information (except †). Additional opt-outs for live sport.
 Berkshire, N Hants (AM, DAB) London (AM, DAB)
 Birmingham (AM, DAB) Manchester (AM, DAB)
 Bournemouth (AM, DAB) Merseyside† (DAB)
 Bristol & Bath (AM, DAB) Norfolk (AM, DAB)
 Central Scotland † (DAB) Northamptonshire (AM)
 Cornwall (DAB) Nottingham, Derby (AM, DAB)
 Coventry (AM, DAB) Peterborough (AM, DAB)
 East Surrey & N Sussex (AM) Plymouth (AM, DAB)
 Essex (AM, DAB) South Wales (AM, DAB)
 Exeter & Torbay (DAB) South Yorkshire (DAB)
 Gloucestershire (AM) Suffolk (AM)
 Hampshire (AM, DAB) Sussex (AM, DAB)
 Herts, Beds, Bucks (AM) Swindon (AM, DAB)
 Humberside† (DAB) Teeside† (DAB)
 Kent (AM, DAB) Tyne & Wear † (DAB)
 Lancashire† (DAB) West Wiltshire (AM, DAB)
 Leeds & Wakefield† (DAB) Wolves & Shrops (AM, DAB)
 Leicester (DAB)
 Satellite 0121/722, Cable 959
 Airdate: 28/11/1988 (Capital Gold London), 1990 (Classic Gold Network), 1990 (Supergold Network), 1996 (Supergold merged into Classic Gold), 1/6/1998 (Capital Gold Network), 8/2007 Merger of Capital and Classic Gold Networks to form Gold

GALAXY

Format: Dance and Rhythm Music
 Broadcaster: Global Radio
 Stations with FM outlets broadcast local output Mon-Fri 06-10, 16-19, plus 4 hours on Sat and Sun, together with local news and information.
 Berkshire & N Hants (DAB) Merseyside* (DAB)
 Birmingham (FM, DAB) North East (FM, DAB)
 Bournemouth (DAB) Norfolk (DAB)
 Cambridge (DAB) Nottingham (DAB)
 Central Scotland (FM, DAB) Peterborough (DAB)
 Cornwall (DAB) Plymouth (DAB)
 Coventry† (DAB) Severn Estuary (DAB)
 Essex (DAB) South Hampshire (FM, DAB)
 Exeter & Torbay (DAB) Sussex Coast (DAB)
 Linc (DAB) Swindon (DAB)
 Lancashire* (DAB) West Wiltshire (DAB)
 Leicester (DAB) Wolves & Shrops† (DAB)
 Manchester (FM, DAB) Yorkshire (FM, DAB)
 Satellite 0112, Cable 919
 Airdate: 27/11/1991 (First Galaxy local station), 2009 (Network)
 * as Manchester, † as Birmingham

HEAT

Format: Adult Pop Music
 Broadcaster: Bauer
 Ayr (DAB) Manchester (DAB)
 Birmingham (DAB) Merseyside (DAB)
 Dundee & Perth (DAB) Northern Ireland (DAB)
 Edinburgh (DAB) South Yorkshire (DAB)
 Glasgow (DAB) Stoke (DAB)
 Humberside (DAB) Swansea (DAB)
 Lancashire (DAB) Teeside (DAB)
 Leeds & Wakefield (DAB) Tyneside (DAB)
 London (DAB) West Yorkshire (DAB)
 DIT 714
 Airdate: 10/2003

JAZZ FM

Format: Smooth Jazz and Jazz Music
 Broadcaster: GMG and TLRC
 Glasgow (DAB) Severn Estuary (DAB)
 London (DAB) West Midlands (DAB)
 North West (DAB)
 Satellite 0202/729
 Airdate: 9/2008 (the original Jazz FM broadcast 4/3/1990 to 7/6/2005)

KERRANG RADIO

Format: Modern Rock Music

Broadcaster: Bauer

Aberdeen (DAB) Manchester (DAB)
Central Scotland (DAB) Merseyside (DAB)
Humberside (DAB) South Yorkshire (DAB)
Lancashire (DAB) Teeside (DAB)
Leeds & Wakefield (DAB) Tyneside (DAB)
London (DAB)

West Midlands (FM, DAB – with regional news and info)

DTT 722

Airdate: 10/2002

KISS

Format: Dance and Rhythm Music

Broadcaster: Bauer

Berkshire & N Hants (DAB) Merseyside (DAB)
Bournemouth (DAB) Norfolk¹ (FM, DAB)
Bristol & Bath (DAB) Peterborough¹ (FM, DAB)
Cambridge¹ (FM, DAB) Plymouth (DAB)
Cornwall (DAB) Severn Estuary* (FM, DAB)
Coventry (DAB) South Yorkshire (DAB)
Essex (DAB) Swindon (DAB)
Exeter & Torbay (DAB) Suffolk¹ (FM)
Humberside (DAB) Teeside (DAB)
Lancashire (DAB) Tyneside (DAB)
Leeds & Wakefield (DAB) West Wiltshire (DAB)
London (FM, DAB) Wolves & Shrops (DAB)
Manchester (DAB)

Satellite 0178, DTT 713, Cable 963

* Kiss 101, ¹ Kiss 105-108: broadcast local output Mon-Fri 06-10, 16-19, plus 4 hours on Sat and Sun, together with local

Airdate: 1/9/1990 (London), 6/2000 (Network)

LBC

Format: Classic Rock and Rock Music

With Regional News and Information

Broadcaster: Global Radio

Edinburgh (DAB) North West (DAB)
Glasgow (DAB) Severn Estuary (DAB)
London (FM, DAB) West Midlands (DAB)
North East (DAB) Yorkshire (DAB)
Satellite 0124

Airdate: 6/10/1973 (London), 9/2006 (Network, replacing Digital News Network stations)

PLANET ROCK

Format: Classic Rock Music

Broadcaster: Independent

DAB: Digital One national multiplex

Satellite 0110/730, Cable 924

Airdate: 15/11/1999

PREMIER CHRISTIAN RADIO

Format: Christian

Broadcaster: London Christian Radio

DAB: Digital One national multiplex

London (AM)

Satellite 0123, DTT 725, Cable 968

Airdate 10/06/1995 (London AM), 21/9/2009 (National DAB)

RTE RADIO 1 (EXTRA)

Format: Talk with Soft, Easy, Irish and Country music

Broadcaster: RTE

Based: Dublin

AM: Ireland, Scotland, Wales, North, Central & West England
252 Clarkestown 300

75% UK coverage

Marginal reception is available in the rest of England

Republic of Ireland (FM, AM) -see Ireland section

Satellite 0142

Airdate: 17/3/2004 on 252 (previously carried Atlantic 252

1/9/1989-31/12/2001, Teamtalk 252 25/2/2002-31/7/2002)

SUNRISE RADIO

Format: Asian

Broadcaster: Sunrise Radio

Bradford and Glasgow/Edinburgh opt-out

Birmingham (DAB) Coventry (DAB)

Edinburgh (DAB) Glasgow (DAB)

London (AM, DAB) Wolves & Shrops (DAB)

Satellite 0133

Sunrise Radio Yorkshire Bradford (FM, DAB)

Airdate: 5/11/1989 (London), 9/12/1989 (Bradford)

UCB UK

Format: Christian

Broadcaster: UCB

London (DAB) Severn Estuary (DAB)
London (DAB) Stoke-on-Trent (DAB)
North East (DAB) West Midlands (DAB)
North West (DAB) Yorkshire (DAB)
Northern Ireland (DAB)
Satellite 0125, Cable 914

Airdate 26/04/1993 (Analogue satellite), DAB from 2007

XFM

Format: Modern Rock Music

Broadcaster: Global Radio

London (FM, DAB) Nottingham (DAB)
Berkshire & N Hants (DAB) Peterborough (DAB)
Birmingham (DAB) Plymouth & Cornwall (DAB)
Bournemouth (DAB) Severn Estuary (DAB)
Cambridge (DAB) South Hampshire (DAB)
Central Scotland (DAB) Sussex Coast (DAB)
Coventry (DAB) Teeside (DAB)
Essex (DAB) Tyneside (DAB)
Exeter & Torbay (DAB) Wiltshire (DAB)
Kent (DAB) Wolves & Shrops (DAB)
Leicester (DAB) Yorkshire (DAB)
Norfolk (DAB)

Satellite 0113/723, Cable 965

XFM Manchester

Local output Mon-Fri 06-10, 16-19, plus 4 hours on Sat and Sun, together with local news and information.

Manchester (FM, DAB) Merseyside (DAB)

Lancashire (DAB)

Airdate: 1/9/1997 (London), 6/2000 (Network)

23/11/2006 Absorbed Storm network (airdate 31/1/2001)

Major Chains

HEART

Format: Adult Contemporary Music

Broadcaster: Global Radio

FM/DAB and FM only stations broadcast local output Mon-Fri 06-10, 13-19, plus 4 hours on Sat and Sun, together with local news and information

Heart 106.2 London (FM, DAB),

Satellite 0111, Cable 918

Heart 100.7 West Midlands (FM, DAB)

Heart 106 East Midlands (FM, DAB)

Heart 96.3 & 102.6 Essex (FM, DAB)

Heart 97.1 & 96.4 Suffolk (FM)

Heart 96.1 Colchester (FM)

Heart 96.6 Northants (FM)

Heart 96.9 Bedfordshire (FM)

Heart 97.6 Herts, S Beds, E Bucks (FM)

Heart 102.4 E Norfolk (FM, DAB)

Heart 102.7 Peterborough (FM, DAB)

Heart 103 & 97.4 Cambridge (FM, DAB)

Heart 103.3 Milton Keynes (FM)

Heart 97.1 Wirral (FM)

Heart 102.6 & 97.4 Oxfordshire (FM)

Heart 97 & 103/ Heart 96.4 Exeter & Torbay (FM, DAB)

Heart 96.3 Bristol (FM, DAB)

Heart 103 Bath (FM, DAB)

Heart 97.2 & 102.2 Wiltshire (FM, DAB)

Heart 103.1 & 102.8 Kent (FM, DAB)

Heart 96.2 & 97.3 North Devon (FM)

Heart 103.4 Wrexham and Chester (FM)

Heart 103 North West Wales (FM)

Heart 96.3 North Wales (FM)

Heart 97 & 96.6 Plymouth (FM, DAB)

Heart 97.5 & 96.7 South Hampshire (FM, DAB)

Heart 102.6 Somerset (FM)

Heart 102.4 Gloucestershire (FM)

Heart 102.4 & 103.5 Sussex (FM, DAB)

Heart 100-102 South Devon (FM)

Heart 102.3 Bournemouth (FM, DAB)

Heart 102.9 & 97.0 Berkshire & N Hants (FM, DAB)

Heart Digital Central Scotland (DAB)

North East (DAB) North West (DAB)

Severn Estuary (DAB) Yorkshire (DAB)

Also on DTT 728 – different stations in different regions

Airdates: 1/9/1994(WM), 5/9/1995(London), 23/9/1997 (E

Mids), 31/7/2001(Digital), 2009 (Rebranding of others to

Heart)

MAGIC

Broadcaster: Bauer

Magic 105.4

Format: Soft Adult Contemporary and Oldies Music

Aberdeen (DAB) London* (FM, DAB)
Ayr (DAB) Norfolk (DAB)
Birmingham (DAB) Northern Ireland (DAB)
Cambridge (DAB) Peterborough (DAB)
Dundee & Perth (DAB) Stoke (DAB)
Edinburgh (DAB) Sussex Coast (DAB)
Glasgow (DAB) Swansea (DAB)
Kent (DAB) West Yorkshire (DAB)

Further DAB coverage is likely

Satellite 0180, DTT 715, Cable 928

Magic AM

Format: Oldies Music

Stations broadcast local output Mon-Fri 06-10 plus local news and information.

Humberside (AM, DAB) Merseyside (AM, DAB)

Lancashire (AM, DAB) South Yorkshire (AM, DAB)

Leeds, Wakefield (AM, DAB) Teeside (AM, DAB)

Manchester (AM, DAB) Tyneside (AM, DAB)

Airdates: various – see local listings

REAL RADIO

Format: Adult Contemporary Music and Talk

Broadcaster: GMG

Real Radio (North East) North East (FM, DAB)

Real Radio (North West) North West (FM, DAB)

Real Radio (Scotland) Central Scotland (FM, DAB)

Real Radio (South Wales) South Wales (FM)

Real Radio (North Wales) Severn Estuary (DAB)

Real Radio (North Wales) North & Mid Wales (FM)

Real Radio (Yorkshire) South and West Yorkshire (FM)

Yorkshire (DAB)

Real Radio (Digital) Satellite 0146

SMOOTH RADIO

Format: Oldies and Easy Listening Music (plus Jazz overnight on 100.4 and 102.2 stations)

Broadcaster: GMG

Stations broadcast local output Mon-Fri 06-10, 13-19, plus 4 hours on Sat and Sun, together with local news and information.

Smooth Radio 102.2 London (FM, DAB)

Yorkshire (DAB) Severn Estuary (DAB)

Satellite 0128, DTT 718, Cable 916

Smooth Radio 100.4 North West (FM, DAB)

Smooth Radio 105.2 Glasgow (FM)

Central Scotland (DAB)

Smooth Radio 105.7 West Midlands (FM, DAB)

Smooth Radio 106.6 East Midlands (FM)

Nottingham (DAB)

Smooth Radio 97.5/107.7 North East (FM, DAB)

Airdates: Jazz FM: 4/3/1990(London), 1/9/1994 (NW)

31/7/2001(Network):

Smooth FM (Soul): 3/2004 (NW), 7/6/2005 (London and

Network):

Saga (Easy, Nostalgia, Oldies): 16/10/2001 (W Mids),

11/02/2006 (E Mids), 7/9/2004 (Glasgow):

Smooth Radio: 26/3/2007 (London, E & W Mids, Scotland,

Network), Autumn 2007 (NW, NE)

TRAFFIC RADIO

Format: Traffic News

Broadcaster: Highways Agency (Government)

Traffic Radio (South East) Berkshire & N Hants (DAB)

Cambridge (DAB) Essex (DAB)

Kent (DAB) London (DAB)

South Hampshire (DAB) Sussex Coast (DAB)

Traffic Radio (South West) Bournemouth (DAB)

Bristol & Bath (DAB) Exeter & Torbay (DAB)

Plymouth & Cornwall (DAB) Wiltshire (DAB)

Traffic Radio (Midlands) Birmingham (DAB)

Coventry (DAB) Leicester (DAB)

Norfolk (DAB) Nottingham (DAB)

Peterborough (DAB) Stoke (DAB)

Wolves & Shrops (DAB)

Birmingham NEC 1386 AM

Traffic Radio (North West) Lancashire (DAB)

Manchester (DAB) Merseyside (DAB)

Traffic Radio (North East) Humberside (DAB)

Leeds & Wakefield (DAB) South Yorkshire (DAB)

Teeside (DAB) Tyneside (DAB)

West Yorkshire (DAB)

Airdate: 28/6/2007