

# BBC Radio

# Frequency Finder

For transmitter details see:

- Digital Multiplexes
- FM Transmitters by Region
- AM Transmitters by Region

FM and AM transmitter details are also included in the frequency-order lists.

## National

Radios 1 to 4 are based in London. See tables at end for details of BBC FM network. Stations broadcast 24 hours a day except where stated otherwise.

## BBC RADIO 1

Format: New Music and Contemporary Hit Music with Talk  
United Kingdom (BBC Mux) DABs 12B  
United Kingdom (see table) FM 97.1, 97.7 - 99.8  
Satellite 0101/700, DTT 700, Cable 901  
Airdate: 30/9/1967. Shared some programmes with Radio 2 until 1982. On AM until 6/1994, FM introduced 1987-1991.

## BBC 1 XTRA

Format: Rhythmic New Music with Talk  
United Kingdom (BBC Mux) DABs 12B  
Satellite 0137/701, DTT 701, Cable 907  
Airdate: 16/8/2002

## BBC RADIO 2

Format: Adult Contemporary, Oldies and Mixed Music with Talk  
United Kingdom (BBC Mux) DABs 12B  
United Kingdom (see table) FM 88.1 - 90.2  
Satellite 0102/702, DTT 702, Cable 902  
Airdate: 1945 as Light Programme, R2 from 30/9/1967. Also on AM until 27/8/1990.

## BBC RADIO 3

Format: Classical Music with, World and Jazz Music and Talk  
United Kingdom (BBC Mux) DABs 12B  
United Kingdom (see table) FM 90.3 - 92.4, 92.6  
Satellite 0103/703, DTT 703, Cable 903  
Airdate: 9/1946 as Third Programme with Network 3 (later), Radio 3 from 30/9/1967. Also on AM until 2/1992. FM coverage in Wales reduced on 24/10/2018

## BBC RADIO 4 FM

Format: Talk, News and Entertainment with Christian and Childrens (01:00 - 05:35: relays BBC World Service)  
United Kingdom (BBC Mux) DABs/m 12B  
United Kingdom (see table) FM 92.5 - 96.1, 103.5 - 104.9  
Satellite 0104/704, DTT 704, Cable 904  
Airdate: Home Service: 14/11/1922, Radio 4 from 30/9/1967

## BBC RADIO 4 LONG WAVE

Opt out of Radio 4 FM: Sport, News and Christian.  
United Kingdom (BBC Mux) DABm 12B  
for Parliament & Daily Service opt-outs only; Sport is simulcast on 5 Live Extra

England and Wales	AM 198
London	AM 720
Plymouth and East Cornwall	AM 774
West Cornwall	AM 756
North Cumbria	AM 1485
North East England	AM 603
Central and South Scotland	AM 198
Aberdeen and East Grampian	AM 1449
Northern Scotland	AM 198
Central & East Northern Ireland	AM 720
Derry	AM 720
Fermanagh and South Tyrone	AM 774

Satellite 0143/710 (mono)

## BBC RADIO 4 EXTRA

Format: Entertainment  
England, Scotland, Wales, N Ireland (BBC Mux) DABm 12B  
Satellite 0131/708, DTT 708, Cable 910  
Airdate: 15/12/2002 as BBC 7. R4 Extra from 2/4/2011

## BBC RADIO 5 LIVE

Format: News, Sport and Talk; Based Manchester  
United Kingdom (BBC Mux) DABm 12B  
London and South East England AM 909  
South East Kent AM 693  
East Sussex Coast AM 693  
Brighton and Worthing area AM 693  
South Hampshire and Wight AM 909  
Bournemouth AM 909  
Devon, Cornwall and Dorset AM 693  
Exeter area AM 909  
West Cornwall AM 909  
South Wales and West England AM 909  
North Dyfed and SW Gwynedd AM 990  
The Midlands AM 693  
Norfolk and Suffolk AM 693  
Yorkshire, NW England & Wales AM 909  
South Cumbria & N Lancashire AM 693  
West Cumbria AM 909  
North East, Cumbria & Borders AM 693  
Central Scotland AM 909  
Aberdeen and East Grampian AM 693  
North Scotland AM 693  
Central & East Northern Ireland AM 909  
Derry area AM 909  
Fermanagh and South Tyrone AM 693  
AM Reception towards the edge of coverage areas is distorted after dark, particularly on 909.  
Satellite 0105/705, DTT 705, Cable 905 (all mono)  
Airdate: 27/8/1990 as Radio 5, present format from 28/3/1994

## BBC 5 LIVE SPORTS EXTRA

Format: Sport, Based: Manchester Hours: Irregular  
United Kingdom (BBC Mux) DABm 12B  
Satellite 0144/706, DTT 706, Cable 908 (all mono)  
Airdate: Pilot 1997, Full service 2/2/2002

## BBC 6 MUSIC

Format: Rock and Mixed Music,  
Based: London and Manchester  
United Kingdom (BBC Mux) DABs 12B  
Satellite 0120/707, DTT 707 Cable 909  
Airdate: 11/3/2002

## BBC ASIAN NETWORK

Format: Asian  
United Kingdom (BBC Mux) DABm 12B  
Birmingham area AM 1458  
Wolverhampton area AM 828  
Leicestershire AM 837  
Peterborough area AM 1449  
Plus evenings only on BBC R Leeds & Sheffield AM transmitters  
Satellite 0119/709, DTT 709, Cable 912  
01:00 - 05:00: relays BBC South Asian World Service  
Airdate: Regional 11/1996, National 28/10/2002

## BBC WORLD SERVICE RADIO

Format: News, Talk  
United Kingdom (BBC Mux) DABm 12B  
Satellite 0115/711, DTT 710, Cable 906 (all mono)  
Airdate: 1932 as Empire Service

## RADIO 1, 2, 3 AND 4 FM FREQUENCIES

(98% stereo coverage, ~100% mono)

Area	R1	R2	R3	R4
<b>SOUTH AND SOUTH EAST ENGLAND</b>				
London & South East England	98.8	89.1	91.3	93.5
London area	98.5	88.8	91.0	93.2
Purley & Coulsdon, London	98.0	88.4	90.6	92.8
Caterham, Surrey	99.3	89.7	91.9	94.1
Leatherhead area, Surrey	99.3	89.7	91.9	94.1
West Surrey & NE Hampshire	97.7	88.1	90.3	92.5
Reading	99.4	89.8	92.0	94.2
High Wycombe	99.6	90.0	92.2	94.4
Newbury & West Berkshire	97.8	88.2	90.4	92.6
West Berkshire & East Wilts	98.4	88.9	91.1	93.3
Basingstoke	99.7	90.1	92.3	94.5
East Kent	99.5	90.0	92.4	94.4
Folkestone area	98.3	88.4	90.6	93.1
Hastings	97.7	89.6	91.8	94.2
Bexhill	99.2	88.2	92.2	94.6
Newhaven & Seaford, Sussex	99.3	89.7	91.9	94.1
Brighton and Worthing area	99.7	90.1	92.3	94.5
Central Southern England	98.2	88.5	90.7	92.9
Ventnor, Isle of Wight	99.0	89.4	91.7	93.8
Salisbury, Wiltshire	99.4	89.8	92.0	94.2
Weymouth, Dorset	99.6	90.0	92.2	94.4
<b>SOUTH WEST ENGLAND</b>				
West Dorset	98.7	89.1	91.3	93.5
Lyme Regis, Dorset	99.3	89.7	91.9	94.1
Devon and East Cornwall	97.7	88.1	90.3	92.5
Axminster & Seaton, Devon	99.1	89.5	91.7	93.9
Tiverton, Devon	99.2	89.6	91.8	94.0
Exeter	98.6	89.0	91.2	93.4
Okehampton, Devon	98.3	88.7	90.9	93.1
North Devon	98.1	88.5	90.7	92.9
Combe Martin, Devon	98.7	89.1	91.3	93.5
Teignmouth area, Devon	99.0	89.4	91.6	93.8
Torbay	98.4	88.7	90.9	93.1
Dartmouth area, Devon	99.4	89.8	92.0	94.2
South Devon	99.1	89.5	91.7	93.9
Ivybridge, Devon	99.5	89.9	92.1	94.3
Plymouth	98.1	88.5	90.7	92.9
Bodmin area, Cornwall	98.4	88.8	91.0	93.2
West Cornwall	99.3	89.7	91.9	94.1
Isles of Scilly	98.4	88.8	91.0	93.2
Channel Islands	97.1	89.6	91.1	94.8
Avon, Somerset and Wiltshire	99.5	89.9	92.1	94.3
Minehead, Somerset	98.6	89.0	91.2	93.4
Chard, Somerset	98.5	88.9	91.1	93.3
Weston-super-mare, Avon	99.0	89.4	91.6	93.8
Bristol	98.9	89.3	91.5	93.7
Bath	98.6	89.0	91.2	93.4
Trowbridge area, Wiltshire	97.9	88.3	90.5	92.7
Frome, Somerset	98.7	89.1	91.3	93.5
Chippenham, Wiltshire	98.4	88.8	91.0	93.2
Calne, Wiltshire	97.8	88.2	90.4	92.6
Marlborough area, Wiltshire	99.7	90.1	92.3	94.5
Swindon area	98.6	89.0	91.2	93.4
Cirencester, Gloucestershire	97.7	88.1	90.3	92.5
Chalford & Stroud, Gloucs	98.8	89.2	91.4	93.6
Nailsworth & Stroud, Gloucs	97.8	88.2	90.4	92.6
Gloucester & Cheltenham	98.6	89.0	91.2	93.4
Herefordshire & Gloucester	98.2	88.6	90.8	93.0
Ludlow, Shropshire	99.2	89.6	91.8	94.0
<b>WALES</b>				
South Wales	99.5	89.9	92.1	94.3
Abergavenny & Usk Valley	98.3	88.7	90.9	93.1
Blaenavon & Abersychan	98.1	88.5	90.7	92.9
Pontypool & Cwmbran, Gwent	98.8	89.2	-	104.8
Newbridge area, Gwent	99.1	89.5	-	93.9
Aberfillery, Gwent	98.6	89.0	-	93.4
Ebbw Vale & Tredegar, Gwent	98.0	88.4	90.6	92.8
Rhymney area, Mid Glam	98.9	89.3	-	93.7
Aberdare area, Mid Glam	98.8	89.2	91.4	104.7
Ferndale, Mid Glamorgan	99.2	89.6	-	94.0
Porth area, Mid Glamorgan	98.0	88.4	90.6	92.8
Rhondda Valley, Mid Glam	98.4	88.8	91.0	104.3
Vale of Neath, West Glam	97.8	88.2	-	104.8
Croeserw, West Glamorgan	98.6	89.0	-	103.6
Llangeinor, Pontycymer, M Glam	98.2	88.6	-	93.0
Ogmore Vale, Mid Glamorgan	98.8	89.2	-	93.6
Cwmafan, West Glamorgan	98.1	88.5	-	92.9
Swansea Valley, West Glam	98.5	88.9	91.1	103.5
Swansea area	99.1	89.5	91.7	94.6
Carmarthenshire	98.0	88.4	90.6	92.8
Carmarthen	98.5	88.9	-	95.5
Pembrokeshire	98.9	89.3	91.5	104.9
Ceredigion and SW Gwynedd	98.3	88.7	90.9	104.0
Newcastle Emlyn area, Dyfed	99.7	90.1	-	104.4
Lampeter & Teifi Valley, Dyfed	99.3	89.7	-	103.7
Machynlleth, Dyfed	99.0	89.4	-	103.6
Barmouth area, Gwynedd	97.9	88.3	-	104.8
Dolgellau, Gwynedd	99.7	90.1	-	103.6

Area	R1	R2	R3	R4	Area	R1	R2	R3	R4
Porlhamadog area, Gwynedd	99.0	89.4	-	104.9	Dee Valley, Grampian	99.7	90.1	92.3	104.5
Ffestiniog area, Gwynedd	97.7	88.1	-	103.5	North West Grampian	97.8	88.2	90.4	94.8
North Gwynedd & NW Clwyd	99.4	89.8	92.0	103.6	Inverness & Moray Firth area	99.2	89.6	91.8	103.6
Deiniolen & Llanberis, Gwynedd	97.7	88.1	-	104.1	Speyside, Highland	99.4	89.8	92.0	96.1
Conwy & Llandudno, Gwynedd	98.7	89.1	-	104.4	Kingussie, Highland	98.7	89.1	91.3	95.7
Colwyn Bay area, Clwyd	98.0	88.4	-	104.6	Thurso & Wick area, Highland	99.7	90.1	92.3	95.6
Betws-y-Coed & Llanrwst	97.8	88.2	-	104.9	Orkney	98.9	89.3	91.5	96.0
Clwyd, Merseyside, W Cheshire	98.5	88.9	-	93.3	Shetland	97.9	88.3	90.5	94.9
Llanrhaeadr ym Mochnant, Clwyd	99.4	89.8	-	94.2	Isle of Lewis	99.4	89.8	92.0	95.1
Llanfyllin, Powys	98.7	89.1	-	93.5	Ness of Lewis	97.9	88.3	90.5	96.1
Welshpool, Powys	99.2	89.6	-	94.0	Ullapool, Highland	97.9	88.3	90.5	96.1
Newtown, Powys	99.7	90.1	-	94.5	E Lewis, N Skye & W Highland	98.7	89.1	91.3	95.7
Llanidloes, Powys	97.7	88.1	-	104.8	Skye, Harris, East N & S Uist	98.1	88.5	90.7	94.8
Central Powys	98.7	89.1	-	103.8	Portree, Skye	97.7	88.1	90.3	96.1
Brecon, Powys	98.5	88.9	-	104.7	North Uist	97.7	88.1	90.3	95.1
Llysven area, Powys	99.2	89.6	-	94.0	South Uist	98.9	89.3	91.5	95.9
Hay on Wye area	99.8	88.1	-	104.9	Mallaig, Highland	97.7	88.1	90.3	94.7
CENTRAL AND EASTERN ENGLAND					Tobermoray area, Highland	99.1	89.5	91.7	96.1
Midlands	97.9	88.3	90.5	92.7	Oban area, Highland	98.5	88.9	91.1	95.3
Oxon, Bucks, Berks, S Midlands	99.1	89.5	91.7	93.9	Ballachulish, Highland	97.7	88.1	90.3	94.7
Milton Keynes and West Beds	98.2	88.6	90.8	93.0	Kinlochleven, Highland	99.3	89.7	91.9	95.6
Northampton	98.5	88.9	91.1	93.3	Corran and Onich, Highland	98.3	88.7	90.9	95.1
Cambes, Beds, S Lincs, E Nthnts	99.7	90.1	92.3	94.5	Fort William area, Highland	98.9	89.3	91.5	95.9
Cambridge area	98.5	88.9	91.1	93.3	Fort Augustus area, Highland	98.2	88.6	90.8	95.2
Norfolk and Suffolk	99.3	89.7	91.9	94.1	Strachur & Inveraray, Strathclyde	98.4	88.8	91.0	95.1
North East Essex & South Suffolk	97.7	88.1	90.3	92.5	South Knapdale, Strathclyde	98.9	89.3	91.5	95.6
NORTHERN ENGLAND					North Islay	97.7	88.1	90.3	95.7
Lincolnshire & E Yorkshire	98.3	88.8	90.9	93.1	South Islay	98.6	89.0	91.2	94.7
Grantham, Lincolnshire	97.7	88.1	90.3	92.5	NORTHERN IRELAND				
North West and Yorkshire	98.9	89.3	91.5	93.7	East & Central Northern Ireland	99.7	90.1	92.3	96.0
Buxton, Derbyshire	99.6	90.0	92.2	94.4	Newtownabbey, N Ireland	98.4	88.8	91.0	93.2
Matlock & Bakewell, Derbyshire	99.4	89.8	92.0	94.2	Larne, Northern Ireland	98.7	89.1	91.3	103.5
Chesterfield	98.6	89.0	91.2	93.4	Ballycastle, Northern Ireland	98.4	88.8	91.0	93.2
Sheffield & Rotherham	99.5	89.9	92.1	94.3	North Northern Ireland	99.2	89.6	91.8	94.0
Leeds	99.4	89.8	92.0	94.2	Derry area	98.3	88.7	90.9	94.9
Otley & Ilkley area, West Yorks	98.0	88.4	90.6	92.8	Fermanagh and South Tyrone	99.0	89.4	91.6	95.6
Bradford	98.1	88.5	90.7	92.9	South East Northern Ireland	98.3	88.7	90.9	104.6
Keighley area, West Yorks	98.5	88.9	91.1	93.3	Warrenpoint, Northern Ireland	97.9	88.3	90.5	103.9
West Halifax	98.3	88.7	90.9	93.1	Kilkeel, Northern Ireland	99.0	89.1	91.6	103.9
Hebden Bridge, West Yorks	98.0	88.4	90.6	92.8					
Todmorden, West Yorks	98.5	88.9	91.1	93.3					
Walsden, West Yorkshire	98.0	88.4	90.6	92.8					
Cornholme, West Yorkshire	99.3	89.7	91.9	94.1					
Upper Tame Valley, Gt Mancs	99.3	89.8	91.9	94.1					
Haslingden area, Lancs	99.5	89.9	92.1	94.3					
Darwen, Lancashire	99.1	89.5	91.7	93.9					
West, South & Central Lancs	98.2	88.6	90.8	93.0					
Burnley & Colne Valley, Lancs	97.8	90.2	92.6	94.6					
Whalley, Lancashire	99.2	89.6	91.8	94.0					
Barnoldswick area, Lancs	99.3	89.7	91.9	94.1					
South Cumbria & NW Lancs	99.6	90.0	92.2	94.4					
Windermere & Ambleside, Cumb	97.9	88.3	90.5	92.7					
Kendal, Cumbria	98.6	89.0	91.2	93.4					
Wensleydale, North Yorks	97.9	88.3	90.5	92.7					
Thirsk & Northallerton area	99.6	90.2	92.2	94.4					
Scarborough area, N Yorks	99.5	89.9	92.1	94.3					
Whitby, North Yorkshire	99.2	89.6	91.8	94.0					
Cleveland, S Durham, N Yorks	98.6	89.0	91.2	93.4					
North East England	98.1	88.5	90.7	92.9					
Weardale, County Durham	99.3	89.7	91.9	94.1					
Hexham & Tyne Valley, Nthmb	99.0	89.4	91.6	93.8					
West Tyneside, Tyne & Wear	99.4	89.8	92.0	94.2					
North Northumberland	99.7	90.1	92.3	94.5					
Berwick-upon-Tweed	98.2	88.6	90.8	93.0					
North Cumbria & N Isle of Man	97.7	88.1	90.3	92.5					
Keswick, Cumbria	99.2	89.6	91.8	94.0					
Whitehaven area, Cumbria	99.3	89.7	91.9	94.1					
Isle of Man	98.0	88.4	90.6	92.8					
SCOTLAND									
South West Scotland	97.7	88.1	90.3	92.5					
Stranraer, D & G	99.3	89.7	91.9	103.6					
Wigtown Bay area, D & G	98.3	88.7	90.9	95.3					
Border Region	98.7	89.1	91.3	103.9					
Eyemouth and Border coast	99.3	89.7	91.9	104.6					
Innerleithen, Border	99.1	89.5	91.7	96.1					
Peebles, Border region	98.0	88.4	90.6	95.0					
Penicuik, Lothian	98.2	88.6	90.8	95.5					
Central Scotland	99.5	89.9	92.1	95.8					
Ayrshire	99.1	89.5	91.7	104.3					
Kirkconnel & Sanquhar, D & G	98.3	88.7	90.9	95.3					
Patna & Dalmellington, Ayrshire	97.9	88.3	90.5	94.9					
Girvan, Ayrshire	98.5	88.9	91.1	95.3					
West Kilbride area, Strathclyde	98.7	89.1	91.3	103.5					
Campbeltown, Strathclyde	98.0	88.4	90.6	95.2					
Largs, Rothesay, Clyde Mouth	98.1	88.5	90.7	95.1					
Greenock & Firth of Clyde	98.8	89.2	91.4	103.8					
Dumbarton & Alexandria	97.9	88.3	90.5	104.1					
South West Central Region	98.3	88.7	90.9	104.9					
Crieff area, Tayside	98.9	89.3	91.5	95.3					
Perth area	98.6	89.0	91.2	94.6					
East Tayside and North Fife	97.9	88.3	90.5	94.9					
Blairgowrie & Rattray, Tayside	99.2	89.6	91.8	95.5					
Pitlochry & Aberfeldy, Tayside	98.8	89.2	91.4	103.9					
South East Grampian Region	99.0	89.4	91.6	95.9					
Grampian Region	98.3	88.7	90.9	95.3					

Marginal reception of all networks is available outside fully covered areas.

## Local and Regional

Local and regional stations transmit 24 hours a day, relaying Radio 5 Live or the World Service overnight.

STATION	Map reference
Format	Regional Coverage (AM/FM)
Programme sharing information (where relevant)	
DAB Coverage area	DAB channel
FM/AM Coverage area	FM/AM Frequency
<i>Airdate and historical notes</i>	
m = mono, s = stereo. FM and DAB+ transmissions are stereo unless indicated otherwise. All AM transmissions are mono	
* denotes frequencies previously relayed corresponding FM or AM service. Maps show combined DAB/FM/AM coverage within the editorial area	

## England

Stations in England carry regional programmes at times in the evenings and weekends.

### BBC RADIO BERKSHIRE 1

Mixed Format	South East	850 000
Berkshire and North Hampshire		DABs 12D
Henley & Marlow		FM 94.6
East Berkshire		FM 95.4
West Berkshire		FM 104.1
Reading		FM 104.4
DTT 719	21/1/1992 (9/4/1996-14/2/2000 Thames Valley FM with Radio Oxford)	

### BBC RADIO BRISTOL 2

Mixed Format	South West	980 000
Bristol, Bath and Avon		DABs 11B
Avon		FM 94.9
Weston-Super-Mare		FM 103.6
Bath		FM 104.6
DTT 719	4/9/1970	

### BBC RADIO CAMBRIDGESHIRE 3

Mixed Format	East	650 000
South and Central Cambridgeshire		DABs 11C
North Cambridgeshire, Huntingdon, S Lincs		DABs 12D
North Cambridgeshire		FM 95.7
S & Central Cambridgeshire		FM 96.0
Cambridgeshire		AM 1026
DTT 722	1/5/1982	

### BBC RADIO CORNWALL 4

Mixed Format	South West	460 000
Cornwall		DABs 11B
East Cornwall & West Devon		FM 95.2
Isles of Scilly		FM 96.0
West Cornwall		FM 103.9
West Cornwall		AM 630
Central Cornwall		AM 657
DTT 721	17/1/1983	

### BBC RADIO CUMBRIA 6

Mixed Format	North	490 000
Kendal, Cumbria		FM 95.2
North Cumbria		FM 95.6
South Cumbria		FM 96.1
West Cumbria		FM 104.1
Keswick		FM 104.1
Windemere & Ambleside		FM 104.2
North Cumbria		AM 756
South Cumbria		AM 837
West Cumbria		AM 1458
DTT 721		
24/11/1973 (North, R Carlisle until 17/1/1983), 1982 (South, as R Furness)		

### BBC COVENTRY AND WARWICKSHIRE 5

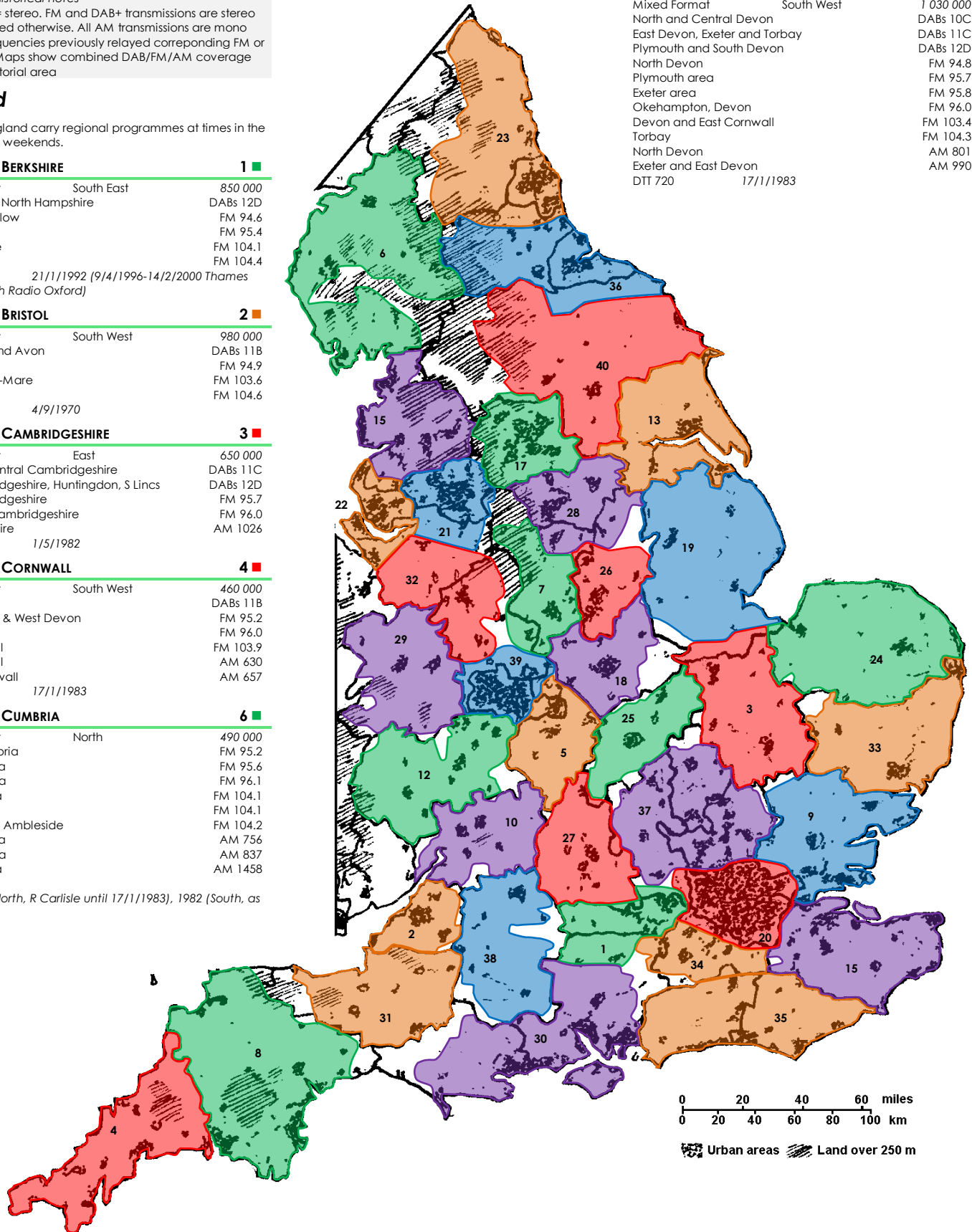
Mixed Format	Midlands	1 100 000
Coventry and Warwickshire		DABs 12D
Coventry & N Warwickshire		FM 94.8
South & Central Warwicks		FM 103.7
Nuneaton, Warwickshire		FM 104.0
DTT 719	17/1/1989 (as BBC CWR, became opt-out of WM in 1995, separate station from 2004)	

### BBC RADIO DERBY 7

Mixed Format	Midlands	770 000
South and Central Derbyshire, SE Staffordshire		DABs 10B
Matlock & Bakewell, Derbys		FM 95.3
Buxton		FM 96.0
South Derbyshire & East Staffs		FM 104.5
S Derbyshire & E Staffs		AM 1116
DTT 735	29/4/1971	

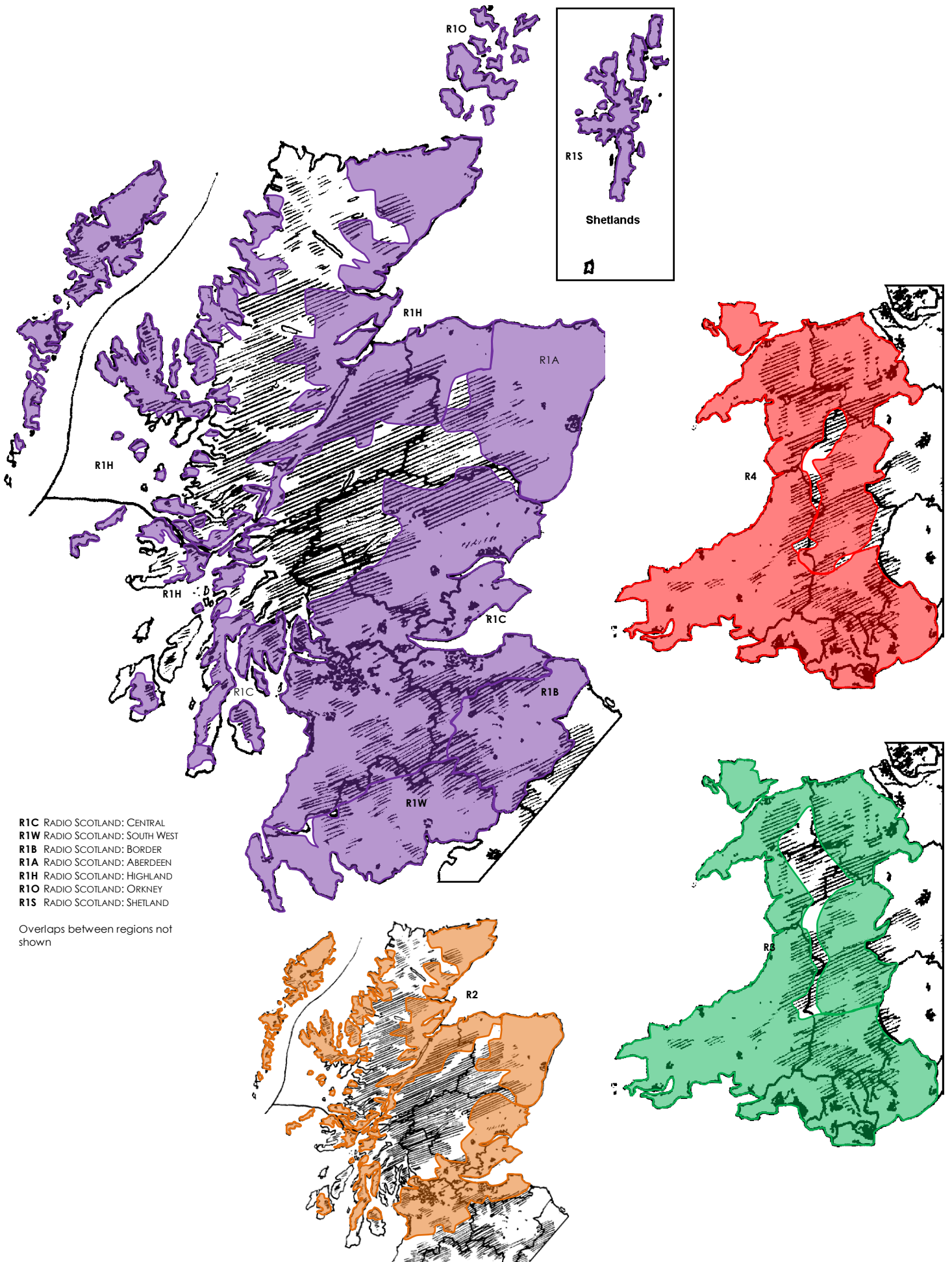
### BBC RADIO DEVON 8

Mixed Format	South West	1 030 000
North and Central Devon		DABs 10C
East Devon, Exeter and Torbay		DABs 11C
Plymouth and South Devon		DABs 12D
North Devon		FM 94.8
Plymouth area		FM 95.7
Exeter area		FM 95.8
Okehampton, Devon		FM 96.0
Devon and East Cornwall		FM 103.4
Torbay		FM 104.3
North Devon		AM 801
Exeter and East Devon		AM 990
DTT 720	17/1/1983	



<b>BBC ESSEX</b>	<b>9</b>	<b>BBC RADIO MANCHESTER</b>	<b>21</b>	<b>BBC RADIO STOKE</b>	<b>32</b>
Mixed Format East	1 530 000	Mixed Format North	3 160 000	Mixed Format Midlands	670 000
Most of Essex	DABs 12D	Greater Manchester and North East Cheshire	DABs 12C	Stoke-on-Trent, West Staffordshire, South Cheshire	DABs 12D
South East Essex	FM 95.3	Greater Manchester, Cheshire	FM 95.1	Stoke-on-Trent area	FM 94.6
Central and North Essex	FM 103.5	Upper Tame Valley	FM 104.6	Stafford	FM 104.1
North East Essex	AM 729	DTT 719	10/9/1970 (Greater Manchester Radio)	Stoke-on-Trent area	AM 1503
Essex and East Herts	AM 765	from 20/10/1988 to 31/4/2006)		DTT 726	14/3/1968
DTT 734	6/11/1986				
<b>BBC RADIO GLOUCESTERSHIRE</b>	<b>10</b>	<b>BBC RADIO MERSEYSIDE</b>	<b>22</b>	<b>BBC RADIO SUFFOLK</b>	<b>33</b>
Mixed Format South West	450 000	Mixed Format North	1 640 000	Mixed Format East	620 000
Gloucestershire	DABs 10C	Merseyside and West Cheshire	DABs 10C	Suffolk	DABs 10C
Stroud area, Gloucestershire	FM 95.0	Merseyside	FM 95.8	Lowestoft area, Suffolk	FM 95.5
Cirencester area, Gloucs	FM 95.8	Merseyside and West Cheshire	AM 1485	East Suffolk	FM 95.9
Gloucester, Cheltenham area	FM 104.7	DTT 722	22/11/1967	South Suffolk	FM 103.9
East Gloucestershire	AM 1413			West Suffolk	FM 104.6
West Gloucestershire	AM 1413	<b>BBC RADIO NEWCASTLE</b>	<b>23</b>	DTT 720	12/4/1990
DTT 735	3/10/1988	Mixed Format North	1 820 000		
<b>BBC HEREFORD AND WORCESTER</b>	<b>12</b>	Tyne and Wear, North Durham, Northumberland	DABs 11C	<b>BBC SURREY</b>	<b>34</b>
Mixed Format Midlands	600 000	Tyneside, Durham, S Nthmblnd	FM 95.4	Mixed Format South East	1 200 000
Herefordshire and Worcestershire	DABs 12A	North Northumberland	FM 96.0	Shares most programmes with BBC Sussex	
Herefordshire	FM 94.7	Hexham and Tyne Valley	FM 103.7	Surrey, North East Hampshire, South London	DABs 10C
Worcestershire	FM 104.0	West Tyneside, Tyne & Wear	FM 104.4	North Sussex & East Surrey	FM 104.0
Redditch area	FM 104.4	Tyneside, Durham, S Nthmblnd	AM 1458	W Surrey & NE Hampshire	FM 104.6
Kidderminster area	FM 104.6	DTT 719	2/1/1971	DTT 722	
Worcester	AM 738	<b>BBC RADIO NORFOLK</b>	<b>24</b>	10/1983 (R Sussex in E Surrey) 14/11/1991 (R Surrey on 104.6)	
North Herefordshire	AM 1584	Mixed Format East	765 000	8/1994 Southern Counties Radio. BBC Surrey from 30/3/2009	
DTT 720	14/2/1989	East Norfolk	DABs 10B	<b>BBC SUSSEX</b>	<b>35</b>
<b>BBC RADIO HUMBERSIDE</b>	<b>13</b>	East Norfolk	FM 95.1	Mixed Format South East	1 000 000
Mixed Format North	850 000	North Norfolk	FM 95.6	Shares most programmes with BBC Surrey	
East Yorkshire and North Lincolnshire	D FM ABs 11B	West Norfolk	FM 104.4	Sussex	DABs 10B
East Yorkshire & North Lincs	95.9	East Norfolk	AM 855	Newhaven & Seaford	FM 95.0
DTT 721	25/2/1971	West Norfolk	AM 873	Horsham	FM 95.1
<b>BBC RADIO KENT</b>	<b>15</b>	DTT 719	11/9/1980	Brighton and Worthing area	FM 95.3
Mixed Format South East	1 520 000	<b>BBC RADIO NORTHAMPTON</b>	<b>25</b>	East Sussex	FM 104.5
Kent and Eastern London	DABs 11C	Mixed Format East	570 000	West Sussex	FM 104.8
North and West Kent	FM 96.7	Northamptonshire	DABs 10C	DTT 720	
Folkestone area	FM 97.6	East Northamptonshire	FM 103.6	14/2/1968 (R Brighton, Brighton area only) 10/1983 (R Sussex, extended to E & N Sussex) 8/1994 (as Southern Counties, with addition of 104.8). BBC Sussex from 30/3/2009	
East Kent	FM 104.2	Northamptonshire	FM 104.2	<b>BBC TEES</b>	<b>36</b>
DTT 719	18/12/1970 (as R Medway covering W Kent only until 1984)	DTT 734	16/6/1982	Mixed Format North	760 000
<b>BBC RADIO LANCASHIRE</b>	<b>15</b>	<b>BBC RADIO NOTTINGHAM</b>	<b>26</b>	Tees Valley and County Durham	DABs 11B
Mixed Format North	1 390 000	Mixed Format Midlands	800 000	Cleveland, Durham, N N Yorks	FM 95.0
Central and East Lancashire	DABs 12A	South and Central Nottinghamshire	DABs 12C	Whitby, North Yorkshire	FM 95.8
East and Central Lancashire	FM 95.5	Newark and East Notts	FM 95.1	DTT 722	
West, South & Central Lancs	FM 103.9	Central Nottinghamshire	FM 95.5	31/12/1970 (as Radio Teeside, Radio Cleveland from 1974 until 8/2007)	
North Lancashire	FM 104.5	South Nottinghamshire	FM 103.8	<b>BBC THREE COUNTIES RADIO</b>	<b>37</b>
Lancashire	AM 855	DTT 720	31/1/1968	Mixed Format East	1 490 000
DTT 720	24/11/1971 (as Radio Blackburn, R Lancashire from 1984)	<b>BBC RADIO OXFORD</b>	<b>27</b>	Hertfordshire, Bedfordshire, Buckinghamshire	DABs 10D
<b>BBC RADIO LEEDS</b>	<b>17</b>	Mixed Format South East	580 000	South East Hertfordshire	FM 90.4
Mixed Format North	2 070 000	Oxfordshire	DABs 10B	West Hertfordshire	FM 92.1
Leeds and Wakefield Districts	DABs 12D	Oxfordshire	FM 95.2	Aylesbury area	FM 94.7
Bradford, Calderdale and Kirklees Districts	DABs 11B	DTT 722	29/10/1970 (9/4/1996-14/2/2000 Thames Valley FM with Radio Berkshire)	Bedfordshire and North Herts	FM 95.5
West Yorkshire	FM 92.4	<b>BBC RADIO SHEFFIELD</b>	<b>28</b>	High Wycombe area	FM 98.0
Otley & Ilkley area, West Yorks	FM 95.3	Mixed Format North	1 570 000	S Beds, NW & C Herts, E Bucks	FM 103.8
West Halifax	FM 95.3	South Yorkshire, North Notts, Chesterfield	DABs 11C	Milton Keynes area	FM 104.5
Keighley area, West Yorks	FM 102.7	Sheffield and Rotherham	FM 88.6	Herts, Beds & Bucks	AM 630
Leeds	FM 103.9	Chesterfield	FM 94.7	Bedford	AM 1161
West Yorkshire (BBC Asian Net Mon-Fri 19-00)	AM 774	South Yorkshire & North Notts	FM 104.1	DTT 720	
DTT 719	24/6/1968.	Sheffield area (BBC Asian Net Mon-Fri 16-00)	AM 1035	24/6/1985 (as Radio Bedfordshire, 3 Counties from 5/4/1993)	
<b>BBC RADIO LEICESTER</b>	<b>18</b>	DTT 734	15/11/1967.	<b>BBC RADIO WILTSHIRE</b>	<b>38</b>
Mixed Format Midlands	850 000	<b>BBC RADIO SHROPSHIRE</b>	<b>29</b>	Mixed Format South West	530 000
Leicestershire	DABs 11B	Mixed Format Midlands	410 000	Swindon area	DABs 11C
Leicestershire	FM 104.9	Shropshire, Wolverhampton, Black Country	DABs 11B	West Wiltshire and Bath	DABs 10D
DTT 721		Church Stretton, Shropshire	FM 90.0	South Wiltshire	FM 103.5
8/11/1967 (first BBC local radio station)		Ludlow, Shropshire	FM 95.0	Swindon area	FM 103.6
<b>BBC RADIO LINCOLNSHIRE</b>	<b>19</b>	Shropshire	FM 96.0	West Wiltshire	FM 104.3
Mixed Format Midlands	590 000	South West Shropshire	FM 104.1	Marlborough area, Wilts	FM 104.9
Lincolnshire, North Lincolnshire and Hull	DABs 12A	DTT 720	23/4/1985	DTT 721	
Lincolnshire	FM 94.9	<b>BBC RADIO SOLENT</b>	<b>30</b>	4/4/1989 (as Wiltshire Sound, R Wiltshire from 11/11/2002)	
Grantham, Lincolnshire	FM 104.7	Mixed Format South East	1 720 000	103.6 opted out as Radio Swindon from 2002 to 2012.	
DTT 722	11/11/1980	South Hampshire and Isle of Wight	DABs 11C	<b>BBC RADIO WM</b>	<b>39</b>
<b>BBC RADIO LONDON</b>	<b>20</b>	East, South and Central Dorset (D)	DABs 11B	Mixed Format Midlands	2 690 000
Mixed Format Surrey, W Kent, Herts, Luton (Mux 2)	DABs 12A	S Hampshire, E Dorset & Wight	FM 96.1	Birmingham area, West Midlands, SE Staffs	DABs 11C
London area	FM 94.9	Dorchester and Weymouth (D)	FM 103.8	Shropshire, Wolverhampton, Black Country	DABs 11B
London area	FM 94.9	South Hampshire & Wight	AM 999	West Midlands	FM 95.6
Satellite 0152/718, DTT 721		Bournemouth area	AM 1359	DTT 722	
6/10/1970 as Radio London. Greater London Radio from 9/1988. BBC London Live from 27/3/2000. BBC London from 1/10/2001		DTT 722 (Main), 726 (Dorset)		9/11/1970 (R Birmingham, R WM from 1982)	
<b>BBC RADIO MANCHESTER</b>	<b>21</b>	31/12/1970 (103.8: 1993 as an opt-out of R Devon until 1996)		<b>BBC RADIO YORK</b>	<b>40</b>
Mixed Format North	3 160 000	D: Opts out Mon-Fri 0630-0900, Sat 0800-1100 + news & info		Mixed Format North	650 000
Greater Manchester and North East Cheshire	DABs 12C	<b>BBC SOMERSET</b>	<b>31</b>	York and North Yorkshire	DABs 10C
Greater Manchester, Cheshire	FM 95.1	Mixed Format South West	420 000	Scarborough area	FM 95.5
Upper Tame Valley	FM 104.6	Opts out from RADIO BRISTOL		Central & S North Yorkshire	FM 103.7
DTT 719	10/9/1970 (Greater Manchester Radio)	Somerset	DABs 10B	Thirsk & Northallerton area	FM 104.3
from 20/10/1988 to 31/4/2006)		Somerset	FM 95.5	North Yorkshire	AM 666
<b>BBC RADIO MERSEYSIDE</b>	<b>22</b>	Somerset	AM 1566	East North Yorkshire	AM 1260
Mixed Format North	1 640 000	DTT 722	11/4/1988: Somerset Sound on AM only, replacing R Bristol. 3/12/2007: FM added; BBC Somerset	DTT 720	4/7/1983
Merseyside and West Cheshire	DABs 10C				
Merseyside	FM 95.8				
Merseyside and West Cheshire	AM 1485				
DTT 722	22/11/1967				





**Scotland**

**BBC RADIO SCOTLAND**

Mixed Format	5 100 000
Relays World Service overnight	
News is divided into 7 regions, see table. AM frequencies carry separate programmes for a few hours each week.	
Ayrshire	DABs 11B
Glasgow, Clydeside, Lanarkshire, Stirling, Falkirk	DABs 11C
Edinburgh, Lothian and South Fife	DABs 12D
Dundee, Angus, Perth & Kinross, North Fife	DABs 11B
Aberdeen, Aberdeenshire	DABs 11C
Inverness area	DABs 12D
Scotland (see table)	FM 92.5 - 94.7
South West Scotland	AM 585
Central and South Scotland	AM 810
Aberdeen and East Grampian	AM 810
Northern Scotland	AM 810
Satellite 0116/712, DTT 719, Cable 930	
Airdate: 23/11/1978 (previously an opt-out of Radio 4)	

**BBC RADIO NAN GAIDHEAL**

Gaelic	4 300 000
Part-time: Relays Radio Scotland AM at other times	
Ayrshire	DABs 11B
Glasgow, Edinburgh, Central Scotland	DAB 11D s
Dundee, Angus, Perth & Kinross, North Fife	DABs 11B
Aberdeen, Aberdeenshire	DABs 11C
Inverness area	DABs 12D
North and Central Scotland (see table)	FM 103.5 - 104.9
Satellite 0139/713, DTT 720, Cable 936	
Airdate: 1987 (Gaelic programmes previously on R Scotland)	

**R SCOTLAND AND R NAN GAIDHEAL FM FREQUENCIES**

Area	Region	RSc	RNG
South West Scotland	South West	94.7	
Stranraer, D & G	South West	94.1	
Wigtown Bay area, D & G	South West	93.1	
Border Region	Border	93.5	
Eymouth and Border coast	Border	94.1	
Innerleithen, Border	Border	93.9	
Peebles, Border region	Border	92.8	
Penicuik, Lothian	Central	93.0	104.4
Central Scotland	Central	94.3	
Glasgow and Clydeside area			104.7
Lothian and Fife			104.1
Ayrshire	Central	93.9	
Kirkconnel & Sanquhar, D & G	Central	93.1	
Patna & Dalmeilington, Ayrshire	Central	92.7	
Girvan, Ayrshire	Central	93.3	
West Kilbride area, Strathclyde	Central	93.5	
Campbeltown, Strathclyde	Central	92.8	
Largs, Rothesay, Clyde Mouth	Central	92.9	104.0
Greenock & Firth of Clyde	Central	93.6	
Dumbarton & Alexandria	Central	92.7	
South West Central Region	Central	93.1	
Crieff area, Tayside	Central	93.7	
Perth area	Central	93.4	104.5
East Tayside and North Fife	Central	92.7	103.7
Blairgowrie & Rattray, Tayside	Central	94.0	
Pitlochry & Aberfeldy, Tayside	Central	93.6	
Blair Atholl, Tayside	Central	93.1	
Dalnacardoch, Tayside	Central	94.2	
South East Grampian Region	Aberdeen	93.8	
Grampian Region	Aberdeen	93.1	104.2
Dee Valley, Grampian	Aberdeen	94.5	
North West Grampian	Highland	92.6	
Inverness & Moray Firth area	Highland	94.0	104.9
Speyside, Highland	Highland	94.6	104.7
Kingussie, Highland	Highland	93.5	104.0
Crubenmore & Dalwhinnie, Hlnd	Highland	93.0	
Thurso & Wick area, Highland	Highland	94.5	104.5
Orkney	Orkney	93.7	
Shetland	Shetland	92.7	
Isle of Lewis	Highland	94.2	104.3
Ness of Lewis	Highland	92.7	104.9
Ullapool, Highland	Highland	92.7	104.9
E Lewis, N Skye & W Highland	Highland	93.5	103.9
Skye, Harris, East N & S Uist	Highland	92.9	104.7
Portree, Skye	Highland	92.5	104.3
North Uist	Highland	92.5	103.7
South Uist	Highland	93.7	104.2
Mallaig, Highland	Highland	92.5	104.3
Tobermory area, Highland	Highland	93.9	103.5
Oban area, Highland	Highland	93.3	104.6
Ballachulish, Highland	Highland	92.5	103.7
Kinlochleven, Highland	Highland	94.1	104.4
Corran and Onich, Highland	Highland	93.1	104.9
Fort William area, Highland	Highland	93.7	104.2
Fort Augustus area, Highland	Highland	93.0	104.7
Strachur & Inveraray, Strathclyde	Central	93.2	104.2
South Knapdale, Strathclyde	Central	93.7	103.7
North Islay (mono)	Highland	92.5	103.6
South Islay (mono)	Highland	93.4	104.9

**Wales**

**BBC RADIO WALES**

Mixed Format	2 600 000
South Glamorgan, Mid Glamorgan, Gwent	DABs 12C
West Glamorgan and SW Carmarthenshire	DABs 12A
Pembrokeshire, Carmarthenshire, Swansea	DABs 12D
North East Wales, West Cheshire and Merseyside	DABs 10D
Conwy county	DABs 12D
Gwynedd and Anglesey	DABs 10D
Wales (see table)	FM 90.2-92.3, 93.9, 94.7-96.1, 103.9
Clwyd	AM 657
South Wales	AM 882
North Dyfed and SW Gwynedd	AM 882
North Gwynedd & North Clwyd	AM 882
North Powys	AM 882
Mid Powys	AM 1125
Satellite 0117/714, DTT 719, Cable 931	
Airdate: 23/11/78 (previously an opt-out of Radio 4) On AM only (except Gwent) until 1999 (Cardiff, Swansea, Carmar, NW Wales, Wrexham), 2001 (Pemb & Ceredigion), 2002 (Some S Wales Valleys), 2011 (SE Wales), 2018 (elsewhere).	

**BBC RADIO CYMRU**

Welsh	2 600 000
South Glamorgan, Mid Glamorgan, Gwent	DABs 12C
West Glamorgan and SW Carmarthenshire	DABs 12A
Pembrokeshire, Carmarthenshire, Swansea	DABs 12D
North East Wales, West Cheshire and Merseyside	DABs 10D
Conwy county	DABs 12D
Gwynedd and Anglesey	DABs 10D
Wales (see table)	FM 92.4 - 94.5, 95.7, 96.1, 96.8, 103.5 - 104.9
Satellite 0152 (Wales) /0154 (UK) /715, DTT 720, Cable 934	
Airdate: 1/1977 (previously an opt-out of Radio 4)	

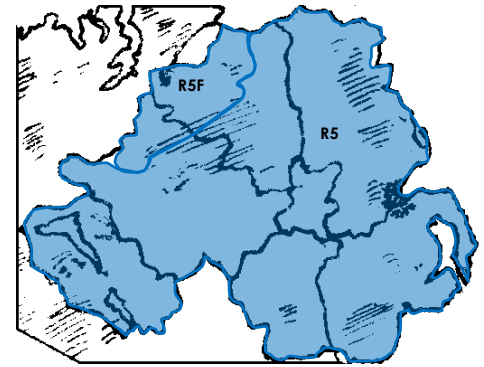
**BBC RADIO CYMRU 2**

Welsh (opts out of R Cymru 0700-1000)	
South Glamorgan, Mid Glamorgan, Gwent	DAB 12C
West Glamorgan and SW Carmarthenshire	DAB 12As
Pembrokeshire, Carmarthenshire, Swansea	DAB 12D
North East Wales, West Cheshire and Merseyside	DAB 10D
Conwy county	DAB 12D
Gwynedd and Anglesey	DAB 10D
Airdate: 29/1/2018	Satellite 0154 (Wales) /718, DTT 721

**R CYMRU AND R WALES FM FREQUENCIES**

	RC	RW
South Wales	96.8	103.9
South Gwent	-	95.9
Abergavenny & Usk Valley	103.5	95.2
Blaenavon & Abersychan	104.1	95.1
Pontypool & Cwmbran, Gwent	93.6	91.4
Newbridge area, Gwent	94.7	91.7
Aberlillery, Gwent	104.3	91.2
Ebbw Vale & Tredegar, Gwent	104.6	95.0
Rhymney area, Mid Glam	104.9	91.5
Merthy Tydfil area, Mid Glam	-	96.1
Aberdare area, Mid Glam	93.6	95.8
Ferndale, Mid Glamorgan	104.9	91.8
Parth area, Mid Glamorgan	104.5	94.6
Rhondda Valley, Mid Glam	93.2	94.8
Vale of Neath, West Glam	92.6	90.4
Croeserw, West Glamorgan	93.4	91.2
Llangeinor, Pontycymer, M Glam	104.6	90.8
Ogmore Vale, Mid Glamorgan	95.0	91.4
Cwmafan, West Glamorgan	104.5	90.7
Swansea Valley, West Glam	93.3	95.5
Swansea area	104.2	93.9
Carmarthenshire	104.6	95.1
Carmarthen	93.3	91.1
Pembrokeshire	93.7	95.9
Ceredigion and SW Gwynedd	93.1	95.3
Newcastle Emlyn area, Dyfed	94.5	92.3
Lampeter & Teifi Valley, Dyfed	94.1	91.9
Machynlleth, Dyfed	93.8	91.6
Barmouth area, Gwynedd	92.7	90.5
Dolgellau, Gwynedd	94.5	92.3
Parthmadog area, Gwynedd	93.8	91.6
Ffestiniog area, Gwynedd	92.5	90.3
North Gwynedd & NW Clwyd	94.2	94.8
Deiniolen & Llanberis, Gwynd	92.5	90.3
Conwy & Llandudno, Gwynedd	93.5	91.3
Colwyn Bay area, Clwyd	92.8	90.6
Betws-y-Coed & Llanrwst	92.6	90.4
Clwyd, Merseyside, W Cheshire	104.3	91.1
Wrexham area	-	95.4
Deeside, North Wales	104.7	-
Llanrhaeadr ym Mochnant, CI	103.8	92.0
Llanfyllin, Powys	95.7	91.3
Welshpool, Powys	103.6	91.8
Newtown, Powys	96.1	92.3
Llanidloes, Powys	92.5	90.3
Central Powys	93.5	91.3
Brecon, Powys	93.3	91.1
Llyswen area, Powys	104.4	91.8
Hay on Wye area	92.4	90.2

**Northern Ireland**



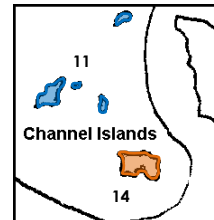
**BBC RADIO ULSTER**

Mixed Format	1 430 000
Northern Ireland	DABs 12D
Cent & East Northern Ireland	FM 94.5
Newtownabbey, N Ireland	FM 95.3
Larne, Northern Ireland	FM 93.5
Ballycastle, Northern Ireland	FM 95.1
North Northern Ireland	FM 95.4
Fermanagh and South Tyrone	FM 93.8
South East Northern Ireland	FM 93.1
Warrenpoint, Northern Ireland	FM 92.7
Kilkeel, Northern Ireland	FM 93.8
Fermanagh and South Tyrone	AM 873
Northern Ireland	AM 1341
Satellite 0118/716, DTT 719, Cable 932	
Airdate: 1/1/1975 (previously an opt-out of Radio 4)	

**BBC RADIO FOYLE**

Mixed Format	100 000
Opt out of Radio Ulster	
Northern Ireland	DABs 12D
Derry area	FM 93.1
Derry area	AM 792
DAB: Northern Ireland multiplex	
DTT 720	
Airdate: 1983 (transmitters previously carried R Ulster only)	

**Channel Islands**



**BBC RADIO GUERNSEY**

Mixed Format	South West	50 000
Guernsey and Sark		FM 93.2
Alderney		FM 99.0
Guernsey, Alderney and Sark		AM 1116
DTT 721	16/3/1982	

**BBC RADIO JERSEY**

Mixed Format	South West	80 000
Jersey		FM 88.8
Jersey		AM 1026
DTT 719	15/3/1982	