

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 Radio 5 Sports 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
Aberdeenshire 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
Ceredigion 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
Aberdeenshire 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 RADIO 5 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 as BBC 5 Live Sports Extra 2/2/2002. 3/2022: Radio 5 Sports Extra

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
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
SOUTH AND SOUTH EAST ENGLAND				
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
SOUTH WEST ENGLAND				
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
Bristol area, 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, Somerset	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
WALES				
South Wales	99.5	89.9	92.1	94.3
Abergavenny & Usk Valley, S Wales	98.3	88.7	90.9	93.1
Blaenavon & Abersychan, S Wales	98.1	88.5	90.7	92.9
Pontypool & Cwmbran, South Wales	98.8	89.2	-	104.8
Newbridge area, South Wales	99.1	89.5	-	93.9
Aberlillery, South Wales	98.6	89.0	-	93.4
Ebbw Vale & Tredegar, South Wales	98.0	88.4	90.6	92.8
Rhymney area, South Wales	98.9	89.3	-	93.7
Aberdare area, South Wales	98.8	89.2	91.4	104.7
Ferndale, South Wales	99.2	89.6	-	94.0
Porth area, South Wales	98.0	88.4	90.6	92.8
Rhondda Valley, South Wales	98.4	88.8	91.0	104.3
Vale of Neath, South Wales	97.8	88.2	-	104.8
Craesew, South Wales	98.6	89.0	-	103.6
Llangeinor, Pontycymer, South Wales	98.2	88.6	-	93.0
Ogmore Vale, South Wales	98.8	89.2	-	93.6
Cwmafan, South Wales	98.1	88.5	-	92.9
Swansea Valley, South Wales	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, Ceredigion	99.7	90.1	-	104.4
Lampeter & Teifi Valley, Ceredigion	99.3	89.7	-	103.7
Machynlleth, Powys	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
Portlmadog area, Gwynedd	99.0	89.4	-	104.9	Dee Valley, Aberdeenshire	99.7	90.1	92.3	104.5
Ffestiniog area, Gwynedd	97.7	88.1	-	103.5	Moray	97.8	88.2	90.4	94.8
Anglesey and North Wales Coast	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, North Wales	98.7	89.1	-	104.4	Kingussie, Highland	98.7	89.1	91.3	95.7
Colwyn Bay area, North Wales	98.0	88.4	-	104.6	Thurso & Wick area, Highland	99.7	90.1	92.3	95.6
Betws-y-Coed & Llanrwst, N Wales	97.8	88.2	-	104.9	Orkney	98.9	89.3	91.5	96.0
NE Wales, Merseyside, W Cheshire	98.5	88.9	-	93.3	Shetland	97.9	88.3	90.5	94.9
Llanrhaeadr ym Mochnant, Powys	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					Tobermory 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
Cambs, 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, Argyll	98.4	88.8	91.0	95.1
North East Essex & South Suffolk	97.7	88.1	90.3	92.5	South Knapdale, Argyll	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	Marginal reception of all networks is available outside fully covered areas.				
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					
Teeside, 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					
Inverleithen, 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, Ayrshire	98.7	89.1	91.3	103.5					
Campbeltown, Argyll	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 Stirlingshire	98.3	88.7	90.9	104.9					
Crieff area, Perthshire	98.9	89.3	91.5	95.3					
Perth area	98.6	89.0	91.2	94.6					
Dundee, Angus and North Fife	97.9	88.3	90.5	94.9					
Blairgowrie & Rattray, Perthshire	99.2	89.6	91.8	95.5					
Pitlochry & Aberfeldy, Perthshire	98.8	89.2	91.4	103.9					
South East Aberdeenshire	99.0	89.4	91.6	95.9					
Aberdeenshire	98.3	88.7	90.9	95.3					

Local and Regional

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

STATION	Regional	Map reference
Format		Coverage (AM/FM)
Programme sharing information (where relevant)		
DAB Coverage area		DAB channel
FM/AM Coverage area		FM/AM Frequency
Airdate and historical notes		
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 and Bath area		DABs 11B
Bristol area		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
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
DTT 721	17/1/1983	

BBC RADIO CUMBRIA 6 ■

Mixed Format	North	490 000
South Cumbria and North Lancashire		DAB+ 11B
North and West Cumbria		DAB+ 11B
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
DTT 721		
24/11/1973 (North, R Carlisle until 17/1/1983), 1982 (South, as R Furness)		

BBC CWR

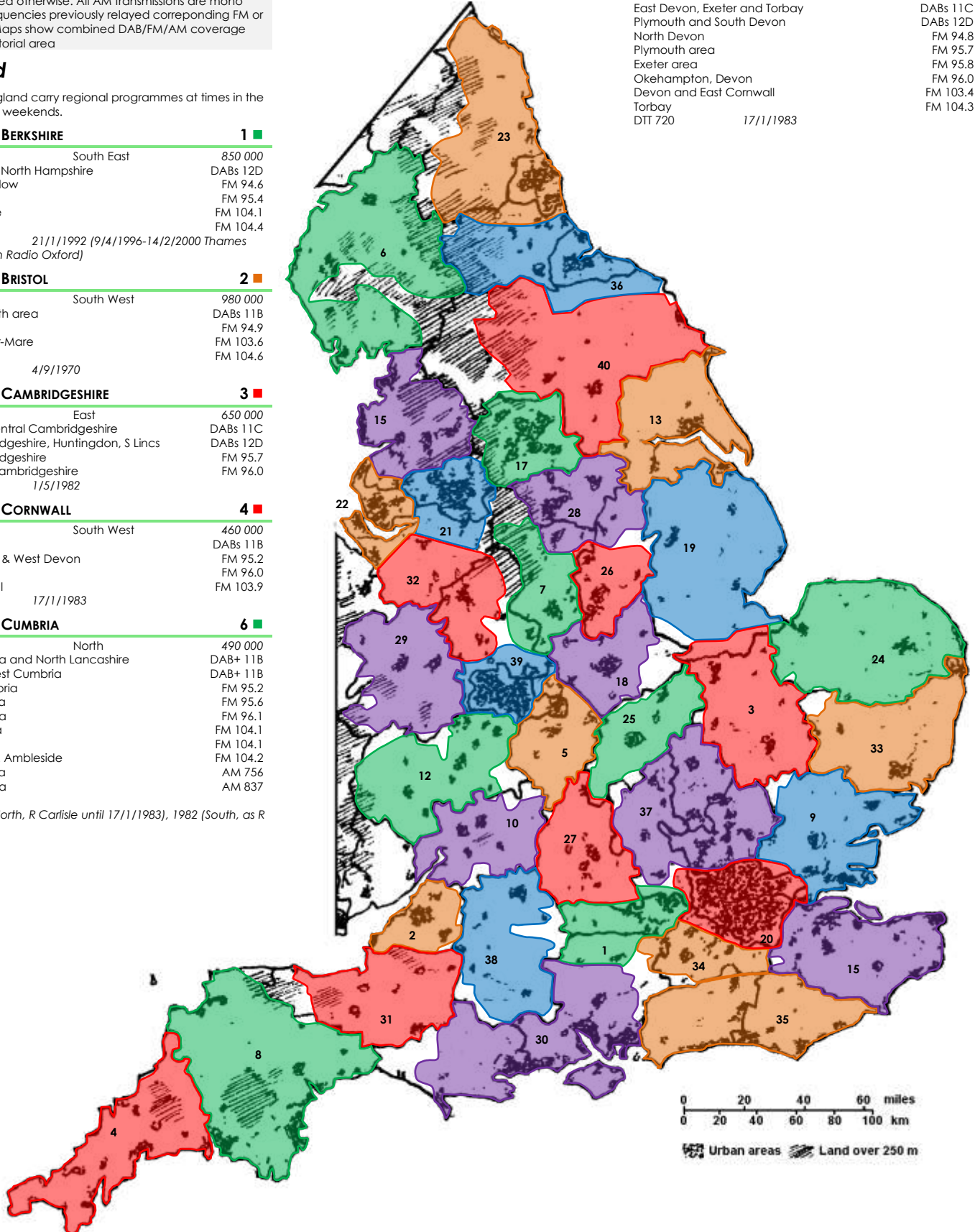
Mixed Format	Midlands	1 100 000
Coventry and Warwickshire		DABs 12D
Coventry & N Warwickshire		FM 94.8
South & Central Warwick		FM 103.7
Nuneaton, Warwickshire		FM 104.0
DTT 719	17/1/1989 (as BBC CWR, became opt-out of WM in 1995, separate station, BBC Coventry and Warwickshire from 2004, BBC CWR from 3/2020)	

5 ■ BBC RADIO DERBY

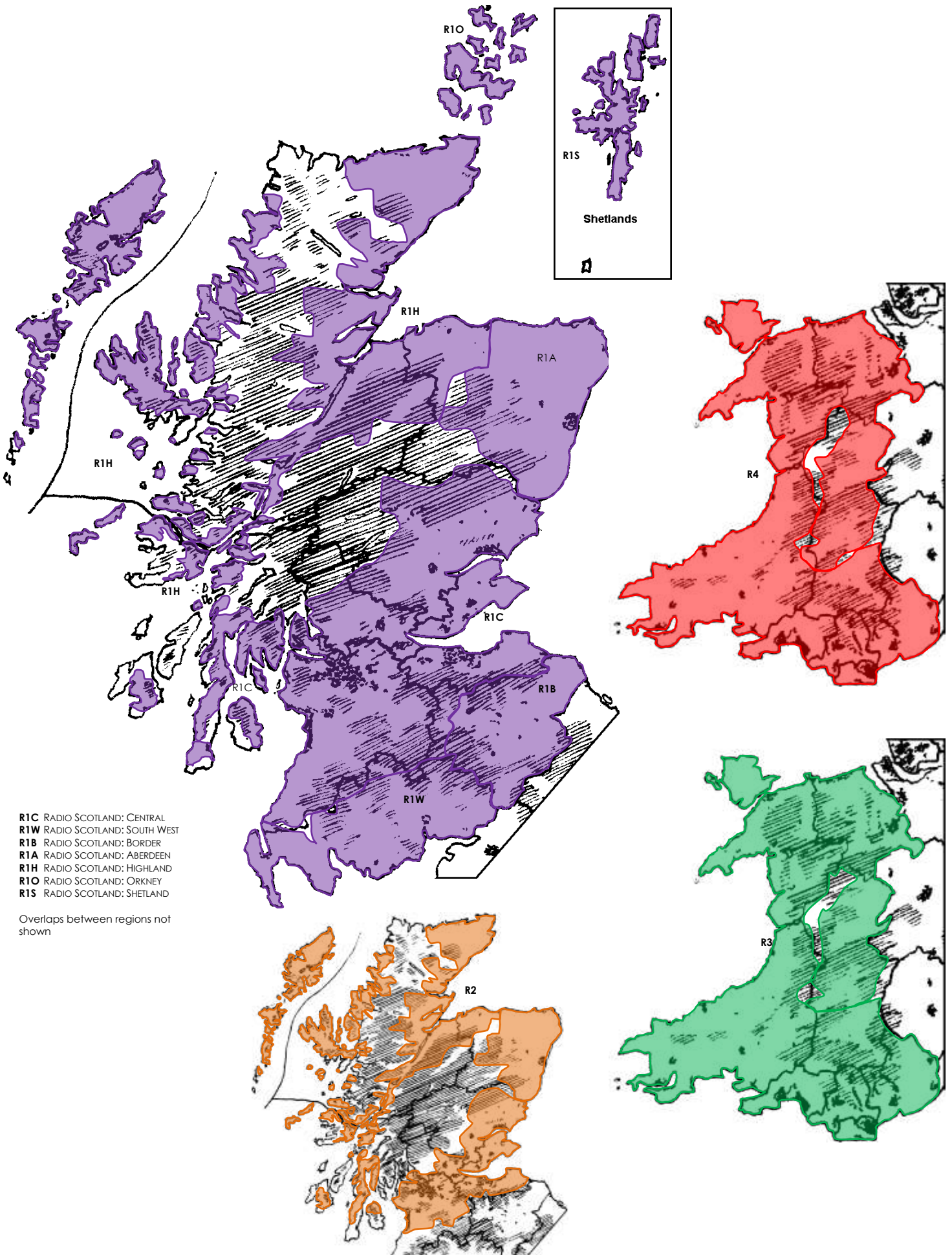
Mixed Format	Midlands	770 000
South and Central Derbyshire, SE Staffordshire		DABs 10B
Matlock & Bakewell, Derby		FM 95.3
Buxton		FM 96.0
South Derbyshire & East Staffs		FM 104.5
S Derbyshire & E Staffs		AM 1116
DTT 735	29/4/1971	

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
DTT 720	17/1/1983	



BBC ESSEX	9	BBC RADIO MERSEYSIDE	22	BBC RADIO SUFFOLK	33
Mixed Format East	1 530 000	Mixed Format North	1 640 000	Mixed Format East	620 000
Most of Essex	DABs 12D	Merseyside and West Cheshire	DABs 10C	Suffolk	DABs 10C
South East Essex	FM 95.3	Merseyside	FM 95.8	Lowestoft area, Suffolk	FM 95.5
Central and North Essex	FM 103.5	DTT 722	22/11/1967	East Suffolk	FM 95.9
DTT 734	6/11/1986			South Suffolk	FM 103.9
				West Suffolk	FM 104.6
				DTT 720	12/4/1990
BBC RADIO GLOUCESTERSHIRE	10	BBC RADIO NEWCASTLE	23	BBC RADIO SURREY	34
Mixed Format South West	450 000	Mixed Format North	1 820 000	Mixed Format South East	1 200 000
Gloucestershire	DABs 10C	Tyne and Wear, North Durham, Northumberland	DABs 11C	Shares most programmes with BBC Sussex	
Stroud area, Gloucestershire	FM 95.0	Tyneside, Durham, S Nthmblnd	FM 95.4	Surrey, North East Hampshire, South London	DABs 10C
Cirencester area, Gloucs	FM 95.8	North Northumberland	FM 96.0	North Sussex & East Surrey	FM 104.0
Gloucester, Cheltenham area	FM 104.7	Hexham and Tyne Valley	FM 103.7	W Surrey & NE Hampshire	FM 104.6
West Gloucestershire	AM 1413	West Tyneside, Tyne & Wear	FM 104.4	DTT 722	
DTT 735	3/10/1988	DTT 719	2/11/1971	10/1983 (R Sussex in E Surrey) 14/11/1991 (R Surrey on 104.6)	
		(BBC Radio Sunderland (opt-out Mon-Fri 06-1400) ran from 18/1/2021 to 1/4/2021 on DAB).		8/1994 Southern Counties Radio. BBC Surrey from 30/3/2009	
BBC HEREFORD AND WORCESTER	12	BBC RADIO NORFOLK	24	BBC RADIO SUSSEX	35
Mixed Format Midlands	600 000	Mixed Format East	765 000	Mixed Format South East	1 000 000
Herefordshire and Worcestershire	DABs 12A	East Norfolk	DABs 10B	Shares most programmes with BBC Surrey	
Herefordshire	FM 94.7	East Norfolk	FM 95.1	Sussex	DABs 10B
Worcestershire	FM 104.0	North Norfolk	FM 95.6	Newhaven & Seaford	FM 95.0
Redditch area	FM 104.4	West Norfolk	FM 104.4	Horsham	FM 95.1
Kidderminster area	FM 104.6	West Norfolk	AM 873	Brighton and Worthing area	FM 95.3
DTT 720	14/2/1989	DTT 719	11/9/1980	East Sussex	FM 104.5
				West Sussex	FM 104.8
				DTT 720	
				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	
BBC RADIO HUMBERSIDE	13	BBC RADIO NORTHAMPTON	25	BBC RADIO TEES	36
Mixed Format North	850 000	Mixed Format East	570 000	Mixed Format North	760 000
East Yorkshire and North Lincolnshire	D FM ABs 11B	Northamptonshire	DABs 10C	Tees Valley and County Durham	DABs 11B
East Yorkshire & North Lincs	95.9	East Northamptonshire	FM 103.6	Teeside, Durham, N N Yorks	FM 95.0
DTT 721	25/2/1971	Northamptonshire	FM 104.2	Whitby, North Yorkshire	FM 95.8
		DTT 734	16/6/1982	DTT 722	
				31/12/1970 (as Radio Teeside, Radio Cleveland from 1974 until 8/2007)	
BBC RADIO KENT	15	BBC RADIO NOTTINGHAM	26	BBC RADIO THREE COUNTIES RADIO	37
Mixed Format South East	1 520 000	Mixed Format Midlands	800 000	Mixed Format East	1 490 000
Kent and Eastern London	DABs 11C	South and Central Nottinghamshire	DABs 12C	Hertfordshire, Bedfordshire, Buckinghamshire	DABs 10D
North and West Kent	FM 96.7	Newark and East Notts	FM 95.1	South East Hertfordshire	FM 90.4
Folkestone area	FM 97.6	Central Nottinghamshire	FM 95.5	West Hertfordshire	FM 92.1
East Kent	FM 104.2	South Nottinghamshire	FM 103.8	Aylesbury area	FM 94.7
DTT 719		DTT 720	31/1/1968	Bedfordshire and North Herts	FM 95.5
18/12/1970 (as R Medway covering W Kent only until 1984)				High Wycombe area	FM 98.0
				S Beds, NW & C Herts, E Bucks	FM 103.8
				Milton Keynes area	FM 104.5
BBC RADIO LANCASHIRE	15	BBC RADIO OXFORD	27	BBC RADIO WILTSHIRE	38
Mixed Format North	1 390 000	Mixed Format South East	580 000	Mixed Format South West	530 000
Central and East Lancashire	DABs 12A	Oxfordshire	DABs 10B	Swindon area	DABs 11C
East and Central Lancashire	FM 95.5	Oxfordshire	FM 95.2	West Wiltshire and Bath	DABs 10D
West, South & Central Lancs	FM 103.9	DTT 722	29/10/1970 (9/4/1996-14/2/2000 Thames Valley FM with Radio Berkshire)	South Wiltshire	FM 103.5
North Lancashire	FM 104.5			Swindon area	FM 103.6
DTT 720				West Wiltshire	FM 104.3
24/11/1971 (as Radio Blackburn, R Lancashire from 1984)				Marlborough area, Wilts	FM 104.9
				DTT 721	
				4/4/1989 (as Wiltshire Sound, R Wiltshire from 11/11/2002) 103.6 opted out as Radio Swindon from 2002 to 2012.	
BBC RADIO LEEDS	17	BBC RADIO SHEFFIELD	28	BBC RADIO WM	39
Mixed Format North	2 070 000	Mixed Format North	1 570 000	Mixed Format Midlands	2 690 000
Leeds and Wakefield Districts	DABs 12D	South Yorkshire, North Notts, Chesterfield	DABs 11C	Birmingham area, West Midlands, SE Staffs	DABs 11C
Bradford, Calderdale and Kirklees Districts	DABs 11B	Sheffield and Rotherham	FM 88.6	Shropshire, Wolverhampton, Black Country	DABs 11B
West Yorkshire	FM 92.4	Chesterfield	FM 94.7	West Midlands	FM 95.6
Otley & Ilkley area, West Yorks	FM 95.3	South Yorkshire & North Notts	FM 104.1	DTT 722	
West Halifax	FM 95.3	DTT 734	15/11/1967.	9/11/1970 (R Birmingham, R WM from 1982)	
Keighley area, West Yorks	FM 102.7			(BBC Radio Wolverhampton (opt-out Mon-Fri 06-1400) ran from 15/1/2021 to 1/4/2021 on DAB).	
Leeds	FM 103.9	BBC RADIO SHROPSHIRE	29	BBC RADIO YORK	40
DTT 719	24/6/1968.	Mixed Format Midlands	410 000	Mixed Format North	650 000
(BBC Radio Bradford (opt-out Mon-Fri 06-1400) ran from 7/12/2020 on AM and 4/1/2021 on DAB until 31/3/2021).		Shropshire, Wolverhampton, Black Country	DABs 11B	York and North Yorkshire	DABs 10C
		Church Stretton, Shropshire	FM 90.0	Scarborough area	FM 95.5
		Ludlow, Shropshire	FM 95.0	Central & S North Yorkshire	FM 103.7
		Shropshire	FM 96.0	Thirsk & Northallerton area	FM 104.3
		South West Shropshire	FM 104.1	DTT 720	4/7/1983
		DTT 720	23/4/1985		
BBC RADIO LEICESTER	18	BBC RADIO SOLENT	30		
Mixed Format Midlands	850 000	Mixed Format South East	1 720 000		
Leicestershire	DABs 11B	South Hampshire and Isle of Wight	DABs 11C		
Leicestershire	FM 104.9	East, South and Central Dorset (D)	DABs 11B		
DTT 721		S Hampshire, E Dorset & Wight	FM 96.1		
8/11/1967 (first BBC local radio station)		Dorchester and Weymouth (D)	FM 103.8		
		DTT 722 (Main), 726 (Dorset)			
		31/12/1970 (103.8: 1993 as an opt-out of R Devon until 1996)			
		D: Opts out Mon-Fri 0630-0900, Sat 0800-1100 + news & info			
BBC RADIO LINCOLNSHIRE	19	BBC SOMERSET	31		
Mixed Format Midlands	590 000	Mixed Format South West	420 000		
Lincolnshire, North Lincolnshire and Hull	DABs 12A	Somerset	DABs 10B		
Lincolnshire	FM 94.9	Somerset	FM 95.5		
Grantham, Lincolnshire	FM 104.7	Somerset	AM 1566		
DTT 722	11/11/1980	DTT 722	11/4/1988: Somerset Sound on AM only, replacing R Bristol. 3/12/2007: FM added; BBC Somerset. Shared some programmes with R Bristol until 2020		
BBC RADIO LONDON	20	BBC RADIO STOKE	32		
Mixed Format	7 440 000	Mixed Format Midlands	670 000		
London area, Surrey, W Kent, Herts, Luton (Mux 2)	DABs 12A	Stoke-on-Trent, West Staffordshire, South Cheshire	DABs 12D		
London area	FM 94.9	Stoke-on-Trent area	FM 94.6		
Satellite 0152/718, DTT 721		Stafford	FM 104.1		
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 726	14/3/1968		
BBC RADIO MANCHESTER	21				
Mixed Format North	3 160 000				
Greater Manchester and North East Cheshire	DABs 12C				
Greater Manchester, Cheshire	FM 95.1				
Upper Tame Valley	FM 104.6				
DTT 719	10/9/1970 (Greater Manchester Radio from 20/10/1988 to 3/4/2006)				



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
Central and South Scotland	AM 810
Northern Scotland	AM 810
Satellite 0116/712, DTT 719, Cable 930	
<i>Airdate: 23/11/1978 (previously an opt-out of Radio 4)</i>	

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	
<i>Airdate: 1987 (Gaelic programmes previously on R Scotland)</i>	

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	
Eyemouth 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 & Dalmeiligton, Ayrshire	Central	92.7	
Girvan, Ayrshire	Central	93.3	
West Kilbride area, Ayrshire	Central	93.5	
Campbeltown, Argye	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 Stirlingshire	Central	93.1	
Crieff area, Perthshire	Central	93.7	
Perth area	Central	93.4	104.5
Dundee, Angus and North Fife	Central	92.7	103.7
Blaigowrie & Rattray, Perthshire	Central	94.0	
Pitlochry & Aberfeldy, Perthshire	Central	93.6	
Blair Atholl, Perthshire	Central	93.1	
Dalnacardoch, Perthshire	Central	94.2	
South East Aberdeenshire	Aberdeen	93.8	
Aberdeenshire	Aberdeen	93.1	104.2
Dee Valley, Aberdeenshire	Aberdeen	94.5	
Moray	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, Argyll	Central	93.2	104.2
South Knapdale, Argyll	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
Cardiff, Newport and South East Wales	DABs 12C
Swansea, Neath Port Talbot and Carmarthenshire	DABs 12A
Pembrokeshire, Carmarthenshire, Swansea	DABs 12D
North East Wales, West Cheshire and Merseyside	DABs 10D
Conwy and Denbighshire Coast	DABs 12D
Gwynedd and Anglesey	DABs 10D
Wales (see table)	FM 90.2-92.3, 93.9, 94.7-96.1, 103.9
South Wales	AM 882
Satellite 0117/714, DTT 719, Cable 931	
<i>Airdate: 23/11/78 (previously an opt-out of Radio 4) On AM only (except Gwent) until 1999 (Cardiff, Swansea, Carm, NW Wales, Wrexham), 2001 (Pemb & Ceredigion), 2002 (Some S Wales Valleys), 2011 (SE Wales), 2018 (elsewhere). AM coverage reduced 3/2020 and 23/6/2021</i>	

BBC RADIO CYMRU

Welsh	2 600 000
South Glamorgan, Mid Glamorgan, Gwent	DABm 12C
West Glamorgan and SW Carmarthenshire	DABm 12A
Pembrokeshire, Carmarthenshire, Swansea	DABm 12D
North East Wales, West Cheshire and Merseyside	DABm 10D
Conwy county	DABm 12D
Gwynedd and Anglesey	DABm 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	
<i>Airdate: 1/1977 (previously an opt-out of Radio 4)</i>	

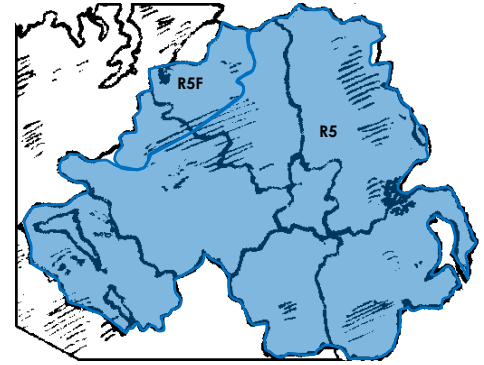
BBC RADIO CYMRU 2

Welsh (opts out of R Cymru 0700-1000)	
South Glamorgan, Mid Glamorgan, Gwent	DABm 12C
West Glamorgan and SW Carmarthenshire	DABm 12A
Pembrokeshire, Carmarthenshire, Swansea	DABm 12D
North East Wales, West Cheshire and Merseyside	DABm 10D
Conwy county	DABm 12D
Gwynedd and Anglesey	DABm 10D
<i>Airdate: 29/1/2018 Satellite 0154 (Wales)/ 0219(UK) /735, DTT 721, Cable 913</i>	

R CYMRU AND R WALES FM FREQUENCIES

	RC	RW
South Wales	96.8	103.9
South Gwent	-	95.9
Abergavenny & Usk Valley, South Wales	103.5	95.2
Blaenavon & Abersychan, South Wales	104.1	95.1
Pontypool & Cwmbran, South Wales	93.6	91.4
Newbridge area, South Wales	94.7	91.7
Aberffilery, South Wales	104.3	91.2
Ebbw Vale & Tredegar, South Wales	104.6	95.0
Rhymney area, South Wales	104.9	91.5
Merthy Tydfil area, South Wales	-	96.1
Aberdare area, South Wales	93.6	95.8
Ferndale, South Wales	104.9	91.8
Porth area, South Wales	104.5	94.6
Rhondda Valley, South Wales	93.2	94.8
Vale of Neath, South Wales	92.6	90.4
Croeserw, South Wales	93.4	91.2
Llangeinor, Pontycymer, South Wales	104.6	90.8
Ogmore Vale, South Wales	95.0	91.4
Cwmafan, South Wales	104.5	90.7
Swansea Valley, South Wales	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, Ceredigion	94.5	92.3
Lampeter & Teifi Valley, Ceredigion	94.1	91.9
Machynlleth, Powys	93.8	91.6
Barmouth area, Gwynedd	92.7	90.5
Dolgellau, Gwynedd	94.5	92.3
Portmadog area, Gwynedd	93.8	91.6
Ffestiniog area, Gwynedd	92.5	90.3
Anglesey and North Wales Coast	94.2	94.8
Deiniolen & Llanberis, Gwynedd	92.5	90.3
Conwy & Llandudno, North Wales	93.5	91.3
Colywyn Bay area, North Wales	92.8	90.6
Betws-y-Coed & Llanrwst, North Wales	92.6	90.4
NE Wales, Merseyside, W Cheshire	104.3	91.1
Wrexham area	-	95.4
Deeside, North Wales	104.7	-
Llanrhaeadr ym Mochnant, Cl	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
Llysven area, Powys	104.4	91.8
Hay on Wye area	92.4	90.2

Northern Ireland



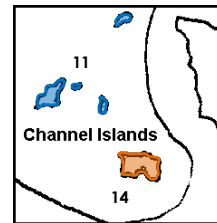
BBC RADIO ULSTER

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 94.5
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
Satellite 0118/716, DTT 719, Cable 932	
<i>Airdate: 1/1/1975 (previously an opt-out of Radio 4)</i>	

BBC RADIO FOYLE

Mixed Format	100 000
Opt out of Radio Ulster	
Northern Ireland	DABs 12D
Derry area	FM 93.1
DAB: Northern Ireland multiplex	
Satellite 0152 (NI) / 0220(UK) / 717, DTT 720	
<i>Airdate: 1983 (transmitters previously carried R Ulster only)</i>	

Channel Islands



BBC RADIO GUERNSEY

Mixed Format	South West	50 000
Jersey, Guernsey, Alderney and Sark		DAB+ 12A
Guernsey and Sark		FM 93.2
Alderney		FM 99.0
DTT 721 16/3/1982		

BBC GUERNSEY XTRA

Opts out of R Guernsey with Guernsey parliament		50 000
Jersey, Guernsey, Alderney and Sark		DAB+m 12A
Guernsey, Alderney and Sark		AM 1116
1/8/2021 as BBC Guernsey Xtra; previously an AM opt-out of R Guernsey		

BBC RADIO JERSEY

Mixed Format	South West	80 000
Jersey, Guernsey, Alderney and Sark		DAB+ 12A
Jersey		FM 88.8
DTT 719 15/3/1982		

BBC JERSEY XTRA

Opts out of R Jersey with Jersey parliament & R5 Live		80 000
Jersey, Guernsey, Alderney and Sark		DAB+m 12A
Jersey		AM 1026
1/8/2021 as BBC Jersey Xtra; previously an AM opt-out of R Guernsey		