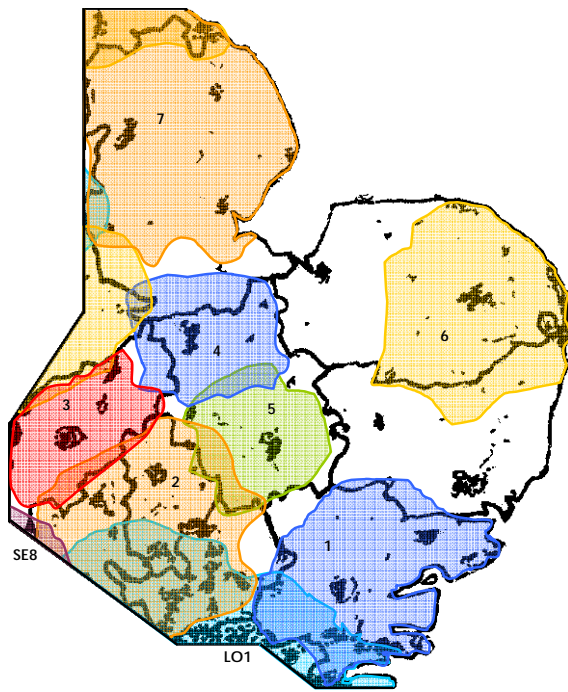


Eastern England



| ESSEX EA1 | | | |
|--|---------------------|--------------|----------------|
| Essex county (excluding NW corner) (12D) | | | |
| CAPITAL FM (Digital) | Contemporary | Global Radio | Network |
| BBC ESSEX | Mixed format | BBC | Local +FM |
| GOLD | Oldies | Global Radio | Network +AM |
| HEART Essex | Adult | Global Radio | Local +FM |
| KISS | Dance | Bauer | Network |
| NME RADIO | Rock | T&C | Network |
| TRAFFIC RADIO (South East) | Traffic News (mono) | Highways A. | Regional |
| XFM | Modern Rock | Global Radio | Network |
| Now Digital (Arqiva) | Maitland House | 1.0 | Colchester 0.5 |
| 1 300 000 | Benfleet | 1.2 | Sudbury 1.0 |
| | Bakers Wood | 1.0 | Rye Hill 0.75 |

| HERTFORDSHIRE, BEDFORDSHIRE AND BUCKINGHAMSHIRE EA2 | | | |
|---|----------------------------|--------------|-----------------------|
| Hertfordshire, Bedfordshire and Buckinghamshire | | | |
| CAPITAL FM (Digital) | Contemporary | Global Radio | Network |
| GOLD | Oldies | Global Radio | Network +AM |
| HEART Home Counties | Adult | Global Radio | Local +FM |
| JACK | Adult, Oldies, Rock (mono) | Absolute | Network |
| BBC THREE COUNTIES RADIO | Mixed format | BBC | Local +FM |
| TRAFFIC RADIO (South East) | Traffic News (mono) | Highways A. | Regional |
| XFM | Modern Rock | Global Radio | Network |
| Now Digital (Arqiva) | Zouches Farm | 5 | Hertford Heath |
| 1 490 000 | Sandy Heath | 5 | High Wycombe |
| | Bow Brickhill | 5 | Pin Gnn/ Brookmans Pk |
| | Hemel Hempstead | 5 | Quanton Hill* |

| NORTHAMPTONSHIRE EA3 | | | |
|--------------------------|----------------------------|--------------|--------------|
| Northamptonshire (10C) | | | |
| CONNECT FM | Oldies, Adult (mono) | Forward | Local +FM |
| GOLD | Oldies | Global Radio | Network +AM |
| HEART Home Counties | Adult | Global Radio | Local +FM |
| JACK | Adult, Oldies, Rock (mono) | Absolute | Network |
| RADIO NORTHAMPTON | Mixed format | BBC | Local +FM |
| SABRAS SOUND | Asian (mono) | Independent | Regional |
| TRAFFIC RADIO (Midlands) | Traffic News (mono) | Highways A. | Regional |
| XFM | Modern Rock | Global Radio | Network |
| Now Digital (Arqiva) | Northampton | 5 | Geddington 5 |
| 570 000 | Daventry | 5 | |

Station line-up is provisional and may change when the multiplex launches

| PETERBOROUGH EA4 | | | |
|---|---------------------|--------------|-------------|
| North Cambridgeshire and South Lincolnshire (12D) | | | |
| RADIO CAMBRIDGESHIRE | Mixed format | BBC | Local +FM |
| CAPITAL FM (Digital) | Contemporary | Global Radio | Network |
| GOLD | Oldies | Global Radio | Network +AM |
| HEART Cambridgeshire | Adult | Global Radio | Local +FM |
| KISS | Dance, Rhythm | Bauer | Network +FM |
| NME RADIO | Rock | T&C | Network |
| TRAFFIC RADIO (Midlands) | Traffic News (mono) | Highways A. | Regional |
| XFM | Modern Rock | Global Radio | Network |
| Now Digital (Arqiva) | Peterborough | 4 | Stamford |
| 380 000 | Hitchingbrooke | 0.25 | |

| CAMBRIDGE EA5 | | | |
|--|---------------------|--------------|-------------|
| South and Central Cambridgeshire (11C) | | | |
| AFFINITY | Mixed format (mono) | Community | Local |
| RADIO CAMBRIDGESHIRE | Mixed format | BBC | Local +FM |
| CAPITAL FM (Digital) | Contemporary | Global Radio | Network |
| GOLD | Oldies | Global Radio | Network |
| HEART Cambridgeshire | Adult | Global Radio | Local +FM |
| KISS | Dance, Rhythm | Bauer | Network +FM |
| NME RADIO | Rock | T&C | Network |
| TRAFFIC RADIO (South East) | Traffic News (mono) | Highways A. | Regional |
| XFM | Modern Rock | Global Radio | Network |
| Now Digital (Arqiva) | Madingley | 2 | |
| 310 000 | | | |

| NORWICH EA6 | | | |
|-----------------------------------|---------------------|--------------|---------------------|
| East Norfolk and NE Suffolk (11B) | | | |
| THE BEACH | Adult (mono) | Tindle | Local +FM |
| CAPITAL FM (Digital) | Contemporary | Global Radio | Network |
| GOLD | Oldies | Global Radio | Local +AM |
| HEART East Anglia | Adult | Global Radio | Local +FM |
| KISS | Dance, Rhythm | Bauer | Network +FM |
| NME RADIO | Rock | T&C | Network |
| RADIO NORFOLK | Mixed format | BBC | Local +FM |
| TRAFFIC RADIO (Midlands) | Traffic News (mono) | Highways A. | Regional |
| XFM | Modern Rock | Global Radio | Network |
| Now Digital (Arqiva) | Stoke Holy Cross | 1.1 | Great Yarmouth 0.25 |
| 620 000 | Oulton | 0.25 | Thetford 0.25 |
| | West Runton | 0.2 | |

| LINCOLNSHIRE EA7 | | | |
|---|---------------------|-------------|------------------|
| Lincolnshire and South Humberside (10D) | | | |
| COMPASS FM | Oldies, Soft | Lincs | Local +FM |
| LINCS FM | Adult, Contemporary | Lincs | Local +FM |
| LINCS COUNTRY | Country | Lincs | Local |
| RADIO LINCOLNSHIRE | Mixed format | BBC | Local +FM |
| SHUFFLE | Contemporary | Muxco | Network |
| TRAFFIC RADIO (Midlands) | Traffic News (mono) | Highways A. | Regional |
| MuxCo | Belmont | 5 | Lincoln Hospital |
| 680 000 | High Hunsley | 5 | Grantham |

OTHER CHANNELS ALLOCATED
Suffolk (5A - not cleared)
West Norfolk (10B)