

ADVENTIST WORLD RADIO

Christian	Independent	
London area, Surrey, W Kent, Herts, Luton (Mx 2)		DAB+ 12A

AFFINITY RADIO

Mixed Format	Community	
Newcastle and Gateshead area		DAB+ 8A
East Tyneside		DAB+ 9B

RADIO AFRICANA

African Music	Independent	
Manchester		DAB+ 7D

AFRICAN VOICES

African	Independent	
Sheffield and Rotherham		DAB+ 9C

AHBS COMMUNITY RADIO

Mixed Format, Health	Community	
Ashford, Kent		FM 107.1

AIR

Mixed Format	Community	
Weymouth, Dorset		FM 107.2

AKASH RADIO

Asian	Community	
Bradford area		DAB+ 8B
Leeds area		DAB+ 9A
Milton Keynes		DAB+ 9B
West London		DAB+ 8B
Leeds		AM 1323

ALFRED

Mixed Format	Community	
Shaftesbury, Dorset		FM 107.3

ALIVE RADIO

Mixed Format	Community	
Dumfries		FM 107.3

ALL FM

Mixed Format	Community	
Manchester		DAB+ 7D
South Manchester		FM 96.9

ALL 80S RADIO

80s Music	Independent	
Chelmsford area		DAB+ 7D
Loughborough		DAB+ 8A
Oxford		DAB+ 8B
Rugby and Daventry		DAB+ 9A

ALL HIT RADIO

Contemporary	Independent	
Chelmsford area		DAB+ 7D
Harlow and East Hertfordshire		DAB+ 8B
North East London and South West Essex		DAB+ 8A
South East London and North West Kent		DAB+ 9C
South East Essex		DAB+ 9B

ALLSTAR RADIO

Contemporary, New Music	Independent	
Bradford area		DAB+ 8B

AMBER SOUND FM

Mixed Format	Community	
Belper area, Amber Valley, Derbyshire		FM 98.4
Ripley area, Amber Valley, Derbyshire		FM 107.2

AMBUR RADIO

Asian	Community	
South Birmingham		DAB+ 9C
Walsall and West Bromwich		DAB+ 9B
Wolverhampton		DAB+ 7D
Walsall		FM 99.4

THE AMP

Rock and Pop	Like Radio	
Belfast and Lisburn area, Northern Ireland		DAB+ 7D
Glasgow		DAB+ 10B
Newport and Chepstow area		DAB+ 8B
Stockport and South East Greater Manchester		DAB+ 8A
Wrexham area		DAB+ 9B

ANDOVER RADIO

Mixed Format	Community	
Andover, Hampshire		FM 95.9

ANGEL VINTAGE

Nostalgia	Community	
Based: Havant, Hampshire		
Surrey, North East Hampshire, South London		DABm 10C
Kent and Eastern London		DABm 11C
South Hampshire and Isle of Wight		DABm 11C
East, South and Central Dorset		DABm 11B
Basingstoke		DABm 8B
Bedford area		DAB+m 9C
Brighton area		DAB+m 7D
Cambridge		DABm 9C
Hastings		DAB+m 7D
Jersey, Guernsey, Alderney and Sark		DAB+m 12A
North East Essex		DAB+ 9A
North and Central London		DAB+ 9B
Norwich		DABm 9A
Petersfield, Alton and Haslemere area		DAB+ 8A
Salisbury area		DAB+m 8A
Portsmouth and Havant, Hants		FM 98.6
Chichester area, West Sussex		FM 94.8

ANGEL RADIO (ISLE OF WIGHT)

Nostalgia	Community	
Isle of Wight		FM 91.5

ANGEL GOLD

50s, 60s and 70s music	Community	
Petersfield, Alton and Haslemere area		DAB+ 8A
Portsmouth		DAB+7D

APPLE FM

Mixed Format	Community	
Taunton		FM 97.3

APNI AWAZ

Asian	Community	
Bradford area		DAB+ 8B
South Birmingham		DAB+m 9C

ARGYLL FM

Adult, Contemporary	Independent	25 000
Campbeltown		FM 106.5
West Kintyre, S Islay, Gigha		FM 107.1
S Knapdale, East Islay, Jura		FM 107.7
		17/6/2000.

ASHDOWN RADIO

Mixed Format	Community	
Crowborough, East Sussex		FM 94.7
Uckfield, East Sussex		FM 105.0

ASIAN AIR RADIO

Asian	Independent	
South Birmingham		DAB+ 9C

ASIAN COMMUNITY RADIO MILTON KEYNES

Asian	Independent	
Milton Keynes		DAB+ 9B

ASIAN STAR

Asian	Community	
North and Central London		DAB+ 9B
Slough		FM 101.6

ASPEN WAITE RADIO

Rock and Pop	Independent	
Cardiff area		DAB+ 10D
Salisbury area		DAB+ 8A

ATHAVAN RADIO

Tamil	Lyca Media	
London area, Surrey, W Kent, Herts, Luton (Mx 3)		DAB+ 11B
Cardiff area		DAB+ 10D
North Birmingham		DAB+ 9A
South Birmingham		DAB+ 9C
Coventry		DAB+ 9B
Leicester		DABs 9B
Loughborough		DAB+ 8A
Newport and Chepstow area		DAB+ 8B
Nottingham		DAB+ 7D
Rugby and Daventry		DAB+ 9A

ATLANTIC 252

80s, 90s and 00s Music	Independent	
Bolton and Bury areas		DAB+ 10B
Liverpool, Knowsley and NE Wirral		DAB+ 7D
Manchester		DAB+ 7D
Oldham and Rochdale		DAB+ 9B
Stockport and South East Greater Manchester		DAB+ 8A
Warrington, Runcorn and Widnes area		DAB+ 8B

ATMOSPHERE RADIO

Dance	Community	
Brighton area		DAB+ 7D
Portsmouth		DAB+7D

ATOMIX RADIO

Dance	Independent	
Ashford, Tenterden, Dungeness		DAB+ 9C
Canterbury, Whitstable, Heme Bay & Faversham		DAB+ 7D
Maidstone, Sevenoaks and Tunbridge Wells area		DAB+ 8B
Medway towns, Sheppey and Sittingborne		DAB+ 9A
Thanet, Dover and Folkestone		DAB+ 9B

AWAAZ RADIO

Asian	Community	
Southampton		FM 99.8

AWAZ FM

Asian	Community	
Edinburgh		DAB+ 9B
Glasgow		DAB+ 10B
Glasgow		FM 107.2

AWAZ 103.1

Asian	Community	
Nelson, Lancashire		FM 103.1

AYCLIFFE RADIO

Mixed Format	Community	
Darlington and Bishop Auckland area		DAB+ 9B

B**B RADIO**

Contemporary Reading	Community	FM 95.6
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BACKSTAGE RADIO

Mixed format for event staff	Independent	DAB+ 8B
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BAILIWICK RADIO

Oldies, Adult Jersey, Guernsey, Alderney and Sark	Independent	DAB+ 12A
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BASE RADIO

Mixed Format Central, East and South Bristol	Community	DAB+ 9B
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BASINGSTOKE COMMUNITY RADIO

Mixed Format Basingstoke	Community	DAB+ 8B
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RADIO BATH

Mixed Format West Wiltshire and Bath	Community	DABm 10D
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BAYSIDE RADIO

Easy Listening Conwy county	Community	DAB+ 12D
Gwynedd and Anglesey		DAB+ 10D

BCB

Mixed Format Bradford	Community	FM 106.6
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THE BEAT LONDON

Rhythmic Contemporary North and Central London	Community	DAB+s 9B
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BEDFORD

Mixed Music Bedford area	Community	DABm 9C
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BEDROCK RADIO

Mixed Music North East London and South West Essex	Community	DAB+ 8A
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BELFAST 89 FM

Oldies Belfast and Lisburn area, Northern Ireland	Community	DAB+ 7D
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BEST CITY RADIO

Oldies Belfast and Lisburn area, Northern Ireland	Independent	DAB+ 7D
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BEVERLEY FM

Mixed Format Beverley, East Yorkshire	Community	FM 107.8
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BEYOND RADIO

Mixed Format South Cumbria and North Lancashire	Community	DAB+ 11B
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BFBS NETWORK

Format: Contemporary and Adult Contemporary Music for the armed forces	Broadcaster: BFBS	
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BFBS UK

Contemporary, Adult Most of England, South Wales, Central/NE Scotland, Central/Eastern Northern Ireland (SD Mux)	BFBS	DAB+m 11A
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The following stations opt-out of BFBS UK with local output Mon-Fri 06-10 and local news and information:

BFBS (ALDERSHOT)

Contemporary, Adult Aldershot, Mytchett, Pirbright	BFBS	FM 102.5
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BFBS (BLANDFORD)

Contemporary, Adult Blandford, Dorset	BFBS	FM 89.3
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BFBS BRIZE NORTON

Contemporary, Adult Brize Norton, Oxfordshire	BFBS	DAB+ 8B
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BFBS (CATTERICK)

Contemporary, Adult Catterick	BFBS	FM 106.9
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BFBS (COLCHESTER)

Contemporary, Adult North East Essex	BFBS	DAB+ 9A
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BFBS NORTHERN IRELAND

Contemporary, Adult Belfast and Lisburn area, Northern Ireland	BFBS	DAB+ 7D
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BFBS (SALISBURY PLAIN)

Contemporary, Adult Salisbury area	BFBS	DAB+ 8A
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BFBS (SCOTLAND)

Contemporary, Adult Dunoon, Greenock, Helensburgh, Dumbarton	BFBS	DAB+ 8B
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BFBS BEATS

Dance Salisbury area	BFBS	DAB+ 8A
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BFBS BEST BRITISH

British Music Salisbury area	BFBS	DAB+ 8A
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BFBS EDGE

Rock Music Salisbury area	BFBS	DAB+ 8A
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BFBS GURKHA RADIO

Nepali North East Essex	BFBS	DAB+ 9A
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BFBS REWIND

Oldies Salisbury area	BFBS	DAB+ 8A
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BGFM

Mixed Format Blaenau Gwent	Community	FM 97.3
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BIGGLES FM

Mixed Format Biggleswade & Sandy, Beds	Community	FM 104.8
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BISHOP FM

Mixed Format Darlington and Bishop Auckland area	Community	DAB+ 9B
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BLACK CAT RADIO

Mixed Format Bedford area	Community	DAB+ 9C
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BLACK COUNTRY RADIO

Mixed Format Dudley and Stourbridge area	Community	DAB+ 8A
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BLACK COUNTRY XTRA

Mixed Format Dudley and Stourbridge area	Community	DAB+ 8A
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BLACK DIAMOND FM

Mixed Format Gorebridge, Midlothian	Community	FM 107.1
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BLACKPOOL RADIO

Rhythmic Music Blackpool area	Independent	DAB+ 8B
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BLAST 106

New Music Belfast and Lisburn area, Northern Ireland	Community	DAB+ 7D
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BLOODSTREAM RADIO

Classic Rock Warrington, Runcorn and Widnes area	Independent	DAB+ 8B
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BLOOMBERG RADIO

Business News London area, Surrey, W Kent, Herts, Luton (Mx 3)	Independent	DABm 11B
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BLUE SKY RADIO

Adult, Oldies Congleton and Leek areas	Independent	DABs 9A
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BLYTH VALLEY RADIO

Mixed Format Southwold	Community	FM 105.0
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BOLTON FM

Mixed Format Bolton and Bury areas	Community	DAB+ 10B
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BOOM RADIO

Format: 50s, 60s, 70s, 80s and Easy Listening Music		
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BOOM LIGHT

Nostalgia, Easy Listening London area, Surrey, W Kent, Herts, Luton (Mx 2)	Independent	DAB+m 12A
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BOOM ROCK

Classic Rock Music Nottingham	Independent	DAB+ 7D
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BOREHAMWOOD RADIO

Mixed Format South Hertfordshire	Community	DAB+ 9C
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BOUNCE DIGITAL

Oldies Southern Northern Ireland	Community	DABm 9C
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BOURNEMOUTH ONE RADIO

Oldies, Adult Bournemouth	Independent	DAB+ 8B
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BRADFORD ASIAN RADIO

Asian Bradford area	Community	DAB+ 8B
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BRADLEY STOKE RADIO

Mixed Format Central, East and South Bristol	Community	DABs 9B
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BRANCH FM

Christian Dewsbury	Community	FM 101.8
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BRFM

Mixed Format Isle of Sheppey, Kent	Community	FM 95.6
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BRIDGE FM

Adult, Oldies Shares programmes with R Carmathenshire and R Pembrokeshire	Nation Broadcasting	140 000
Cardiff, Newport and South East Wales Bridgend area 1/5/2000.	DAB+ 12C FM 106.3	

BRISTOL COMMUNITY FM

Mixed Format Central, East and South Bristol West Bristol, Clevedon and Portishead Bristol	Community	DABs 9B DABs 10D FM 93.2
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BRIT ASIA RADIO

Asian Surrey, North East Hampshire, South London North Birmingham South Birmingham Bradford area Coventry Dudley and Stourbridge area Glasgow Leicester Loughborough Manchester North East London and South West Essex South East London and North West Kent Nottingham Rugby and Daventry Stockport and South East Greater Manchester Walsall and West Bromwich Wolverhampton 11/2023	Independent	DAB+ 10C DAB+ 9A DAB+ 9C DAB+ 8B DAB+ 9B DAB+ 8A DABs 9B DAB+ 8A DAB+ 7D DAB+ 8A DAB+ 9C DAB+ 7D DAB+ 9A DAB+ 8A DAB+ 9B DAB+ 7D
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BRMB

Oldies, Adult North Birmingham South Birmingham North Central Birmingham	Independent	DAB+ 9A DAB+ 9C FM 89.1
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BRO RADIO

Mixed Format Cardiff area Barry, South Wales St Athan and Roose, South Wales Llantwit Major, South Wales Penarth, South Wales	Community	DAB+ 10D FM 98.1 FM 98.4 FM 100.2 FM 106.1
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BROADLAND RADIO

Oldies, Adult East Norfolk	Independent	DABs 10B
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RADIO BROADSTAIRS

Mixed Music Thanet, Dover and Folkestone	Independent	DAB+ 9B
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BROOKLANDS RADIO

Mixed Format West London	Independent	DAB+ 8B
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BRUMSIDE RADIO

Mixed Format South Birmingham	Community	DAB+ 9C
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BUCKS RADIO

Oldies, Adult Aylesbury and Buckingham area	Independent	DABs 8A
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RADIO BURNLEY

Oldies, Adult Blackburn, Accrington and Burnley	Independent	DAB+ 8A
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BURNLEY COLLEGE RADIO

New Music Blackburn, Accrington and Burnley	Community	DAB+ 8A
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BUTE FM

Mixed Format Isle of Bute	Community	FM 96.5
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THE BUZZ MCR

Oldies, Adult Manchester Oldham and Rochdale Stockport and South East Greater Manchester	Independent	DAB+ 7D DAB+ 9B DAB+ 8A
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C**RADIO CABIN**

Mixed Format Herne Bay, Kent	Community	FM 94.6
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CAITHNESS FM

Mixed Format Thurso and Wick area	Community	FM 106.5
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CAM FM

New Music Cambridge	Community (Student)	FM 97.2
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CAMBRIDGE 105

Mixed Format Cambridge Kings Lynn area Norwich Cambridge	Community	DABs 9C DAB+ 9C DAB+ 9A FM 105.0
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CAMDEN XPERIENCE

Indie Rock North and Central London	Independent	DAB+ 9B
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CAMGLEN RADIO

Mixed Format Cambusland and Rutherglen	Community	FM 107.9
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CANALSIDE RADIO

Mixed Format Bollington, Cheshire	Community	FM 102.8
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CANDO FM

Mixed Format Barrow-in-Furness Ulverston, Cumbria	Community	FM 106.3 FM 107.3
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CANNOCK CHASE RADIO

Mixed Format Rugeley and Trent Valley, Staffordshire Burntwood, Staffordshire Cannock Chase, Staffordshire	Community	FM 89.6 FM 89.8 FM 94.0
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CANTERBURY STUDENT RADIO

New Music Canterbury	Community (Student)	FM 97.4
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CAPITAL (NETWORK)

Format: Contemporary Hit Music
Broadcaster: Global Radio

CAPITAL UK

Contemporary England, Wales and Northern Ireland (D1 Mux) Scotland (D1 Mux)	Global Radio	a DAB 11D a DAB 12A
Kent and Eastern London Berkshire & North Hants Oxfordshire Bristol & Bath West Wiltshire & Bath Swindon and NE Wiltshire Somerset E Devon, Exeter & Torbay North & Central Devon Plymouth & S Devon Most of Essex Herts, Beds, Bucks Northamptonshire N Cams & S Lincs S & Cent Cambridgeshire East Norfolk Lincolnshire, North Lincolnshire and Hull Jersey, Guernsey, Alderney and Sark Satellite 0108/719, Cable 958, DTT 724 3/1/2011 (Capital FM Network), a: national DAB from 12/9/2016. DAB+ from 12/3/2020.		DABs 11C DABs 12D DABs 10B DABs 11B DABs 10D DABs 11C DABs 10B DABs 11C DABs 10C DABs 12D DABs 12D DABs 10D DABs 10C DABs 12D DABs 11C DABs 10B DABs 12A DAB+ 12A

The following opt-out of Capital UK with local news and information:

LONDON

London area, Surrey, W Kent, Herts, Luton (Mx 1) London area 16/10/1973.		DABs 12C FM 95.8
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LIVERPOOL

Merseyside and West Cheshire Liverpool area 27/3/1998: Crash FM (New Music). 3/2000: Juice. 18/1/2016: Capital.		DABs 10C FM 107.6
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MIDLANDS

Leicestershire South and Central Nottinghamshire South and Central Derbyshire, SE Staffordshire Shropshire, Wolverhampton, Black Country Birmingham area, West Midlands, SE Staffs Coventry and Warwickshire South Nottinghamshire Coventry Mansfield & Ashfields, Notts Lichfield & Tamworth area S & C Warwicks, E Worcs Birmingham area Burton & Swadlincote area South Derbyshire & Burton Leicestershire and Rutland Rugby area Warwick & Leamington Spa Banbury & Brackley area		c DABs 11B a DABs 12C c DABs 10B d DABs 11B d DABs 11C e DAB 12D a FM 96.2 e FM 96.2 a FM 96.5 f FM 101.6 g FM 102.0 d FM 102.0 f FM 102.4 b FM 102.8 c FM 105.4 h FM 107.1 g FM 107.3 i FM 107.6
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a: 3/7/1975: Radio Trent. 1991: +Mansfield.
b: 3/3/1987: Trent FM. 1994: Ram FM.
c: 7/9/1984: Leicester Sound (city only, replaced Centre Radio 7/8/1981-6/10/1983). 1997: +county.
a/b/c: 3/1/2011: Stations merged as Capital FM.
d: 1/1/1995: Choice (Dance, Rhythm). 1999: Galaxy.
3/1/2011: Capital FM (Replaced Buzz FM 31/1/1990-1994.)
8/4/2019: Merger of Capital East Midlands and West Midlands e: 28/8/1990: Radio Harmony (Ethnic and mixed format). 1995: Kix (Dance and Pop). 16/1/2006: Touch. 2/12/2019: Capital.
f: 1/6/1998: Centre FM. 5/2006: Touch. 2/12/2019: Capital.
g: 24/5/1996: The Bear. 16/1/2006: Touch. 7/4/2008: +Warwick (initially with some separate programmes). 2/12/2019: Capital.
h: 31/08/2002. 2/12/2009: Capital.
i: 26/2/2006: Touch Radio. 1/6/2009: Banbury Sound. 9/2018: 95.9 added. 2/12/2019: Capital.

NORTH EAST

Tees Valley and County Durham Tyne and Wear, North Durham, Northumberland Tyneside, N Durham, S Nthmb West Tyneside, Tyne & Wear Hexham & Tyne Valley Teesside, Durham, N Yorks 1/6/1999: Galaxy (Dance). 3/1/2011: Capital FM.		DABs 11B DABs 11C FM 105.3 FM 105.6 FM 105.8 FM 106.4
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NORTH WEST

Greater Manchester and North East Cheshire Lancashire Burnley, Nelson and Colne Greater Manchester Chorley Preston and Leyland area Blackburn & Darwen area a: 10/2008: Central R. 11/2011: The Bee. 12/2012: +Chorley on 96.3. 6/2016: 2BR. 8/4/2019: Capital. 5/2021 Chorley moved to 102.8 b 25/7/2000: 2BR. 8/4/2019: Capital. c: 16/10/1994: Kiss 102 (Dance). 27/9/1997: Galaxy 102. 3/1/2011: Capital FM. (Replaced Sunset 22/10/1989-1994.) d: 1/10/2005: The Bee. 6/2016: 2BR. 8/4/2019: Capital.	c DABs 12C DABs 12A b FM 99.8 c FM 102.0 a FM 102.8 a FM 106.5 d FM 107.0
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SOUTH COAST

Sussex South Hampshire and Isle of Wight East, South and Central Dorset South Hampshire and Wight Brighton area a: 4/12/1988: Power FM (previously relayed Ocean Sound). 22/8/2008: Galaxy (Dance). 3/1/2011: Capital FM. b: 27/3/1998: Surf. 8/2001: Juice. 14/8/2018: Capital. 8/4/2019: Merged with Capital South Coast	DABs 10B a DABs 11C DABs 11B a FM 103.2 b FM 107.2
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YORKSHIRE

South Yorkshire, North Notts, Chesterfield Leeds and Wakefield Districts Bradford, Calderdale and Kirklees Districts East Yorkshire and North Lincolnshire York and North Yorkshire West & South Yorkshire, York Sheffield area Bradford area East Yorkshire and North Lincolnshire 14/2/1997: Kiss 105 (Dance). 27/9/1997: Galaxy 105. 3/1/2011: Capital FM.	DABs 11C DABs 12D DABs 11B DABs 10D DABs 10C FM 105.1 FM 105.6 FM 105.6 FM 105.8
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CAPITAL WALES

Contemporary Regional opt-out Mon-Fri 16-19	Global Radio	1 930 000
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NORTH WALES AND W CHESHIRE

North East Wales, West Cheshire and Merseyside Conwy county Gwynedd and Anglesey North Wales Coast Wirral and Flintshire W & N Gwynedd & Anglesey Wrexham & West Cheshire a: 27/8/1993: Coast FM. b: 1990: MFM. 1996: separate programmes. 14/2/1998: Buzz.	DABs 10D a DABs 12D a DABs 10D a FM 96.3 b FM 97.1 d FM 103.0 c FM 103.4
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Independent Radio (Alphabetical order)

c: 5/9/1983: *Marcher Sound*. 31/3/1989: *MFM*. 9/2006: *Marcher Sound*.
a, b, c: 22/6/2009: *Heart*. 2/7/2010: *Stations merged*. 6/5/2014: *Capital FM*.
d: 11/12/1998: *Champion FM*. 22/6/2009: *Heart*. 6/5/2014: *Capital FM (Cymru)*. 23/5/2019: *Capital Cymru*. 24/2/2025: *Capital (Wales)*

SOUTH WALES

Operated by Communicorp
Cardiff, Newport and South East Wales DABs 12C
Newport area FM 97.4
Cardiff area FM 103.2
11/4/1980 (*Cardiff*): *CBC*. 13/6/1983 (*Newport*): *Gwent Broadcasting*. 1986: *Red Dragon*. 3/1/2011: *Capital FM*.

CAPITAL ANTHEMS

Format: 90s, 00s, 10s and 20s Music
Broadcaster: Global Radio
Most of England, South Wales, Central/NE Scotland, Central/Eastern Northern Ireland (SD Mux) DAB+ 11A
12/9/2024

CAPITAL CHILL

Chill-out and Chilled Dance Global Radio
London area, Surrey, W Kent, Herts, Luton (Mx 3) DAB+ 11B
13/2/2023 on *SDL National*. 12/9/2024: *Demoted to London only*

CAPITAL DANCE

Format: Contemporary Dance Music
Broadcaster: Global Radio
England, Wales and Northern Ireland (D1 Mux) DAB+ 11D
Scotland (D1 Mux) DAB+ 12A
Airdate: 1/10/2020

CAPITAL SCOTLAND

Contemporary Communicorp 2 920 000
Local programmes: Mon-Fri 0600-1900, Sat/Sun 0900-1200;
relays Capital network at other times.
Glasgow, Clydeside, Lanarkshire, Stirling, Falkirk DABs 11C
Edinburgh, Lothian and South Fife DABs 12D
Lothian and Fife FM 105.7
Glasgow and Clydeside area FM 106.1
19/11/1999: *Beat 106 (New Music)*; 4/1/2006: *XFM (Modern Rock)*. 8/11/2008: *Galaxy (Dance)*. 3/1/2011: *Capital FM*.

CAPITAL XTRA

Format: Contemporary Rap and R&B Music
Broadcaster: Global Radio
England, Wales and Northern Ireland (D1 Mux) DAB+ 11D
Scotland (D1 Mux) DAB+ 12A
South and Central London FM 96.9
North London FM 107.1
Satellite 0112/720, Cable 959
Airdate: 31/3/1990 (*South*): *Choice FM*. 31/5/2000: (*North*) *Choice FM* (opted out until 2004), 7/10/2013: *Capital Xtra and National DAB*. Switched to DAB+ on 29/8/2019

CAPITAL XTRA RELOADED

Format: 90s, 00s & 10s Rap & R&B Music
Broadcaster: Global Radio
Most of England, South Wales, Central/NE Scotland, Central/Eastern Northern Ireland (SD Mux) DAB+ 11A
2/9/2019 (*D1 National DAB*). 20/5/2022: *Demoted to London only*. 24/10/2022: *Returned to national DAB on SD multiplex*

RADIO CARDIFF

Rhythmic Music Community
Cardiff area DAB+ 10D
Cardiff FM 98.7

RADIO CARMARTHENSHIRE

Adult, Welsh Nation Broadcasting 170 000
Shares programmes with Bridge FM and R Pembrokeshire
Pembrokeshire, Carmarthenshire, Swansea DAB+ 12D
Carmarthenshire FM 97.1
Carmarthen FM 97.5
Llanelli area FM 97.5
13/6/2004. (*Llanelli transmitter carried Scarlet FM from 2004 to 2012*)

RADIO CAROLINE

Classic Rock Album Tracks Community
Belfast and Lisburn area, Northern Ireland DAB+ 7D
North Birmingham DAB+ 9A
Brighton area DAB+ 7D
Cambridge DAB+ 9C
North and Central London DAB+ 9B
Luton area DAB+ 7D
Kings Lynn area DAB+ 9C
Norwich DAB+ 9A
Peterborough DAB+ 7D
Petersfield, Alton and Haslemere area DAB+ 8A
Portsmouth DAB+ 7D
Southern Northern Ireland DAB+ 9C
Stoke-on-Trent and Newcastle-under-Lyme DAB+ 8A
Ashford, Tenterden, Dungenes DAB+ 9C
Canterbury, Whitstable, Herne Bay & Faversham DAB+ 7D
Maidstone, Sevenoaks and Tunbridge Wells area DAB+ 8B
Medway towns, Sheppey and Sittingborne DAB+ 9A
Thanet, Dover and Folkestone DAB+ 9B
Suffolk, Essex, Kent and SE Norfolk AM 648

CAROLINE COASTAL

Mixed Format Community
Maldon, Essex FM 94.7
Burnham on Crouch and Southminster, Essex FM 104.7

CAROLINE FLASHBACK

Mixed Format Community
Cambridge DAB+ 9C
Kings Lynn area DAB+ 9C
Norwich DAB+ 9A
Peterborough DAB+ 7D
Southern Northern Ireland DAB+ 9C

CASTLEDOWN FM

Mixed Format Community
Ludgershall and Tidworth, Wiltshire FM 104.7
Tidworth area, Wiltshire FM 107.6

THE CAT

Mixed Format Community
Crewe and South Cheshire DAB+ 7D
Crewe and Nantwich FM 107.9

CELTIC MUSIC RADIO

Celtic Music Community
Dunoon, Greenock, Helensburgh, Dumbarton DAB+ 8B
Edinburgh DAB+ 9B
Glasgow DAB+ 10B
North Ayrshire DABs 9B
Southern Northern Ireland DAB+ 9C
Glasgow FM 95.0

CENTRAL FM

Adult, Contemporary New Wave Media 270 000
Stirling and Falkirk area DAB+ 9C
Stirling and Falkirk area FM 103.1
4/6/1990: *Centresound*. 1991: *Central FM*. 1994: *+Falkirk*.

CENTRAL RADIO

Oldies, Adult Independent
Blackburn, Accrington and Burnley DAB+ 8A
Blackpool area DAB+ 8B
Preston and Chorley area DAB+ 9A

CENTREFORCE

80s and 90s Dance Music Community
London area, Surrey, W Kent, Herts, Luton (Mx 2) DAB+ 12A
North East Wales, West Cheshire and Merseyside DAB+ 10D
Cardiff area DAB+ 10D
East Cheshire DAB+ 11C
Mid Cheshire DAB+ 9C
Edinburgh DAB+ 9B
Nottingham DAB+ 7D
Preston and Chorley area DAB+ 9A
Wolverhampton DAB+ 7D
Warrington, Runcorn and Widnes area DAB+ 8B
14/7/2018 (*London*)

CHANNEL 103 FM

Adult Tindle 85 000
Jersey, Guernsey, Alderney and Sark DAB+ 12A
Jersey FM 103.7
25/10/1992.

CHAOS

Mixed Format Community
St Austell, Cornwall FM 105.6

CHBN

Mixed Format Community
Truro, Cornwall FM 100.8

Frequency Finder (www.frequencyfinder.org.uk)

CHELMSFORD COMMUNITY RADIO

Mixed Format Community
Chelmsford, Essex FM 104.4

CHESHIRE'S MIX 56

Oldies, Adult Independent
East Cheshire DAB+ 11C
Stockport and South East Greater Manchester DAB+ 8A
Warrington, Runcorn and Widnes area DAB+ 8B

CHILTERN VOICE

Mixed Format Community
Amersham and Chesham, Buckinghamshire FM 107.4

CHURNET SOUND

Mixed Format Community
Stoke-on-Trent and Newcastle-under-Lyme DAB+ 8A

CITY SOUND

Mixed Music Independent
Chelmsford area DAB+ 7D

CLASSIC FM

Format: Light Classical Music *with* News and Talk
Broadcaster: Global Radio
England, Wales and Northern Ireland (D1 Mux) DAB+ 11D
Scotland (D1 Mux) DAB+ 12A
Jersey, Guernsey, Alderney and Sark DAB+ 12A
London & South East England FM 100.9
London area FM 100.6
Reading FM 101.8
East Kent FM 101.8
Brighton and Worthing area FM 101.9
Central Southern England FM 100.3
Devon and East Cornwall FM 100.0
West Cornwall FM 101.5
South Wales & West England FM 101.7
Bristol FM 101.4
Bath FM 100.2
Swindon area FM 100.8
Herefordshire and Gloucester FM 100.4
Swansea area FM 101.3
Pembrokeshire and W Carmarthenshire FM 100.5
Ceredigion FM 101.1
West and North Gwynedd FM 100.7
North Wales Coast FM 101.6
Midlands FM 100.1
Oxon, Bucks, Berks, S Midlands FM 101.3
Milton Keynes and West Beds FM 100.4
Cambs, Beds, S Lincs, E Nthnts FM 101.9
Norfolk and Suffolk FM 101.5
Lincolnshire & East Yorkshire FM 100.5
NW England & Yorkshire FM 101.1
Sheffield and Rotherham FM 101.7
Leeds FM 101.6
Bradford FM 100.3
S Cumbria & NW Lancashire FM 101.8
Teesside and South Durham FM 101.6
North East England FM 100.3
West Tyneside & Tyne Valley FM 101.0
North Cumbria & SW Scotland FM 99.9
Isle of Man FM 102.2
Border Region FM 100.9
Central Scotland FM 101.7
Ayrshire FM 101.3
Dundee, Angus and North Fife FM 100.1
Aberdeenshire FM 100.5
Inverness & Moray Firth area FM 101.4
East & Cent. Northern Ireland FM 101.9
Derry area FM 100.5

95% stereo coverage, (99% mono)
Marginal reception is available most other areas except
Powys and parts of NW Scotland
Satellite 0106/721, DTT 731, Cable 922
Airdate: 7/9/1992. Switched to DAB+ on 2/11/2024

CLASSIC FM CALM

Soft Classical Music Global Radio
London area, Surrey, W Kent, Herts, Luton (Mx 3) DAB+ 11B
12/9/2024

CLASSIC FM MOVIES

Orchestral Film Music Global Radio
London area, Surrey, W Kent, Herts, Luton (Mx 1) DAB+ 12C
12/9/2024

CLASSIC HITS FOREST RADIO

Mixed Format Community
Harlow and East Hertfordshire DAB+ 8B
St Margaret's Hospital, Epping FM 99.3

CLUB ASIA

Asian Independent
North Birmingham DAB+ 9A
South Birmingham DAB+ 9C

CLYDE 1 FM

Contemporary, 10s, 00s	Bauer	2 300 000
Part of Hits Radio Network (Scotland)		
Glasgow, Clydeside, Lanarkshire, Stirling, Falkirk	a DABs 11C	
Ayrshire	b DABs 11B	
Ayrshire	b FM 96.7	
Dumbarton and Alexandria	a FM 97.0	
Girvan, Ayrshire	b FM 97.5	
Largs, Rothesay, Clyde Mouth	a FM 102.3	
Glasgow and Clydeside area	a FM 102.5	
Greenock and Firth of Clyde	a FM 103.3	
Largs, Rothesay, Clyde Mouth	b FM 106.7	
a: 31/12/1973. 1994: <i>Fillers added.</i>		
b: 1997: <i>West FM* (previously relayed West Sound).</i> 16/9/2024: <i>Clyde 1</i>		

COAST FM

Mixed Format	Community	
Penzance, Cornwall		FM 96.5
St Just, Cornwall		FM 97.2

COAST FM

Mixed Format	Community	
Coleraine, Northern Ireland		FM 106.4

COASTAL RADIO

Adult	Independent	
Blackpool area		DAB+ 8B

COAST AND COUNTY RADIO

Mixed Format	Community	
York and North Yorkshire		DAB+ 10C
Hull area		DAB+ 9B
Scarborough		FM 97.4
Whitby		FM 105.5
Malton area, North Yorkshire		FM 106.7

COAST AND COUNTY EXTRA

For the farming community	Independent	
Hull area		DAB+ 9B

CODE SOUTH RADIO

Dance	Independent	
Brighton area		DAB+ 7D

COG GRAND RADIO

Christian	Independent	
Newcastle and Gateshead area		DAB+ 8A

COLNE RADIO

Mixed Format	Community	
Wivenhoe, NE Essex		FM 106.6

COLOURFUL RADIO

Black Community	Independent	
London area, Surrey, W Kent, Herts, Luton (Mx 2)		DAB+m 12A

COMMUNITY RADIO PLYMOUTH

Mixed Format	Independent	
Plymouth area		DAB+ 9C

COOL FM

Contemporary, Adult	Bauer	930 000
Northern Ireland		DABs 12D
East & Cent. Northern Ireland		FM 97.4
7/2/1990*.		

CONGREGATION 22

Dance	Independent	
North East London and South West Essex		DAB+ 8A
South East Essex		DAB+ 9B
South Hertfordshire		DAB+ 9C
South and Central London		DABs 9A

CORBY RADIO

Mixed Format	Community	
Corby		FM 96.3

COSORO RADIO

African Music	Independent	
North Birmingham		DAB+ 9A
Bolton and Bury areas		DAB+ 10B
South Hertfordshire		DAB+ 9C
South and Central London		DABs 9A
Loughborough		DAB+ 8A
Norwich		DAB+ 9A
Rugby and Daventry		DAB+ 9A
Southern Northern Ireland		DAB+ 9C
Warrington, Runcorn and Widnes area		DAB+ 8B

COUNTRYLINE RADIO

Country Music	Independent	
Based: Manchester		
London area, Surrey, W Kent, Herts, Luton (Mx 2)		DAB+ 12A
11/3/2016 (London DAB): Chris Country. 7/3/2022: Countryline Radio		

CPR FM

Mixed Format	Independent/Community	
Ashford, Tenterden, Dungenes		DAB+ 9C
Canterbury, Whitstable, Herne Bay & Faversham		DAB+ 7D
Chelmsford area		DAB+ 7D
Hastings		DAB+ 7D
Maidstone, Sevenoaks and Tunbridge Wells area		DAB+ 8B
Medway towns, Sheppey and Sittingborne		DAB+ 9A
Thanet, Dover and Folkestone		DAB+ 9B
Rye, East Sussex		FM 95.1
Romney Marsh, Kent		FM 100.2

CRESCENT RADIO

Asian	Community	
Oldham and Rochdale		DAB+ 9B
Rochdale		FM 97.0

CRFM

Mixed Format	Community	
Carlisle		FM 102.7

CROSS COUNTIES RADIO

Mixed Format	Community	
Lutterworth and Magna Park		FM 92.0
Blaby, Leicestershire		FM 95.4

CROSS RHYTHMS CITY RADIO

Christian Contemporary	Community	
Stoke-on-Trent and Newcastle-under-Lyme		DAB+ 8A
Newcastle under Lyme, Staffordshire		FM 96.6
Stoke-on-Trent		FM 101.8

CROSS RHYTHMS PLYMOUTH

Christian Contemporary	Community	
Plymouth		FM 96.3

CROYDON FM

Rhythmic Music	Community	
South and Central London		DABs 9A
Croydon and South London		FM 97.8
Croydon and South London		FM 99.4

CRYSTAL FM

Mixed Format	Community	
Penicuik, Lothian		FM 107.4

CULTURE CITY RADIO

Arts and Music	Independent	
Bradford area		DAB+ 8B
Leeds area		DAB+ 9A
South and Central London		DABs 9A

CUMBERNAULD FM

Mixed Format	Community	
Cumbernauld, North Lanarkshire		FM 106.8

CVFM

Mixed Format	Community	
Middlesbrough, Redcar and Cleveland		DAB+ 8A
Middlesbrough		FM 104.5

CYNDICUT RADIO

Dance	Independent	
Basingstoke		DAB+ 8B
Chelmsford area		DAB+ 7D
North East Essex		DABs 9A
North East London and South West Essex		DAB+ 8A
Poole, Purbeck and Wimborne		DAB+ 9C
Portsmouth		DAB+ 7D
Southampton		DAB+ 9B
Winchester		DAB+ 9C
South East Essex		DAB+ 9B

D**RADIO DACORUM**

Mixed Format	Community	
South Hertfordshire		DAB+ 9C

DALES RADIO

Mixed Format	Community	
Hawes area, N Yorkshire		FM 103.0
Ingleton & High Bentham, N Yorkshire		FM 103.0
Kirkby Stephen, Cumbria		FM 103.0
Settle area, N Yorkshire		FM 104.9
Grassington area, N Yorkshire		FM 104.9
Leyburn area, N Yorkshire		FM 104.9
Sedburgh, Cumbria		FM 104.9
West North Yorkshire		AM 936

DANCE ASIA RADIO

Asian	Community	
Bradford area		DAB+ 8B
Leeds area		DAB+ 9A
Middlesbrough, Redcar and Cleveland		DAB+ 8A

DANCELAND

Dance	Like Radio	
Belfast and Lisburn area, Northern Ireland		DAB+ 7D
Glasgow		DAB+ 10B
Hull area		DAB+ 9B
Newport and Chepstow area		DAB+ 8B
Stockport and South East Greater Manchester		DAB+ 8A
Wrexham area		DAB+ 9B

DANCELAND ANTHEMS

Dance	Like Radio	
Belfast and Lisburn area, Northern Ireland		DAB+ 7D
Glasgow		DAB+ 10B
Hull area		DAB+ 9B
Newport and Chepstow area		DAB+ 8B
Stockport and South East Greater Manchester		DAB+ 8A
Wrexham area		DAB+ 9B

DANCE REVOLUTION

Dance	Independent	
Darlington and Bishop Auckland area		DAB+ 9B
East Tyneside		DAB+ 9B
Newcastle and Gateshead area		DAB+ 8A

DARBAR SAHIB RADIO

Sikh Community	Independent	
Surrey, North East Hampshire, South London		DAB+ 10C
North Birmingham		DAB+ 9A
South Birmingham		DAB+ 9C
Dudley and Stourbridge area		DAB+ 8A
Leicester		DABs 9B
Loughborough		DAB+ 8A
Glasgow		DAB+ 10B
North East London and South West Essex		DAB+ 8A
South East London and North West Kent		DAB+ 9C
Rugby and Daventry		DAB+ 9A
Stockport and South East Greater Manchester		DAB+ 8A
Walsall and West Bromwich		DAB+ 9B
Wolverhampton		DAB+ 7D
3/2024		

DAWN FM

Asian	Community FM	
Nottingham		107.6

DCR BEATS

Rhythmic Contemporary	Community	
South East Essex		DAB+ 9B

DEAN RADIO

Mixed Format	Community	
Lydney area, Gloucestershire		FM 95.7
Cinderford area, Gloucestershire		FM 105.6

DEE 106.3

Adult, Oldies	Dee Radio	200 000
North East Wales, West Cheshire and Merseyside		DABm 10D
Chester		FM 106.3
01/03/2003.		

DELITE RADIO

Soul	Community	
North Birmingham		DAB+ 9A
North and Central London		DAB+ 9B

DESI RADIO

Asian	Community	
West London		DAB+ 8B

DEVERON FM

Mixed Format	Community	
Turriff & Aberchirder, Aberdeenshire		FM 105.3
Portsoy & Cornhill, Aberdeenshire		FM 105.9
Banff, Aberdeenshire		FM 107.4

DEVON AIR RADIO

Mixed Format	Community	
Exeter area		DAB+ 9B
Torbay area		DAB+ 8B
Cranbrook area, Devon		FM 94.6
Sidmouth, Devon		FM 95.0
Offery St Mary area, Devon		FM 106.1
Exmouth, Devon		FM 106.4

DEVONCAST RADIO

News and Talk	Radio Exe	
Exeter area		DAB+ 9B
Plymouth area		DAB+ 9C
Torbay area		DAB+ 8B
4/2024		

RADIO DIAMOND

Rhythmic Music	Community	
Manchester		DAB+ 7D

DIGITAL CITY RADIO

Rhythmic Contemporary	Community	
Harlow and East Hertfordshire		DAB+ 8B
North East Essex		DABs 9A
South East Essex		DAB+ 9B
Southend, Essex		FM 103.7

DIGITAL HITS ONE

Mixed Format	Community	
North Somerset		FM 100.5

DIVERSE FM

Rhythmic Music	Community	
Luton area		DAB+ 7D
Luton		FM 102.8

DIVINE RADIO LONDON

Dance	Independent	
South Hertfordshire		DAB+ 9C
Loughborough		DAB+ 8A

DONCASTER RADIO

Adult, Oldies	Independent	
Doncaster area		DAB+ 8A

DORSET COAST RADIO

Oldies, Adult	Independent	
Bournemouth		DAB+ 8B
Poole, Purbeck and Wimborne		DAB+ 9C

DOVER COMMUNITY RADIO

Mixed Format	Community	
Dover, Kent		FM 104.9

DOWNTOWN RADIO

Oldies, Adult	Bauer	1 560 000
Northern Ireland		DABs 12D
North Northern Ireland		FM 96.4
Fermanagh and South Tyrone		FM 96.6
Larne, Northern Ireland		FM 97.1
Ballymena and Antrim		FM 102.3
Derry area		FM 102.4
South East Northern Ireland		FM 103.1
Newcastle, Northern Ireland		FM 103.4
Newtownabbey and Belfast, Northern Ireland		FM 103.4
16/3/1976. 1/10/1986: +Derry and North. 31/10/1987: +Fermanagh & S Tyrone, 26/4/1997: +South East, 5/11/98: +Ballymena & Antrim and Larne. AM Transmitter serving Belfast & E Northern Ireland closed 14/12/2023		

DOWNTOWN COUNTRY

Country Music	Bauer	
Northern Ireland		DABs 12D

DRAGON RADIO

Oldies	Nation Broadcasting	
Pembrokeshire, Carmarthenshire, Swansea		DAB+ 12D
Cardiff, Newport and South East Wales		DAB+ 12C
North East Wales, West Cheshire and Merseyside		DAB+ 10D
Conwy county		DAB+ 12D
Gwynedd and Anglesey		DAB+ 10D
Aberystwyth		DAB+ 9C
28/12/2015: Nation Gold. 1/9/2016: Dragon Radio		

DRIFT RADIO

Dance	Independent	
Conwy county		DAB+ 12D
Gwynedd and Anglesey		DAB+ 10D

DRIVE RADIO

Mixed Format	Community	
Derry		DAB+ 11C
Derry		FM 105.3

DRYSTONE RADIO

Mixed Format	Community	
Blackburn, Accrington and Burnley		DAB+ 8A
Bradford area		DAB+ 8B
Ilkley, West Yorkshire		FM 102.0
South Craven area, N Yorks		FM 103.5

DUNE RADIO

Oldies	Independent	
Blackpool area		DAB+ 8B
Liverpool, Knowsley and NE Wirral		DAB+ 7D
Preston and Chorley area		DAB+ 9A
28/5/2016: Sandgrounder Radio. 6/2023: Dune Radio		

DUNOON COMMUNITY RADIO

Mixed Format	Community	
Dunoon, Argyll		FM 97.4

DURHAM ON AIR

Adult, Oldies	Independent	
Darlington and Bishop Auckland area		DAB+ 9B
Newcastle and Gateshead area		DAB+ 8A
East Tyneside		DAB+ 9B

E**EAST COAST FM**

Mixed Format	Community	
Haddington, East Lothian		FM 107.6

EAVA FM

Asian, Rhythmic Music	Community	
Leicester		DABm 9B
Leicester		FM 102.5

EDEN FM

Mixed Format	Community	
Penrith, Cumbria		FM 107.5

EDGE RADIO 1

Contemporary	Independent	
Edinburgh		DAB+ 9B

EDGE RADIO 2

Mixed Music	Community	
Edinburgh		DAB+ 9B

80s RHYTHM RADIO

80s Music	Independent	
Brighton area		DAB+ 7D
Portsmouth		DAB+ 7D

EIREWAVE

Rock and Pop Music	Independent	
Belfast and Lisburn area, Northern Ireland		DAB+ 7D
Derry		DAB+ 11C
Southern Northern Ireland		DAB+ 9C

EMBRACE RADIO

Mixed Format	Community	
Rutland and Stamford		DABs 9C
Northampton		DAB+ 7D

ENDEAVOUR FM

Mixed Format	Community	
Boston, Lincs		FM 107.0

ENERGY FM

Contemporary	Independent	65 000
Douglas area, Isle of Man		DAB+ 11C
Central Isle of Man		FM 91.2
North West Isle of Man		FM 93.4
South and East Isle of Man		FM 98.6
Ramsay, Isle of Man		FM 98.4
Peel area, Isle of Man		FM 102.4
Maughold area, Isle of Man		FM 105.2
Port Erin, Isle of Man		FM 105.2
2001 on 98.6, 2002: +Snaefell, Jurby and Ramsay. 2003: + Peel and Maughold: 2004: +Port St Mary.		

ENERGY

Polish	Independent	
Surrey, North East Hampshire, South London		DAB+ 10C

ENERGY 106

Dance Music	Independent	
Belfast and Lisburn area, Northern Ireland		DAB+ 7D
Southern Northern Ireland		DAB+ 9C

EREWASH SOUND

Mixed Format	Community	
Ilkeston, Derbyshire		FM 96.8
Long Eaton, Derbyshire		FM 103.5

ERUPTION RADIO

Dance	Community	
Kings Lynn area		DAB+ 9C
North East London and South West Essex		DAB+ 8A

RADIO ESSENTIALS

Oldies	Independent	
Doncaster area		DAB+ 8A
Sheffield and Rotherham		DAB+ 9C

RADIO ESSEX

Contemporary	Adventure Radio	530 000
Most of Essex		c DABs 12D
Southend area		b FM 105.1
Chelmsford & Central Essex		a FM 107.7
a: 18/10/1998: Chelmer FM. 14/2/2002: Dream 107.7 FM. 2/2/2009: Chelmsford Radio. 23/3/2015: Radio Essex b: 8/3/2008: Southend Radio. 23/3/2015: Radio Essex c: 6/3/2013 Radio Essex (3 stations sharing programming) Changed from Adult/Oldies format in 2019		

EWTN

Christian (Catholic) Satellite 0135	Independent	
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RADIO EXE

Adult, Oldies	Radio Exe	150 000
East Devon, Exeter and Torbay		DABm 11C
North and Central Devon		DABm 10C
Exeter area		DAB+ 9B
Plymouth area		DAB+ 9C
Torbay area		DAB+ 8B
Exeter area		FM 107.3

18/2/2008: Exeter FM. 10/1/12: Radio Exe.

EXPRESS FM

Mixed Format	Community	
Portsmouth		DAB+ 7D
Portsmouth		FM 93.7

THE EYE

Mixed Format	Community	
Nottingham		DAB+ 7D
Melton Mowbray, Leics		FM 103.0

F**RAIDÍÓ Fáilte**

Irish Language	Community	
Belfast		FM 107.1

FANTASY

Mixed Format	Community	
Devizes, Wiltshire		FM 97.0

RADIO FAZA

Asian	Community	
Nottingham		DAB+ 7D
Nottingham		FM 97.1

FELIXSTOWE RADIO

Mixed Format	Community	
Felixstowe, Suffolk		FM 107.5

FEVER RADIO

Asian	Community	
North Leeds		FM 107.3

FIESTA FM

Spanish	Community	
Southampton		DAB+ 9B
Southampton		FM 95.0

FIRST FM

Mixed Format	Community	
Oxford		FM 105.1

FIX RADIO

Mixed Format: Tradespeople
Broadcaster: Independent
London and surrounding counties, Central South, Western counties, Midlands, North, South Wales, Central Scotland, Central/ Eastern Northern Ireland (SD Mux) DABm 11A
22/4/2017 (London). 3/5/2022 (National)

FLAME CCR

Christian	Community	
Liverpool, Knowsley and NE Wirral		DAB+ 7D

FLASH

Rock and Mixed Music	Community	
Petersfield, Alton and Haslemere area		DAB+ 8A
Portsmouth		DAB+7D

FLASHBACK

Oldies	Independent	
Exeter area		DAB+ 9B
Plymouth area		DAB+ 9C
Torbay area		DAB+ 8B

1/2024.

FLEX FM

Rhythmic New Music	Community	
South and Central London		DABs 9A
West London		DAB+ 8B
Brighton area		DAB+ 7D
South West London		FM 101.4

RADIO FOLKESTONE

Mixed Format	Community	
Folkestone, Kent		FM 105.9

45 RADIO

Oldies	Independent	
Blackpool area		DAB+ 8B
Edinburgh		DAB+ 9B
North Birmingham		DAB+ 9A
Sheffield and Rotherham		DAB+ 9C

FOREST FM

Mixed Format	Community	
Bournemouth		DAB+ 8B
Poole, Purbeck and Wimborne		DAB+ 9C
Verwood area, Dorset		FM 92.3
Ferndown, Dorset		FM 98.9

FORTH 1

Contemporary, 10s, 00s	Bauer	1 260 000
Part of Hits Radio Network (Scotland)		
Edinburgh, Lothian and South Fife		DABs 12D
Lothian and Fife		FM 97.3
West Lothian		FM 97.6
Penicuik, Lothian		FM 102.2

22/1/1975: Radio Forth. 1990: +West Lothian. 1998: +Penicuik.
2000: Forth 1.

FOSSE 107

Adult, Rock	Independent	330 000
Loughborough area		a FM 107.0
Hinckley & SW Leicestershire		b FM 107.9
a: 3/1/1999. b: 1/11/1998: Fosseway Radio. 3/2008: Oak FM. 6/2010: Stations merged as Oak FM; closed 28/7/2016 30/11/2016: Fosse 107		

FRESH SOUNDZ RADIO

House Music	Independent	
Surrey, North East Hampshire, South London		DAB+ 10C
Brighton area		DAB+ 7D
North East London and South West Essex		DAB+ 8A
South East London and North West Kent		DAB+ 9C
South East Essex		DAB+ 9B
South Hertfordshire		DAB+ 9C
Loughborough		DAB+ 8A
Rugby and Daventry		DAB+ 9A

FRISK RADIO

Dance and Rhythm	Independent	
Blackpool area		DAB+ 8B
Blackburn, Accrington and Burnley		DAB+ 8A
Darlington and Bishop Auckland area		DAB+ 9B
Middlesbrough, Redcar and Cleveland		DAB+ 8A
Newcastle and Gateshead area		DAB+ 8A
Preston and Chorley area		DAB+ 9A
East Tyneside		DAB+ 9B
South Northumberland		DAB+ 8B

FROME FM

Mixed Format	Community	
Frome		96.6

FUN KIDS

Format: Childrens	Broadcaster: Folder Media	
Surrey, North East Hampshire, South London		DAB+ 10C
Gloucestershire		DABm 10C
North East Wales, West Cheshire and Merseyside		DAB+ 10D
Herefordshire and Worcestershire		DABm 12A
Suffolk		DAB+ 10C
Lincolnshire, North Lincolnshire and Hull		DAB+ 12A
York and North Yorkshire		DAB+ 10C
South Cumbria and North Lancashire		DAB+ 11B
South Birmingham		DAB+ 9C
Central, East and South Bristol		DAB+ 9B
West Bristol, Clevedon and Portishead		DAB+ 10D
Edinburgh		DAB+ 9B
North and Central London		DAB+ 9B
Nottingham		DAB+ 7D
Portsmouth		DAB+7D
Stockport and South East Greater Manchester		DAB+ 8A
Ashford, Tenterden, Dungeness		DAB+ 9C
Canterbury, Whitstable, Heme Bay & Faversham		DAB+ 7D
Maidstone, Sevenoaks and Tunbridge Wells area		DAB+ 8B
Medway towns, Sheppey and Sittingborne		DAB+ 9A
Thanet, Dover and Folkestone		DAB+ 9B

Airdate: 5/2005 (London). On SD Mux: 29/2/2016-31/8/2023.

FUN KIDS JUNIOR

Childrens	Folder Media	
Surrey, North East Hampshire, South London		DAB+ 10C
North East Wales, West Cheshire and Merseyside		DAB+ 10D

FUN KIDS NAPS

Childrens	Folder Media	
Central, East and South Bristol		DAB+ 9B
West Bristol, Clevedon and Portishead		DAB+ 10D

FUN KIDS NON STOP

Childrens	Folder Media	
South Birmingham		DAB+ 9C
West Bristol, Clevedon and Portishead		DAB+ 10D

FUN KIDS PARTY

Childrens	Folder Media	
Central, East and South Bristol		DAB+ 9B

FUN KIDS POP HITS

Childrens	Folder Media	
North Birmingham		DAB+ 9A

FUN KIDS SOUNDTRACKS

Childrens	Folder Media	
North East Wales, West Cheshire and Merseyside		DAB+ 10D

FUNKY CORNER RADIO

70s & 80s Soul, Funk & Disco	Independent	
Swindon and Marlborough area		DAB+ 8B

FUSE FM

Mixed Format	Community	
Ballymoney, County Antrim		FM 107.5

FUTURE RADIO

Mixed Format	Community	
Norwich		DABs 9A
Cambridge		DAB+ 9C
Kings Lynn area		DAB+ 9C
Norwich		FM 107.8

FYLDE COAST RADIO

Mixed Music	Independent	
Blackpool area		DAB+ 8B

G**GATEWAY FM**

Mixed Format	Community	
North East London and South West Essex		DAB+ 8A
South East Essex		DAB+ 9B
Basilidon, Essex		FM 97.8

GAYDIO

Format: Music for LGBTQ+ Community
Broadcaster: Independent

GAYDIO (NATIONAL)

Music for LGBTQ+ Community	Independent	
London area, Surrey, W Kent, Herts, Luton (Mx 3)		DAB+ 11B
North Birmingham		DAB+ 9A
South Birmingham		DAB+ 9C
Central, East and South Bristol		DABs 9B
West Bristol, Clevedon and Portishead		DAB+ 10D
Cardiff area		DAB+ 10D
Dudley and Stourbridge area		DAB+ 8A
Edinburgh		DAB+ 9B
Leeds area		DAB+ 9A
Liverpool, Knowsley and NE Wirral		DAB+ 7D
Glasgow		DAB+ 10B
Newcastle and Gateshead area		DAB+ 8A
Portsmouth		DAB+ 7D
Sheffield and Rotherham		DAB+ 9C

2002 (London, as Gaydar). Merged with Gaydio Manchester in 2013

The following stations opt-out with local output Mon-Fri for 3 hours a day:

GAYDIO BRIGHTON

Music for LGBTQ+ Community	Independent	
Brighton area		DAB+ 7D
Brighton area		FM 97.8

8/2018

GAYDIO MANCHESTER

Music for LGBTQ+ Community	Independent	
Bolton and Bury areas		DAB+ 10B
Manchester		DAB+ 7D
Oldham and Rochdale		DAB+ 9B
Stockport and South East Greater Manchester		DAB+ 8A
Manchester		FM 88.4

2010

GB NEWS RADIO

Talk – may cause offence (as TV sound)

Independent		
England, Wales and Northern Ireland (D1 Mux)		DAB+m 11D
Scotland (D1 Mux)		DAB+m 12A
Jersey, Guernsey, Alderney and Sark		DAB+m 12A

15/12/2021 (testing on D1)

GEN X RADIO

Oldies, Adult	Independent	
Suffolk		DAB+ 10C

2022.

GERONIMO

Easy, Christian	Independent	
Brighton area		DAB+ 7D
Edinburgh		DAB+ 9B
South and Central London		DABs 9A

GET RADIO

Oldies, Adult	Independent	
Oxfordshire		DABs 10B

31/12/2007.

GLASTONBURY FM

Mixed Format	Community	
Glastonbury		FM 107.1

GLITTERBEAM RADIO

LGBTQ+ Community	Independent	
Brighton area		DAB+ 7D
Cambridge		DAB+ 9C
Newcastle and Gateshead area		DAB+ 8A
Sheffield and Rotherham		DAB+ 9C
South East London and North West Kent		DAB+ 9C
York City		DAB+ 8B

GLOUCESTER FM

Rhythmic Music	Community	
Gloucester		FM 96.6

GLOW RADIO

Contemporary	Community	
Basingstoke		DAB+ 8B
North East Hampshire and North West Surrey		FM 106.5

GO RADIO

Adult	Independent	
Glasgow, Edinburgh, Central Scotland		DABs 11D

GORGEOUS RADIO

LGBT+ Community	Independent	
Dudley and Stourbridge area		DAB+ 8A
Walsall and West Bromwich		DAB+ 9B
Wolverhampton		DAB+ 7D

GOLD RADIO

Format: 60s, 70s and 80s Music Broadcaster: Global Radio
England, Wales and Northern Ireland (D1 Mux) a DAB+ 11D
Scotland (D1 Mux) a DAB+ 12A
London area, Surrey, W Kent, Herts, Luton (Mx 1) b DAB+ 12C
Northamptonshire e DABs 10C
North Cambridgeshire, Huntingdon, S Lincs d DABs 12D
South and Central Cambridgeshire d DABs 11C
Leicestershire c DABs 11B
South and Central Nottinghamshire c DABs 12C
South and Central Derbyshire, SE Staffordshire c DABs 10B
Jersey, Guernsey, Alderney and Sark DAB+ 12A
Satellite 0119/722, Cable 923

Airdates: a: National DAB+ from 10/6/2019.
b: 28/11/1988*: Capital Gold. 3/8/2007: Gold. AM transmitter closed 29/9/2023.

c: 4/10/1988*: Gem AM. Also covered Leicester until 15/9/1992. 1998: Classic Gold GEM. 3/8/2007: Gold. 28/6/2010: National plus local news. AM transmitters closed 27-28/6/2023.

d: 14/4/1992*: WGMS (oldies). 18/3/1995: Classic Gold. 3/8/2007: Gold (oldies). 28/6/2010: National plus local news. 24/3/2014: Smooth Radio. 1/10/2019: Gold. AM transmitter closed 29/6/2023.

e: 16/7/1989*: Breeze (oldies). 1/2001: Classic Gold Breeze. 3/8/2007: Gold (oldies). 28/6/2010: National plus local news. 24/3/2014: Smooth Radio. 1/10/2019: Gold. AM transmitter closed 27/6/2023.

Manchester AM:: 20/6/1994: Fortune 1458 (Soft, Adult, Talk). 9/1996: Lite AM (Easy). 5/2000: Big AM (Adult, Rock). 21/2/2002: Capital Gold (oldies). 3/8/2007: Gold. 28/6/2010: National plus local news. AM ceased 27/4/2024.

GRAVITY FM

Mixed Format	Community	
Grantham, Lincolnshire		FM 97.2

GREAT DRIFFIELD RADIO

Mixed Format	Community	
Driffield area, East Yorkshire		FM 107.2
Northern East Yorkshire		FM 95.2

GREAT YORKSHIRE RADIO

Oldies	Independent	
Bradford area		DAB+ 8B
Hull area		DAB+ 9B

GREATEST HITS RADIO

Format: 70s, 80s and 90s Pop and Light Rock Music
Broadcaster: Bauer
Local news and information is broadcast everywhere

LONDON AREA

London area, Surrey, W Kent, Herts, Luton (Mx 1) a DABs 12C
London area b FM 105.8
a: 7/2/2019.

b: 10/4/1995: Virgin Radio (London, Rock). 29/9/2008: Absolute Radio (Rock). 17/5/2021: Greatest Hits Radio

EASTERN ENGLAND

Most of Essex		a DABs 12D
Suffolk		b DABs 10C
East Norfolk		a DABs 10B
North Cambridgeshire, Huntingdon, S Lincs a		a DABs 12D
South and Central Cambridgeshire		a DABs 11C
Northamptonshire		a DABs 10C
Kings Lynn area		d DABm 9C
North East Norfolk		c FM 96.2
Fakenham		c FM 96.2
West Norfolk		d FM 96.7
Southwold area, Suffolk		e FM 97.4
Great Yarmouth		e FM 97.4
Norwich area		f FM 99.9
North East Essex		g FM 100.2
North West Norfolk		c FM 103.2
Cromer, Sheringham, Norfolk		c FM 103.2
Great Yarmouth & Lowestoft		e FM 103.4
S Cambridgeshire		h FM 105.6
Suffolk, S Norfolk & NE Essex		h FM 106.4
Peterborough area		h FM 107.7

a: 7/1/2019: Greatest Hits Radio UK. East region from 1/9/2020
b: 19/10/2006: Town Radio (Adult, Oldies). Moved from FM to DAB 8/2018. 1/9/2020: Greatest Hits Radio
c: 10/11/2003: North Norfolk Radio (Adult, Oldies). 11/2005: +Fakenham. 1/9/2020: Greatest Hits Radio.
d: 1/7/1992: KLFM (Adult, Oldies). 1/9/2020: Greatest Hits R.
e: 29/9/1996: The Beach (Adult, Oldies). 2/2004: +Southwold. 2007: +Gt Yarmouth relay. 1/9/2020: Greatest Hits Radio.

Independent Radio (Alphabetical order)

f: 7/2006 Radio Norwich (Adult, Oldies). 1/9/2020: Greatest Hits Radio.
 g: 7/10/1990 (AM): Mellow 1557. 19/11/1998 (FM): Dream (Oldies, Adult). 1/9/2020: Greatest Hits Radio.
 h 22/11/1997: Vibe FM. 6/9/2006: Kiss. 11/9/2023: Greatest Hits Radio.

MIDLANDS

Herefordshire and Worcestershire a DABs 12A
 Shropshire, Wolverhampton, Black Country b DABs 11B
 Birmingham area, West Midlands, SE Staffs c DABs 11C
 Coventry and Warwickshire d DABs 12D
 Leicestershire e DABs 11B
 South and Central Nottinghamshire e DABs 12C
 South and Central Derbyshire, SE Staffordshire e DABs 10B
 Stoke-on-Trent, West Staffordshire, South Cheshire f DABs 12D
 North West Derbyshire n DAB+ 8B
 East Cheshire o FM 96.4
 Asbourne area, Derbyshire p FM 96.7
 Stafford area m FM 96.9
 Stamford, Lincs g FM 97.4
 Wirksworth, Derbyshire m FM 101.8
 Uttoxeter, Staffordshire m FM 101.8
 New Mills and Whaley Bridge, Derbys n FM 103.3
 Hope Valley, Derbyshire n FM 103.3
 West Midlands region h FM 105.2
 East Midlands q FM 106.0
 Buxton area, Derbyshire n FM 106.4
 Glossop and Hadfield, Derbys n FM 106.4
 Shrewsbury area i FM 106.5
 Chapel-en-le-Frith, Derbys n FM 106.6
 Oswestry, Shropshire i FM 107.1
 Rutland g FM 107.2
 Kidderminster area j FM 107.2
 Telford area k FM 107.4
 Wolverhampton area l FM 107.7
 a: 5/2016: Free Radio 80s
 b: 15/11/1989*: WABC (Nostalgia). 31/12/1990: +Shropshire added. 1991:oldies format. 1997: Classic Gold WABC. 3/8/2007: Gold. 2010: Merged. 4/9/2012: Free Radio 80s.
 c: 4/4/1989*: Xtra AM (oldies). 1/6/1998: Capital Gold. 3/8/2007: Gold. 2010: Merged. 4/9/2012: Free Radio 80s.
 d: 4/4/1989*: Xtra AM (oldies). 7/3/1994: Classic Gold.
 b, c, d: 3/8/2007: Gold. 2010: Merged. 4/9/2012: Free Radio 80s. AM closed 26/6/2020.
 a, b, c, d: 7/11/2019: Greatest Hits Radio
 e: 7/11/2019: Greatest Hits Radio UK. Midlands region from 1/9/2020

f: 14/9/1992*: Signal Gold (oldies). 1997: Signal 2. 1/2000: Big AM (adult, rock). 9/2002: Signal 2 (oldies). 1/9/2020: Greatest Hits Radio. AM transmitter closed 18/1/2023.
 g: 13/12/1998 Rutland Radio (Oldies, Adult). 1/9/2020: Greatest Hits Radio
 h: 10/6/2004: Kerrang (Modern Rock). 14/06/2013: Planet Rock. 07/09/2015: Absolute Radio. 7/11/2019: Greatest Hits R
 i: 18/9/2006: The Severn.
 j: 9/2005: The Wyre.
 k: 3/5/1999: Telford FM. 20/9/2010: The Severn (merged). 17/10/1997: The Wolf.
 l, j, k, l: 26/3/2012: Signal 107 (Adult). 1/9/2020: Greatest Hits Radio.

m: 6/2008: Ashbourne Radio. 2010: +Wirksworth. 10/2015: +Uttoxeter. 4/11/2019: Imagine. 1/9/2021: Greatest Hits Radio
 n: 4/4/2004: High Peak Radio. 4/11/2019: Imagine. 1/9/2021: Greatest Hits Radio
 o: 1989: Signal Cheshire 15/10/1990: Echo 96. 1992: Signal Cheshire (merged with 104.9). 1997: Signal FM. 1/2000: Imagine FM. 2002: Signal 1 (separate from 104.9). 9/11/2023: Greatest Hits Radio.
 p: 1990: Signal. 15/10/1990: Echo 96. 1992: Signal. 9/11/2023: Greatest Hits Radio.
 q: 23/9/1997: Radio 106. 17/4/1998: Century. 29/8/2005: Heart 106. 3/11/2011: GEM 106. 2/10/2023: Greatest Hits Radio

Birmingham area: 4/4/1989*: Xtra AM (oldies). 1/6/1998: Capital Gold. 3/8/2007: Gold. 4/9/2012: Free Radio 80s. 7/11/2019: Absolute Radio Classic Rock. AM transmitter closed 30/6/2020
 Wolverhampton AM: 15/11/1989*: WABC (Nostalgia). 31/12/1990: Shropshire AM added. 1991:oldies format. 1997: Classic Gold WABC. 3/8/2007: Gold. 4/9/2012: Free Radio 80s. 7/11/2019: Absolute Radio Classic Rock. AM transmitters closed 30/4/2020.

NORTH EAST ENGLAND

Tees Valley and County Durham b DABs 11B
 Tyne and Wear, North Durham, Northumberland a DABs 11C
 a: 8/4/1989*: Great North Radio (oldies) 2/1998: Magic 1152 (soft). 2003: oldies. 5/11/2015: Metro 2 R. AM transmitter closed 14/12/2023.
 b: 8/4/1989*: Great North Radio (oldies) 2/1998: Magic 1170 (soft). 2003: oldies. 5/11/2015: TFM 2. AM transmitter closed 24/11/2023.
 a, c: 7/11/2019: Greatest Hits Radio

NORTHERN IRELAND

Northern Ireland a DABs 12D
 a: 7/2/2019.

NORTH WEST ENGLAND

Greater Manchester and North East Cheshire a DABm 12C
 Lancashire b DABs 12A
 Merseyside and West Cheshire c DABs 10C

North and West Cumbria j DABs 11B
 East Greater Manchester h FM 96.2
 North Cumbria j FM 96.4
 West Lancashire d FM 96.5
 Workington area, Cumbria j FM 102.2
 Wigan & Skelmersdale area e FM 102.4
 Penrith, Cumbria j FM 102.5
 Whitehaven area, Cumbria j FM 103.4
 South & Cent Gt Manchester i FM 104.9
 Merseyside & West Cheshire c FM 105.9
 Warrington, Runcorn, Widnes f FM 107.2
 Bolton and Bury area g FM 107.4
 a: 3/9/1988*: Piccadilly (mixed format), 1990: Piccadilly Gold (Oldies). 1996: Piccadilly (Oldies, Adult, Talk). 4/1999: Magic 1152 (soft). 2003: oldies. 5/11/2015: Key 2. 4/6/2018: Key Radio. 7/11/2019: Greatest Hits Radio. AM transmitter closed 30/4/2021.

b: 5/10/1982: Red Rose (Mixed format), 1/6/1990: Red Rose Gold (Oldies). 1996: Red Rose 999 (Oldies, Adult). 1/1999: Magic 999 (soft). 2003: oldies. 5/11/2015: Rock 2. 7/11/2019: Greatest Hits Radio. AM transmitter closed 30/4/2021.
 c: 21/10/1989*: City Talk (talk) on 1548 AM. 1991: Radio City Gold (oldies). 12/2/1997: Magic 1548 (soft). 2003: oldies. 5/11/2015: Radio City 2. 7/12/2015 moved to FM. 7/11/2019: Greatest Hits Radio.
 d: 25/5/1992: Radio Wave (Adult). 1998: Wave FM. 1/9/2020: Greatest Hits Radio
 e: 1/4/1997: WISH FM (Adult). 1/9/2020: Greatest Hits Radio
 f: 1/9/1999: Wire FM (Adult). 1/9/2020: Greatest Hits Radio
 g: 20/3/1999: Tower FM (Adult). 1/9/2020: Greatest Hits Radio
 h: 30/8/1999: Revolution FM (Adult). 16/11/2020: Greatest Hits Radio
 i: 17/2/1990: KFM. 1992: Signal Cheshire (merged with 96.4). 1997: Signal FM. 1/2000: Imagine FM. 1/9/2021: Greatest Hits Radio
 j: 14/4/1993: CFM North (Adult). 14/4/1995: CFM West (Adult). 2003: Stations fully merged. 3/4/2023: Greatest Hits Radio

SCOTLAND

Ayrshire a DABs 11B
 Glasgow, Clydeside, Lanarkshire, Stirling, Falkirk b DABs 11C
 Edinburgh, Lothian and South Fife c DABs 12D
 Dundee, Angus, Perth & Kinross, North Fife d DABs 11B
 Aberdeen and Aberdeenshire e DABs 11C
 Inverness area f DABs 12D
 Stranraer area, D & G g FM 96.5
 Border Region h FM 96.8
 Dumfriesshire g FM 97.0
 Bewick-upon-Tweed h FM 102.3
 Wigtown Bay area, D & G g FM 103.0
 Peebles, Border Region h FM 103.1
 Eyemouth and Border Coast h FM 103.4
 a: 16/10/1981: West Sound. 3/4/2023: Greatest Hits Radio. AM transmitter closed 12/1/2023.
 b: 12/8/1988* Clyde 2 (opt-out). 12/1989: (full service). 3/4/2023: Greatest Hits Radio. AM transmitter closed 14/12/2023.
 c: 6/2/1990*: Max AM. 1997: Radio Forth AM. 2000: Forth 2. 3/4/2023: Greatest Hits Radio. AM transmitter closed 14/12/2023.
 d: 17/10/1980: Radio Tay (mixed format). 9/11/1995: Radio Tay AM. 1/2015: Tay 2. 3/4/2023: Greatest Hits Radio. AM transmitters closed 12-13/12/2023.
 e: 1995*: Northsound 2. On AM until 3/4/2018. 3/4/2023: Greatest Hits Radio.

f: 9/2014*: MFR2. 3/4/2023: Greatest Hits Radio. AM transmitter closed 11/12/2023.
 g: 21/5/1990: South West Sound. 1997: + Stranraer and Wigtown Bay. 2008: West Sound. 3/4/2023: Greatest Hits Radio.
 h 22/11/1990: Radio Border (Adult). 3/4/2023: Greatest Hits Radio.

SOUTHERN ENGLAND

Surrey, North East Hampshire, South London b DABs 10C
 Kent and Eastern London a DABs 11C
 Sussex a DABs 10B
 South Hampshire and Isle of Wight a DABs 11C
 East, South and Central Dorset a DABm 12D
 Berkshire and North Hampshire p DABs 10B
 Oxfordshire a DABs 10D
 Hertfordshire, Bedfordshire, Buckinghamshire i DABm 8A
 Salisbury area f FM 96.0
 West Dorset d FM 96.2
 Aylesbury area b FM 96.4
 West Surrey & NE Hampshire c FM 96.6
 Blandford area, Dorset e FM 96.6
 Chichester and Bognor Regis g FM 97.1
 Haslemere area, Surrey f FM 97.2
 Dorchester and Weymouth N Dorset, SW Wilts, SE S'set c FM 97.4
 Fourmarks & Meadstead h FM 101.6
 Hindhead area h FM 101.6
 Petersfield, Hampshire h FM 101.8
 Alton & Bordon area, Hants h FM 102.0
 South Wiltshire i FM 102.0
 Littlehampton and Arundel e FM 102.3
 S Hampshire, W Sussex, Wight n FM 105.2
 Newbury area, W Berkshire j FM 105.6
 Bournemouth area o FM 105.8
 Andover area k FM 106.4

Frequency Finder (www.frequencyfinder.org.uk)

Bicester, Oxon p FM 106.4
 Wallingford, Oxon p FM 106.4
 Wantage, Oxon p FM 106.4
 Witney, Oxon p FM 106.4
 North West Sussex e FM 106.6
 Central and South Oxon p FM 106.8
 Reading m FM 107.0
 Hungerford area, W Berks j FM 107.4
 Basingstoke area l FM 107.6

a: 7/1/2019: Greatest Hits R UK. Regional from 1/9/2020
 b: 4/4/1983: County Sound. 7/6/1988: County Sound Premier. 4/5/1992: R Mercury. 4/9/1995: County Sound. 4/11/1996: The Eagle (Adult, Oldies). 1/9/2020: Greatest Hits Radio.
 c: 25/6/1995: Gold Radio. 1/1999: Vale FM. 9/2008: Midwest FM from. 25/6/2012: Breeze. 1/9/2020: Greatest Hits Radio.
 d: 15/4/1994: Mix 96 (Adult).
 e: 21/4/1996: Spirit FM (Adult, Oldies). 1997: +Littlehampton. 2005: +Midhurst. 1/9/2020: Greatest Hits Radio.
 f: 4/9/1993 Wessex FM (Adult, Oldies). 1/9/2020: Greatest Hits Radio.

g: 1990: Delta R. 4/5/1992: R Mercury. 4/9/1995: County Sound R. 9/5/1996: Delta R. 2010: Kestrel. 16/12/2012: The Breeze. 1/9/2020: Greatest Hits Radio.
 h: 22/11/1992: Wey Valley Radio. 1995: Fourmarks added. 11/1998: Delta FM. 2001: +Hindhead. 8/2003: +Petersfield. 2010: Kestrel. 16/12/2012: The Breeze. 1/9/2020: Greatest Hits Radio.
 i: 20/9/1992: Spire FM (Adult, Oldies). 1/9/2020: Greatest Hits R.
 j: 29/5/2000: Kick FM. 2010: Newbury Sound
 k: 26/5/2008: Andover Sound
 l: 18/5/1998: Kestel FM.

j, k, l: 16/12/2008: Stations merged as The Breeze. 1/9/2020: Greatest Hits Radio.
 m: 22/10/2002: Reading 107. 2/3/2014: Jack FM. 8/2017: The Breeze. 1/9/2020: Greatest Hits Radio.
 n: 14/6/1998: Wave 105. 29/3/2024: Greatest Hits Radio
 o: 14/6/1998: Wave 105. 19/9/2022: Greatest Hits Radio
 p: 18/10/2007: Jack FM. 30/10/2023: Greatest Hits Radio

SOUTH WEST ENGLAND

Gloucestershire b DABs 10C
 West Wiltshire and Bath a DABs 10D
 Swindon and NE Wiltshire a DABs 11C
 Bristol and Bath area a DABs 11B
 Somerset b DABm 10B
 East Devon, Exeter and Torbay a DABs 11C
 North and Central Devon a DABs 10C
 Plymouth and South Devon a DABs 11B
 Cornwall c FM 100.8
 Porlock, Somerset m FM 102.2
 East Cornwall & West Devon m FM 102.8
 West Cornwall m FM 102.8
 Minehead area c FM 102.4
 Torbay area d FM 105.5
 Yeovil area e FM 106.6
 Chard and Ilminster e FM 106.6
 Plymouth area n FM 106.7
 Bristol f FM 107.2
 Bridgwater area, Somerset g FM 107.4
 Cheltenham & Tewkesbury h FM 107.5
 Warminster, Westbury, Frome i FM 107.5
 Weston-super-Mare area j FM 107.7
 Swindon area k FM 107.7
 Bath area l FM 107.9

a: 7/1/2019: Greatest Hits R UK. SW region from 1/9/2020
 b: 7/2020: Breeze: 1/9/2020: Greatest Hits Radio.
 c: 23/7/1998: Quay West Radio. 12/2004: +Porlock. 24/3/2010: closed. 8/2010: TotalStar. 7/8/2011: The Breeze.
 d: 26/5/2006: Palm FM. 21/9/2015: The Breeze
 e: 2003: Ivel FM. 9/2008: Midwest FM from. 25/6/2012: Breeze. f: 26/11/1999: The Eagle. 21/6/2001: Star. 2/14/2011: Breeze. g: 7/2001: BCR. 3/2007: Quay West Radio. 24/3/2010: closed. 8/2010: TotalStar. 7/8/2011: The Breeze.
 h: 5/3/1993 (AM): CD 603, then 603 R. 1995: Boss 603, 1996: Cheltenham R. 7/9/1998 (FM): Cat FM. 3/2002: Star 107.5. 8/2010: TotalStar. 2013: The Breeze.
 i: 5/11/2001-24/3/2010: 3TR FM. 8/2010: TotalStar. 11/2011: The Breeze.

j: 23/10/1999: WFM. 18/3/2002: Star. 26/9/2010: Nova Radio. 29/3/2013: The Breeze.
 k: 2/9/2006-24/3/2010: Brunel FM. 8/2010: TotalStar. 6/2011: More Radio. 28/5/2012: Jack FM. 1/4/2015: Sam FM (Rock). 6/2016: Relayed Sam FM Bristol.
 l: 15/11/1999-24/3/2010: Bath FM. 8/2010: TotalStar. 11/2011: The Breeze.
 c, d, e, f, g, h, i, j, k, l: 1/9/2020: Greatest Hits Radio.
 m: 3/4/1992: Private FM. 17/4/2024: Greatest Hits Radio.
 n: 28/10/2010: Radio Plymouth. 2/11/2020: Greatest Hits R.

WALES

Swansea, Neath Port Talbot & Carmarthenshire a DABs 12A
 Cardiff, Newport and South East Wales b DABm 12C
 Conwy county c DAB+ 12D
 Gwynedd and Anglesey c DAB+ 10D
 a: 30/9/1974: Swansea Sound. Oldies format from 30/9/1995. 1/9/2020: Greatest Hits Radio. AM transmitter closed 1/8/2022.
 b: 7/1/2019: Greatest Hits Radio UK. Wales from 1/9/2020
 c: 14/7/2025

YORKSHIRE & N MIDLANDS

South Yorkshire, North Notts, Chesterfield	a DABs 11C
Leeds and Wakefield Districts	b DABs 12D
Bradford, Calderdale and Kirklees Districts	d DABs 11B
York and North Yorkshire	e DABs 10C
East Yorkshire and North Lincolnshire	s DABs 10D
Lincolnshire, North Lincolnshire and Hull	u DABs 12A
Grantham, Lincolnshire	f FM 96.7
Scunthorpe, North Lincolnshire	f FM 97.6
Lincolnshire	f FM 102.2
Rotherham and East Sheffield area	g FM 96.1
Scarborough & E North Yorks	h FM 96.2
Leeds and Wakefield area	i FM 96.3
Grimsby area	f FM 96.4
Penistone area, S Yorkshire	j FM 97.1
Harrogate area	k FM 97.2
Barnsley	j FM 102.0
Matlock and Bakewell	l FM 102.0
Thirsk area, North Yorkshire	m FM 102.3
Bridlington, East Yorkshire	n FM 102.4
Whitby, North Yorkshire	h FM 103.1
Northallerton & Bedale	m FM 103.5
South & Central North Yorks	e FM 104.7
Wakefield area	o FM 106.8
Doncaster area	p FM 107.1
Pateley Bridge, North Yorks	q FM 107.1
Ilkley area, West Yorks	q FM 107.1
Skipton town	q FM 107.1
Chesterfield area	l FM 107.4
Craven District, incl Skipton	q FM 107.8
North Nottinghamshire	r FM 107.9
a: 1/5/1989*: Classic Gold (oldies). 13/9/1993: Great Yorkshire Gold. 17/3/1997: Magic AM (soft). 2003: oldies. 5/1/2015: Hallam 2. 7/1/2019: Greatest Hits Radio. AM transmitters closed 11-12/12/2023.	
b: 17/7/1990*: Magic 828 (oldies). 12/2/1997: Soft. 2003: oldies. 5/1/2015: Radio Aire 2. 7/1/2019: Greatest Hits Radio. AM transmitter closed 30/4/2021.	
d: 1/5/1989*: Classic Gold (oldies). 13/9/1993: Great Yorkshire Gold. 17/3/1997: Classic Gold. 1/2000: Big AM (adult, rock). 4/11/2001: Classic Gold. 3/8/2007: Pulse Gold. 12/2008: Pulse 2. 1/9/2020: Greatest Hits Radio. AM transmitters closed 23/1/2023.	
e: 4/7/1992 Minster FM (Adult). (Thirsk added 1996, then joined Northallerton) . 1/9/2020: Greatest Hits Radio.	
f: 03/06/2001: Compass FM.	
g: 15/10/2006: Rother FM (Adult, Oldies). 1/9/2020: Greatest Hits Radio.	
h: 7/11/1993: Yorkshire Coast Radio (Adult). 1/9/2020: Greatest Hits Radio.	
i: 1/9/1981 Radio Aire (mixed format). 1990: Contemporary, Adult. 1/9/2020: Greatest Hits Radio.	
j: 9/2003: Deame FM (Adult, Oldies). 1/9/2020: Greatest Hits R.	
k: 4/7/1994: Stray FM (Adult). 1/9/2020: Greatest Hits Radio.	
l: 7/10/1998 Peak FM (Contemporary, Adult). 1/9/2020: Greatest Hits Radio.	
m: 12/6/2007: Minster Northallerton FM. 2/11/2009: Star Radio. 4/2017: merged with Minster FM. 1/9/2020: Greatest Hits R.	
n: 7/11/1999: Yorkshire Coast Radio (Adult). 1/9/2020: Greatest Hits Radio.	
o: 3/10/1999: Ridings FM. 1/9/2020: Greatest Hits Radio.	
p: 5/9/1999: Trax FM (Adult, Oldies). 1/9/2020: Greatest Hits R.	
q: 4/5/1997: Yorkshire Dales Radio on AM. 1999: Fresh R. 2007: +Ilkley and Pateley FM. 2012: Move to FM and join Stray FM. 1/9/2020: Greatest Hits Radio.	
r: 2/11/1998: Trax FM (Adult, Oldies). 1/9/2020: Greatest Hits R.	
s: 1/5/1989*: Classic Gold (oldies). 13/9/1993: Great Yorkshire Gold. 12/2/1997: Magic 1161 (soft). 2003: oldies. 5/1/2015: Viking 2. 7/1/2019: Greatest Hits Radio. AM transmitter transferred to Magic on 31/8/2020, then closed on 30/4/2021.	
t: 1/3/1992: Lincs FM (Adult). 1995: +Grantham. 1999: +Scunthorpe. 13/4/2023: Greatest Hits Radio.	
u: 1/10/2015: Compass FM. 1/9/2020: Greatest Hits R UK	

GREATEST HITS RADIO 60S

Format: 60s Music	
Broadcaster: Bauer	
Most of England, South Wales, Central/NE Scotland, Central/Eastern Northern Ireland (SD Mux)	DAB+ 11A
North and West Cumbria	DAB+ 11B
Inverness area	DAB+ 12D
Airdate: 16/9/2024.	

GREATEST HITS RADIO 70S

Format: 70s Music	
Broadcaster: Bauer	
England, Wales and Northern Ireland (D1 Mux)	DAB+ 11D
Scotland (D1 Mux)	DAB+ 12A
Airdate: 31/3/2025.	

GREATEST HITS RADIO 80S

Format: 80s Music	
Broadcaster: Bauer	
England, Wales and Northern Ireland (D1 Mux)	DAB+ 11D
Scotland (D1 Mux)	DAB+ 12A
Airdate: 31/3/2025.	

GREEKBEAT RADIO

Greek	Independent	
North and Central London		DAB+ 9B
Rugby and Daventry		DAB+ 9A
South Hertfordshire		DAB+ 9C

GTFM

Mixed Format	Community	
Cardiff area		DAB+ 10D
Rhondda and Cynon Valleys		DAB+ 9A
Tonyrefail, S Wales		FM 95.7
Mountain Ash, S Wales		FM 100.2
Aberdare, S Wales		FM 107.1
Pontypridd, S Wales		FM 107.9

GULSHAN RADIO

Asian	Community	
South Birmingham		DAB+ 9C
Wolverhampton		FM 106.9

GWENT RADIO

Oldies	Independent	
Newport and Chepstow area		DAB+ 8B

H

HAILSHAM FM

Mixed Format	Community	
Hailsham, East Sussex		FM 95.9

HAPPY RADIO

Oldies, Adult	Independent	
North East Wales, West Cheshire and Merseyside		DAB+ 10D
Blackpool area		DAB+ 8B
Bolton and Bury areas		DAB+ 10B
Congleton and Leek areas		DAB+ 9A
East Cheshire		DAB+ 11C
Manchester		DAB+ 7D
Oldham and Rochdale		DAB+ 9B
Preston and Chorley area		DAB+ 9A
Stockport and South East Greater Manchester		DAB+ 8A
Warrington, Runcorn and Widnes area		DAB+ 8B

HARBOUR RADIO

Mixed Format	Community	
Great Yarmouth		FM 107.4

HARMONY RADIO

Classic Easy Listening	Independent	
Liverpool, Knowsley and NE Wirral		DAB+ 7D

HARROGATE HOSPITAL RADIO

Mixed Format	Community	
Wetherby area, West Yorks		DABs 8B
Harrogate District Hospital		FM 95.3

RADIO HARTLEPOOL

Mixed Format	Community	
Hartlepool		FM 102.4

HAYES FM

Mixed Format	Community	
Hayes area, West London,		FM 91.8

HCR FM

Mixed Format	Community	
Huntingdon		FM 104.0

HEART (NETWORK)

Format: Pop Hits from 90s to present
Broadcaster: Global Radio

HEART UK

Pop Hits from 90s to present	Global Radio	
England, Wales and Northern Ireland (D1 Mux)		a DAB+ 11D
Scotland (D1 Mux)		a DAB+ 12A
Leicestershire		DABs 11B
S & Cent Nottinghamshire		DABs 12C
S & Cent Derbys, SE Staffs		DABs 10B
Lincolnshire, N Lincs & Hull		DABs 12A
Jersey, Guernsey, Alderney and Sark		DAB+ 12A
Satellite 0109/733, DTT 728, Cable 918		
a: 29/2/2016 as Heart Extra (opting out of Heart UK with continuous music. DAB+ from 6/6/2019. 12/3/2020: Heart UK		
The following opt-out of Heart UK with local news and information:		

LONDON

As Heart UK with local news and information		
London area, Surrey, W Kent, Herts, Luton (Mx 1)		DABs 12C
London area		FM 106.2
5/9/1995.		

EAST

East Norfolk		i DABs 10B
Suffolk		c DABs 10C
Northamptonshire		d DABs 10C
Hertfordshire, Bedfordshire, Buckinghamshire		k DABs 10D
South and Central Cambridgeshire		f DABs 11C
North Cambridgeshire, Huntingdon, S Lincs		j DABs 12D
Most of Essex		b DABs 12D
Colchester & NE Essex		a FM 96.1
South East Essex		b FM 96.3
West Suffolk		c FM 96.4
Northamptonshire		d FM 96.6
Bedfordshire & North Herts		e FM 96.9
South and East Suffolk		c FM 97.1
Newmarket, Suffolk		f FM 97.4
Haverhill, Suffolk		f FM 97.4
Southend		b FM 97.5
NW & C Herts, S Beds, E Bucks		g FM 97.6
Harlow area		h FM 101.7
East Norfolk and NE Suffolk		i FM 102.4
Chelmsford & Central Essex		b FM 102.6
N Cambridgeshire, S Lincs		j FM 102.7
South & C Cambridgeshire		f FM 103.0
Milton Keynes area		k FM 103.3

a: 17/10/1993: SGR Colchester. 5/1/2009: Heart.
b: 12/9/1981: Essex FM. 1998: +Southend. 22/6/2009: Heart.
c: 28/10/1975 (East): Radio Orwell. 6/11/1982 (West): Saxon Radio. 1992: SGR FM.

Independent Radio (Alphabetical order)

d: 1/10/1986: *Northants 96*.
 e: 1/3/1982: *Chiltern FM*. 1996: B97. 1999: *Chiltern FM*.
 f: 12/2/1989: *CNFM*. 1995: Q103. 2007: +*Haverhill*
 g: 15/10/1981: *Chiltern FM*.
 h: 1/5/1993: *Ten 17*. 2000: *Mercury FM*. 2001: *Ten 17*.
 i: 1/10/1984: *Broadland FM*.
 j: 20/7/1980: *Hereward FM*.
 k: 15/10/1989: *Horizon*.
 a, b, h: 22-25/7/2010: *Stations merged as Heart Essex*.
 c, i: 5/1/2009: *Heart*. 5/9/2010: *Merged as Heart East Anglia*.
 d, e, g, k: 5/1/2009: *Heart*. 16/7/2010: *Merged as Heart Home Counties*.
 f, j: 5/1/2009: *Heart*. 2/7/2010: *Merge Heart Cambridgeshire*.
 All: 3/6/2019: *Merged as Heart East*

HERTFORDSHIRE

Operated by Communicorp
 South Hertfordshire DAB+ 9C
 West Hertfordshire a FM 96.6
 Stevenage area b FM 106.7
 Central and East Herts b FM 106.9
 Hitchin and Letchworth, Herts b FM 106.9
 a: 22/10/1994: *Oasis 96.6* 1995: *Classic Hits*. 1997: *Oasis*. 2000: *Mercury*. 25/7/2010: *Heart*.
 b: 3/3/2001: *Heritbeat*. 9/2005: +*Hitchin & Letchworth*.
 10/5/2010: *Jack FM*. 10/3/2014: *Bob FM*. 3/6/2019: *Heart*.

NORTH EAST

Tees Valley and County Durham DABs 11B
 Tyne and Wear, North Durham, Northumberland DABs 11C
 West Tyneside, Tyne & Wear FM 96.2
 Teesside, Durham, N Yorks FM 100.7
 Hexham & Tyne Valley FM 101.2
 Sunderland FM 101.2
 Tyneside, N Durham, S Nthmb FM 101.8
 1/9/1994: *Century*. 1996: +*Tyne Valley*. 1/2009: *Real Radio*.
 6/5/2014: *Heart*.

NORTH WEST

Greater Manchester and North East Cheshire a DABs 12C
 Lancashire a DABs 12A
 Merseyside and West Cheshire a DABs 10C
 South Cumbria and North Lancashire b DABs 11B
 S Cumbria & NW Lancashire b FM 96.9
 Windermere & Ambleside b FM 102.3
 Kendal, Cumbria b FM 103.2
 North West England a FM 105.4
 a: 8/9/1998: *Century*. 1/2009: *Real Radio*. 6/5/2014: *Heart*.
 b: 1/3/1993: *The Bay*. 5/3/2018: *Heart*
Stations merged 3/6/2019.

SOUTH

Sussex c DABs 10B
 Oxfordshire e DABs 10B
 Surrey, North East Hampshire, South London f DABs 10C
 East, South and Central Dorset g DABs 11B
 Kent and Eastern London a DABs 11C
 South Hampshire and Isle of Wight b DABs 11C
 Berkshire and North Hampshire d DABs 12D
 Thanet, Kent a FM 95.9
 Ashford area, Kent a FM 96.1
 Winchester & Southampton b FM 96.7
 Newhaven & Seaford, Sussex c FM 96.9
 Dover and Folkestone area a FM 97.0
 Reading area d FM 97.0
 Portsmouth area b FM 97.5
 Banbury & Brackley area e FM 97.4
 Horsham f FM 97.5
 Hastings c FM 102.0
 Bournemouth area g FM 102.3
 East Sussex c FM 102.4
 Oxfordshire and West Bucks e FM 102.6
 North Sussex & East Surrey f FM 102.7
 Canterbury area a FM 102.8
 N Hampshire & W Berkshire d FM 102.9
 West Kent a FM 103.1
 Henley, Oxon d FM 103.4
 Brighton and Worthing area c FM 103.5

a: 1/10/1984: *Invicta*. 22/6/2009: *Heart*.
 b: 12/10/1986: *Ocean Sound*. 1987: *added Winchester*.
 (4/12/88-27/1/91 on *Winchester* only: *Ocean Light*.)
 22/6/2009: *Heart*. (Replaced *R Victory* in Portsmouth 1975-86.)
 c: 29/9/1983: *Southern Sound*, then *Southern FM*. 5/2/1989: +*East Sussex*. 12/2/1988: +*Newhaven*. 22/6/2009: *Heart*.
 d: 8/3/1976: *Radio 210*. 1/1/1987: +*N Hants & W Berks*. 1990: 2-*Ten FM*. 1997: +*Henley*. 22/6/2009: *Heart*.
 e: 15/9/1989: *Fox FM*. 22/6/2009: *Heart*.
 f: 20/10/1984 as *Radio Mercury*.
 g: 15/9/1980: *Two Counties R*, then 2CR FM. 22/6/2009: *Heart*.
 b, g: 29/7/2010: *Stations merged as Heart South Coast*
 c, f: 25/7/2010: *Stations merged as Heart Sussex and Surrey*.
 d, e: 9/7/2010: *Stations merged as Heart Thames Valley*.
 All: 3/6/2019: *Stations merged*.

SOUTH WEST

Somerset d DABs 10B
 North and Central Devon a DABs 10C
 Gloucestershire h DABs 10C
 West Wiltshire and Bath e DABs 10D
 West Wiltshire and Bath i DABs 10D
 Bristol and Bath area b DABs 11B

Cornwall

East Devon, Exeter and Torbay
 Swindon and NE Wiltshire
 Plymouth and South Devon
 North and Central Devon
 Bristol area
 Torbay area
 Taunton
 Marlborough area, Wilts
 Tavistock, Devon
 Exeter area
 Plymouth area
 Yeovil area
 Swindon area & Cirencester
 Ilfracombe, Devon
 Totnes area, Devon
 Dartmouth area, Devon
 South Hams, Devon
 Ivybridge, Devon
 West Wiltshire
 Gloucester & Cheltenham
 Somerset
 Weston-super-Mare area
 East Devon
 Bath
 Stroud area
 East Cornwall
 West Cornwall
 j DABs 11B
 c DABs 11C
 e DABs 11C
 f DABs 12D
 a FM 96.2
 b FM 96.3
 c FM 96.4
 d FM 96.5
 e FM 96.5
 f FM 96.6
 c FM 97.0
 f FM 97.0
 d FM 97.1
 e FM 97.2
 a FM 97.3
 g FM 100.5
 g FM 100.8
 g FM 101.2
 g FM 101.9
 e FM 102.2
 h FM 102.4
 d FM 102.6
 b FM 103.0
 c FM 103.0
 i FM 103.0
 h FM 103.0
 j FM 105.1
 j FM 107.0

a: 19/10/1992: *Lantern FM*. 2002: +*Ilfracombe*.
 b: 27/10/1981: *Radio West*. 1986: GWR. 2007: +*Weston*.
 c: 1/1/1995: *Gemini FM*. (Replaced 7/11/1980- *Devon Air R*)
 d: 26/11/1989: *Orchard FM*. 1996: +*Taunton relay*.
 e: 12/10/1982: *Wiltshire Radio*. 1986: GWR. 14/10/1988: +*Marlborough*. 23/3/2009: *Heart Wiltshire*.
 f: 19/5/1975: *Plymouth Sound*. 28/10/85: +*Tavistock with opt-out Radio* in Tavistock until 1994.
 g: 1/12/1999: *South Hams Radio*.
 h: 23/10/1980: *Severn Sound*. 7/3/1988: +*Stroud*. 23/3/2009: *Heart Gloucestershire*.
 i: 22/5/1987 as part of GWR Bristol. Separate 2002-2010.
 j: 7/2006: *Atlantic FM*. 7/5/2012: *Heart Cornwall*.
 a, c, f, g: 23/3/2009: *Heart*. 27/8/2010: *Stations merged as Heart Devon*.
 b, d, i: 23/3/2009: *Heart*. 27/8/2010: *Stations merged as Heart West County*.
 All: 3/6/2019: *Stations merged*

WEST MIDLANDS

Shropshire, Wolverhampton, Black Country DABs 11B
 Birmingham area, West Midlands, SE Staffs DABs 11C
 Coventry and Warwickshire DABs 12D
 West Midlands region FM 100.7
 1/9/1994.

YORKSHIRE

Operated by Communicorp
 South Yorkshire, North Notts, Chesterfield DABs 11C
 Leeds and Wakefield Districts DABs 12D
 Bradford, Calderdale and Kirklees Districts DABm 11B
 West & South Yorkshire, York FM 106.2
 Bradford area FM 107.6
 Sheffield area FM 107.7
 25/03/2002: *Real Radio*. 6/5/2014: *Heart*.

HEART WALES

Pop Hits from 90s to present Global 1 500 000
 Regional opt-out Mon-Fri 16-19 shared with Heart N Wales

SOUTH WALES

Pembrokeshire, Carmarthenshire, Swansea DAB+ 12D
 Swansea, Neath Port Talbot and Carmarthenshire DABs 12A
 Cardiff, Newport and South East Wales DABs 12C
 Pontypridd area FM 102.3
 Carmarthenshire FM 105.2
 Abergavenny & Usk Valley FM 105.2
 Cardiff and Vale of Glamorgan FM 105.4
 Pembrokeshire FM 105.7
 Newport area FM 105.9
 Merthyr Tydfil & Aberdare FM 105.9
 Swansea area FM 106.0
 Carmarthen FM 106.0
 Ebbw Vale & Tedegar, S Wales FM 106.1
 Fishguard & Newport, Pemsb FM 106.2
 Bargoed area FM 107.3
 3/10/2000: *Real Radio*. 2002: +*Carmarthenshire*. 2003: +*Pembrokeshire and Fishguard* 12/2004: +*Carmarthen*. 2005: +*Abergavenny, Ebbw Vale, Merthyr, Aberdare*. 2010: +*Egysylltan and Bargoed*. 6/5/2014: *Heart*.

NORTH WALES

Operated by Communicorp
 Regional opt-out Mon-Fri 16-19 shared with Heart S Wales
 North East Wales, West Cheshire and Merseyside DAB+ 10D
 Wrexham area FM 88.0
 Welshpool, Powys FM 102.8
 North Wales Coast FM 105.7
 Newtown, Powys FM 106.0
 Denbigh, Ruthin and Rhyl FM 106.9
 W & N Gwynedd & Anglesey FM 107.2
 Rhyl and Prestatyn FM 107.3
 Ceredigion FM 107.7

Frequency Finder (www.frequencyfinder.org.uk)

1/12/2010: *Real Radio* (as South Wales). 6/5/2014: *Heart* (separate peak-time programmes).

HEART 70s

Format: 70s Music
 Broadcaster: Global Radio
 England, Wales and Northern Ireland (D1 Mux) DAB+ 11D
 Scotland (D1 Mux) DAB+ 12A
 Airdate: 30/8/2019

HEART 80s

Format: 80s Music
 Broadcaster: Global Radio
 England, Wales and Northern Ireland (D1 Mux) DAB+ 11D
 Scotland (D1 Mux) DAB+ 12A
 Satellite 0110, Cable 921
 Airdate: 14/3/2017. Switched to DAB+ on 28/8/2019

HEART 90s

Format: 90s Music
 Broadcaster: Global Radio
 England, Wales and Northern Ireland (D1 Mux) DAB+ 11D
 Scotland (D1 Mux) DAB+ 12A
 Satellite 0138
 Airdate: 29/8/2019

HEART 00s

Format: 00s Music
 Broadcaster: Global Radio
 England, Wales and Northern Ireland (D1 Mux) DAB+ 11D
 Scotland (D1 Mux) DAB+ 12A
 Airdate: 20/5/2022

HEART 10s

10s Music Global Radio
 London area, Surrey, W Kent, Herts, Luton (Mx 3) DAB+ 11B
 12/9/2024

HEART DANCE

Format: Dance Music from 1980s to present
 Broadcaster: Global Radio
 England, Wales and Northern Ireland (D1 Mux) DAB+ 11D
 Scotland (D1 Mux) DAB+ 12A
 Satellite 0128
 Airdate: 21/6/2019

HEART LOVE

Easy Listening Global Radio
 London area, Surrey, W Kent, Herts, Luton (Mx 3) DAB+ 11B
 12/9/2024

HEART MUSICALS

Musical Theatre Independent
 London area, Surrey, W Kent, Herts, Luton (Mx 3) DAB+ 11B
 12/9/2024

HEART SCOTLAND

Pop Hits from 90s to present Global Radio 2 920 000
 Local programmes: Mon-Fri 0630-1900, Sat/Sun 1200-1600;
 relays Heart network at other times.
 Glasgow, Clydeside, Lanarkshire, Stirling, Falkirk DABs 11C
 Edinburgh, Lothian and South Fife DABs 12D
 Dumbarton and Alexandria FM 100.0
 Glasgow and Clydeside area FM 100.3
 Lothian and Fife FM 101.1
 Greenock and Firth of Clyde FM 101.1
 Penicuik, Lothian FM 103.3
 16/9/1994: *Scot FM*. 2001: *Real Radio*. 11/2004: +*Rosneath*.
 10/2006: +*Millburn Muir*. 4/2008: +*Penicuik*. 6/5/2014: *Heart*.

HEARTLAND FM

Mixed Music Independent 20 000
 Pitlochry & Aberfeldy, Perthshire FM 97.5
 Crieff area, Perthshire FM 107.3
 21/3/1992.

HEARTSONG LIVE

Christian Independent
 Dunoon, Greenock, Helensburgh, Dumbarton DAB+ 8B
 Edinburgh DAB+ 9B
 Loughborough DAB+ 8A
 Rugby and Daventry DAB+ 9A

HEAT

Pop Hits Bauer
 London area, Surrey, W Kent, Herts, Luton (Mx 1) DAB+ 12C
 Airdate: 10/2003 (DTT). On SD Mux: 29/2/2016 to 1/2/2019. Left
 DTT 6/2020. 16/10/2023: Rejoined SD national multiplex using
 DAB+. 16/9/2024: Switched to local DAB in London only

HELLAS RADIO

Greek	Independent	
North and Central London		DAB+ 9B
South Hertfordshire		DAB+ 9C

HERITAGE RADIO

Muslim Community	Community	
Manchester		DAB+ 7D
Oldham and Rochdale		DAB+ 9B
Stockport and South East Greater Manchester		DAB+ 8A
Manchester		FM 90.6

HFM

Mixed Format	Community	
Market Harborough, Leics		FM 102.3

HIGH PEAK 1

Contemporary	Community	
North West Derbyshire		DAB+ 8B

RADIO HILLINGDON

Mixed Music	Community	
West London		DAB+ 8B

HILLZ FM

Mixed Format, Rhythmic	Community	
Hillfields, Coventry		FM 98.6

HitMix RADIO

Mixed Format	Community	
Newcastle Under Lyme, Staffs		FM 107.5

HITS RADIO (NETWORK)

Format: Contemporary, 10s and 00s Hit Music
 Broadcaster: Bauer
 Local news and information is broadcast everywhere

LONDON

London area, Surrey, W Kent, Herts, Luton (Mx 1) a DABs 12C
 London area g FM 100.0
 a: 4/6/2018. Local news added 23/9/2024.
 g: 1/9/1990: Kiss (rhythmic contemporary). 23/9/2024: Hits Radio.

CORNWALL

Cornwall DABs 11B
 3/4/1992: Pirate FM. 17/4/2024: Hits Radio (DAB only)

EAST

Most of Essex b DABs 12D
 Hertfordshire, Bedfordshire, Buckinghamshire b DABs 10D
 Northamptonshire b DABs 10C
 Suffolk c DABs 10C
 East Norfolk a DABs 10B
 North Cambridgeshire, Huntingdon, S Lincs b DABs 12D
 South and Central Cambridgeshire a DABs 11C
 Kings Lynn area c DABm 9C
 South & C Cambridgeshire e FM 103.0
 East Norfolk and NE Suffolk h FM 106.1
 Ely and Littleport area f FM 107.1
 Saffron Walden, Essex e FM 107.3
 Haverhill, Suffolk e FM 107.9
 a: 4/6/2018. Local news added 23/9/2024.
 b: 4/6/2018. Local news added 9/2025.
 c: 2025
 e: 23/3/1998: Cambridge Cafe Radio (Cambridge 107.9).
 1998: Cambridge Red. 31/7/2000: The Eagle. 21/6/2001: Star.
 f: 4/10/1999: X-Cel FM. 5/11/2001: Star
 e.f: 2004: Stations Merged; Saffron Walden added 2019.
 Coverage extended to most of Cambridgeshire and Haverhill
 added 2020 3/3/2025: Hits Radio.
 h: 22/11/1997: Vibe FM. 6/9/2006: Kiss. 23/9/2024: Hits Radio

EAST MIDLANDS

Leicestershire DABs 11B
 South and Central Nottinghamshire DABs 12C
 South and Central Derbyshire, SE Staffordshire DABs 10B
 23/9/1997: Radio 106. 17/4/1998: Century. 29/8/2005: Heart
 106. 3/11/2011: GEM 106. Digital only from 2/10/2023.
 17/3/2024: Hits Radio

EAST YORKSHIRE

East Yorkshire and North Lincolnshire DABs 10D
 East Yorkshire and North Lincolnshire FM 96.9
 17/4/1984: Viking FM. 17/3/2024: Hits Radio

LINCOLNSHIRE

Lincolnshire, North Lincolnshire and Hull DABs 12A
 1/3/1992: Lincs FM. On FM until 3/4/2023. 17/4/2024: Hits
 Radio.

MANCHESTER

Greater Manchester and North East Cheshire DABs 12C
 Greater Manchester FM 103.0
 :2/4/1974: Piccadilly (mixed), 3/9/1988*: Key 103 (Adult).
 1990: Piccadilly Key 103 (contemporary). 1996: Key 103. 200:
 Piccadilly Key 103. 2002: Key 103. 4/6/2018: Hits Radio
 Manchester

LIVERPOOL AND LANCASHIRE

Merseyside and West Cheshire a DABs 10C
 Lancashire b DABs 12A
 Merseyside & West Cheshire a FM 96.7
 South, West & Cent Lancashire b FM 97.4
 a: 21/10/1974: Radio City.
 b: 1/6/1990*: Red Rose Rock FM. 1996: Rock FM.
 a, b: 17/4/2024: Hits Radio and local programming shared.

NORTH EAST

Tees Valley and County Durham b DABs 11B
 Tyne and Wear, North Durham, Northumberland a DABs 11C
 Teesside, Durham, N Yorks b FM 96.6
 Tyneside, N Durham, S Nthmb a FM 97.1
 Alnwick area, a FM 102.6
 West Tyneside, Tyne & Wear a FM 103.0
 Hexham & Tyne Valley a FM 103.2
 a: 15/7/1974: Metro Radio. 10/2/1989: +West Tyneside. 1996 +
 Tyne Valley and Alnwick.
 b: 24/6/1975: Radio Tees. 1/1/1988: TFM.
 a, b: 8/4/2013: All programming shared. 17/4/2024: Hits Radio.

NORTH YORKSHIRE

York and North Yorkshire DABs 10C

NORTHERN IRELAND

Northern Ireland DABs 12D

SCOTLAND

Glasgow, Clydeside, Lanarkshire, Stirling, Falkirk DABm 11C
 Edinburgh, Lothian and South Fife DABm 12D
 Dundee, Angus, Perth & Kinross, North Fife DABm 11B
 Inverness area DABm 12D
 4/6/2018. Local news added 5/1/2026.

SOUTH

Kent and Eastern London a DABs 11C
 Surrey, North East Hampshire, South London a DABs 10C
 Sussex a DABs 10B
 South Hampshire and Isle of Wight c DABs 11C
 East, South and Central Dorset d DABs 11B
 Berkshire and North Hampshire a DABm 12D
 Oxfordshire b DABs 10B
 Bournemouth area d FM 107.6
 Oxford b FM 107.9
 a: 4/6/2018 (most areas). Local news added 9/2025.
 b 14/2/1997: Oxygen (student station) on FM. 2000: Fusion
 (mixed format). 5/2003: Passion (Dance) 2006: Oxford's 107.9.
 17/8/2010: Gilde (pop). 20/9/2013: Jack FM 2. 20/4/2020: Jack
 3. 30/10/2023: Hits Radio
 c 4/6/2018: Hits Radio UK. 1/9/2020: Hits Radio South Coast.
 1/9/2022: Hits Radio South
 d 26/6/1999: The NRG (Dance). 11/2000: The Fire
 (Contemporary Dance). 9/2020: joined Hits Radio Network.
 6/9/21: Hits Radio

SOUTH YORKSHIRE

South Yorkshire, North Notts, Chesterfield DABs 11C
 Sheffield area FM 97.4
 Doncaster area FM 103.4
 Barnsley and Rotherham FM 102.9
 1/10/1974: Radio Hallam. 1/10/1985: +Doncaster and
 Barnsley. 17/4/2024: Hits Radio.

STAFFORDSHIRE AND CHESHIRE

Stoke-on-Trent, West Staffordshire, South Cheshire DABs 12D
 Stoke-on-Trent area FM 102.6
 5/9/1983: Signal Radio, then Signal One. 17/3/2024: Hits Radio.

WALES

Contemporary, 10s, 00s Bauer 400 000
 Swansea, Neath Port Talbot & Carmarthenshire a DABs 12A
 Cardiff, Newport and South East Wales b DABm 12C
 Conwy county c DAB+ 12D
 Gwynedd and Anglesey c DAB+ 10D
 Swansea area a FM 96.4
 a: 30/9/1995*: Sound Wave. 1998: The Wave. 17/4/2024: Hits
 Radio S Wales
 b: 4/6/2018: Hits Radio UK. 17/4/2024: Hits Radio S Wales
 c: 14/7/2025. Local news added 9/2025.

WEST OF ENGLAND

Bristol and Bath area a DABs 11B
 West Wiltshire and Bath b DABs 10D
 Swindon and NE Wiltshire c DABs 11C
 Gloucestershire c DABs 10C
 Somerset i DABs 10B
 East Devon, Exeter and Torbay c DABs 11C
 North and Central Devon c DABs 10C
 Plymouth and South Devon c DABs 12D
 Bristol i FM 97.2
 South Wales, West England i FM 101.0
 a: 4/6/2018: Hits Radio. Local news added 6/9/2021.
 b: 4/6/2018: Hits Radio. Local news added 23/9/2024.
 c: 4/6/2018 (most areas). Local news added 9/2025.
 i: 21/4/1990 (Bristol): FTP. 27/11/1991: Galaxy. 1/9/1994: +South
 Wales. 1/1/2003: Vibe. 6/9/2006: Kiss. 23/9/2024: Hits Radio

WEST MIDLANDS

Herefordshire and Worcestershire b DABs 12A
 Shropshire, Wolverhampton, Black Country d DABs 11B
 Birmingham area, West Midlands, SE Staffs a DABs 11C
 Coventry and Warwickshire c DABs 12D
 Birmingham area a FM 96.4
 Kidderminster area b FM 96.7
 Coventry and N Warwickshire c FM 97.0
 Wolverhampton area d FM 97.2
 Herefordshire b FM 97.6
 Worcestershire b FM 102.8
 Leamington Spa & Warwick c FM 102.9
 Shropshire e FM 103.1
 a: 19/12/1974: BRMB
 b: 4/10/1982: Radio Wyvern. 1/1996: +Kidderminster.
 c: 23/5/1980: Mercia Sound. 1989: +Leamington Spa.
 d: 12/4/1976: Beacon Radio. e: 14/7/1987: Beacon Radio.
 d, e: 2010: Stations merged.
 All areas: 26/3/2012: Free Radio. 17/4/2024: Hits Radio.

WEST YORKSHIRE

Bradford, Calderdale and Kirklees Districts FM a DABs 11B
 Leeds and Wakefield Districts b DABs 12D
 Bradford area a FM 97.5
 Huddersfield & Halifax area a FM 102.5
 a: 16/9/1975: Pennine Radio. 4/12/1984: +Huddersfield and
 Halifax. 31/8/1991: The Pulse from. 2014: Pulse 1. 17/4/2024:
 Hits Radio.
 b: 1/9/1981 Radio Aire. 1/9/2020: Pulse 1. 17/4/2024: Hits
 Radio.

HITS NETWORK - SCOTLAND

Format: Contemporary, 10s, 00s Broadcaster: Bauer
 Stations broadcast local programmes Mon-Fri 06-10, sharing
 programming with each other at other times:
 Radio Borders Clyde 1, Forth 1, MFR, Northsound 1, Tay FM

HITS RADIO 90S

Format: 90s Music
 Broadcaster: Bauer
 England, Wales and Northern Ireland (D1 Mux) DAB+ 11D
 Scotland (D1 Mux) DAB+ 12A
 Airdate: 31/3/2025.

HITS RADIO 00S

Format: 00s Music
 Broadcaster: Bauer
 England, Wales and Northern Ireland (D1 Mux) DAB+ 11D
 Scotland (D1 Mux) DAB+ 12A
 Airdate: 31/3/2025.

HITS RADIO CHILLED

Format: Soft Adult Contemporary Music
 Broadcaster: Bauer
 Most of England, South Wales, Central/NE Scotland, Central/
 East Northern Ireland (SD Mux) DAB+ 11A
 North and West Cumbria DAB+ 11B
 Inverness area DAB+ 12D
 Airdate: 21/3/2016: Magic Chilled on SDL national multiplex
 (DAB+). Moved to local multiplexes on 11/2/2019. 16/10/2023:
 Rejoined SD national multiplex using DAB+. 16/9/2024: Hits
 Radio Chilled

HITS RADIO PRIDE

Music for LGBTQ+ community Bauer
 London area, Surrey, W Kent, Herts, Luton (Mx 1) DAB+ 12C
 Berkshire and North Hampshire DABm 12D
 Swansea, Neath Port Talbot and Carmarthenshire DABm 12A
 Shropshire, Wolverhampton, Black Country DABm 11B
 Birmingham area, West Midlands, SE Staffs DABm 11C
 Stoke-on-Trent, West Staffordshire, South Cheshire DABm 12D
 York and North Yorkshire DAB+ 10C
 South Yorkshire, North Notts, Chesterfield DABm 11C
 Leeds and Wakefield Districts DABm 12D
 Bradford, Calderdale and Kirklees Districts DABm 11B
 East Yorkshire and North Lincolnshire DABm 10D
 Tees Valley and County Durham DABm 11B
 Tyne and Wear, North Durham, Northumberland DABm 11C
 Greater Manchester and North East Cheshire DABm 12C
 Lancashire DABm 12A
 Merseyside and West Cheshire DABm 10C
 North and West Cumbria DAB+ 11B
 Glasgow, Clydeside, Lanarkshire, Stirling, Falkirk DABm 11C
 Edinburgh, Lothian and South Fife DABm 12D
 28/8/2020 (London). Coverage extended 17/4/2024

HIVE FM

Mixed Format	Community	
Grantham, Lincolnshire		FM 97.2

HOPE FM

Christian (Adventist)	Independent	
North Birmingham		DAB+ 9A
South Birmingham		DAB+ 9C

HOPE FM			I				J
Christian Bournemouth Bournemouth	Community	DAB+ 8B FM 90.1	RADIO IKHLAS	Asian Derby	Community	FM 107.8	RADIO JACKIE
HOSPITAL RADIO BASINGSTOKE			IN DEMAND RADIO	Dance Music North East Wales, West Cheshire and Merseyside	Independent	DAB+ 10D	Adult, Oldies SW London & N Surrey 1/3/1997: Thames Radio. 19/10/2003: Radio Jackie.
Mixed Format Basingstoke	Community	DAB+ 8B	IN DEMAND DECADES	Oldies North East Wales, West Cheshire and Merseyside	Independent	DAB+ 10D	JAZZ FM
HOSPITAL RADIO PLYMOUTH			INFORMATION	Information Bournemouth	Independent	DAB+ 8B	Format: Jazz and Soul Music Broadcaster: Bauer Most of England, South Wales, Central/NE Scotland, Central/ Eastern Northern Ireland DAB+ 11A London area, Surrey, W Kent, Herts, Luton (Mx 1) DABm 12C North and West Cumbria DAB+ 11B Inverness area DAB+ 12D Airdate: 9/2008 (the original Jazz FM broadcast 4/3/1990 to 7/6/2005) DAB coverage has varied. On SD Mux: 29/2/2016.
Mixed Format Plymouth area Derriford Hospital, Plymouth	Community	DAB+ 9C FM 107.3	INSANITY	New Music, Pop Egham, Surrey	Community (Student)	FM 103.2	JORVIK RADIO
HORIZON RADIO			INSPIRATION FM	Soul, Reggae, Dance Northampton Northampton	Community	DAB+ 7D FM 107.8	Mixed Format York City York
Mixed Music Millton Keynes Northampton Northampton	Community	DAB+ 9B DAB+ 7D FM 104.7	INSPIRE FM	Muslim Luton	Community	FM 105.1	JUICE
HOT			INTOBEATS	Rhythmic New Music Bedford area Bedford	Community	DABs 9C FM 106.5	LGBTQ+ Community Belfast
Dance Music East, South and Central Dorset Bournemouth Poole, Purbeck and Wimborne Poole	Community	DABm 11B DAB+ 8B DAB+ 9C FM 102.8	IPSWICH COMMUNITY RADIO	Mixed Format Ipswich	Community	FM 105.7	JUICE RADIO
HOT GOLD			IRVINE BEAT FM	Mixed Format Irvine	Community	FM 107.2	Contemporary Preston
Oldies South Hampshire and Isle of Wight Bournemouth Poole, Purbeck and Wimborne Salisbury area	Independent	DABm 11C DABs 8B DABs 9C DAB+ 8A	ISLAND FM	Adult Jersey, Guernsey, Alderney and Sark Alderney Guernsey 15/10/1992. 1994: +Alderney.	Tindle 60 000 DAB+ 12A FM 93.7 FM 104.7		
HOUSE FM			ISLANDS FM	Mixed Format Isles of Scilly	Community	FM 107.9	
Dance Music North and Central London	Independent	DAB+ 9B	ISLE OF WIGHT RADIO	Adult South East Isle of Wight Ryde and NE Isle of Wight Cowes, Isle of Wight Isle of Wight 15/4/1990. Moved from AM to FM 28/3/1998.	Media Sound Holdings 125 000 FM 102.0 FM 102.0 FM 102.0 FM 107.0		
HOUSE PARTY RADIO			ISLES FM	Mixed Music, Gaelic Isle of Lewis 7/3/1998.	Independent	20 000 FM 103.0	
House Music North Birmingham Blackpool area Liverpool, Knowsley and NE Wirral Warrington, Runcorn and Widnes area	Independent	DAB+ 9A DAB+ 8B DAB+ 7D DAB+ 8B	IÚR FM	Mixed Format Newry	Community	FM 101.4	
HUB RADIO							
New Music Central, East and South Bristol West Bristol, Clevedon and Portishead	Community (Student)	DAB+ 9B DAB+ 10D					
HUMBER WAVE RADIO							
Mixed Format Hull area West Hull	Community	DAB+ 9B FM 106.9					

K**KANE FM**

Rhythmic Music Guildford, Surrey	Community	FM 103.7
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KCC LIVE

Mixed Format Knowsley, Merseyside	Community	FM 99.8
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KEEP 106

Oldies, Easy Listening Dorchester, Dorset	Community	FM 106.3
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KEITH COMMUNITY RADIO

Mixed Format Keith & Buckie area	Community	FM 107.7
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KEMET RADIO

Rhythmic Music Nottingham	Community	FM 97.5
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KENNET RADIO

Mixed Format Newbury, Berkshire	Community	FM 106.7
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KERRANG

American style Rock Most of England, South Wales, Central/NE Scotland, Central/ East Northern Ireland (SD Mux) North and West Cumbria Inverness area	Bauer	DAB+ 11A DAB+ 11B DAB+ 12D
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10/2002 (Also carried on DAB until 12/12/2014 in Scotland, Northern England and Birmingham and until 23/5/2018 in London). 16/10/2023: Joined SD national multiplex using DAB+.

KEYNSHAM TOWN COMMUNITY RADIO

Mixed Format Central, East and South Bristol Keynsham, North East Somerset	Community	DAB+ 9B FM 105.8
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KIC RADIO

New Music Wolverhampton Walsall and West Bromwich	Community	DAB+ 7D DAB+ 9B
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KISS

Format: Rhythmic Contemporary Broadcaster: Bauer England, Wales and Northern Ireland (D1 Mux) b DAB+ 11D Scotland (D1 Mux) b DAB+ 12A London area, Surrey, W Kent, Herts, Luton (Mx 1) a DAB+ 12C Airdate: Network: 6/2000, National DAB: 1/2013 a: 1/9/1990 in London (on FM until 23/9/2024) b: 17/12/2012 on National DAB. 31/3/2025: Switched to DAB+.		
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KISS DANCE

Dance Music North and West Cumbria London area, Surrey, W Kent, Herts, Luton (Mx 1)	Bauer	DAB+ 11B DAB+ 12C
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KISS FRESH

Contemporary Rap and R&B London area, Surrey, W Kent, Herts, Luton (Mx 1) North and West Cumbria	Bauer	DAB+ 12C DAB+ 11B
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Airdate: 7/3/2013 (Online) as Kiss Fresh (rhythmic new music), (Also DAB in London 12/2014 to 31/3/2019, DAB in North, Scotland, Birmingham, N Ireland: 1/5/2016 to 31/3/2019). 16/9/2024: Returned to London DAB. 31/3/2025: Kiss Xtra

KISSTORY

Format: Rhythmic Oldies Broadcaster: Bauer England, Wales & N Ireland (D1 Mux) DAB+ 11D Scotland (D1 Mux) DAB+ 12A Airdate: 7/3/2013 (DTT), DAB 12/2014, On SD Mux: 29/2/2016, On Digital One Mux: 11/2/2019, 31/3/2025: Switched to DAB+.		
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KISSTORY R&B

Format: Classic R&B Broadcaster: Bauer Most of England, South Wales, Central/NE Scotland, Central/ Eastern Northern Ireland (SD Mux) DAB+ 11A North and West Cumbria DAB+ 11B Inverness area DAB+ 12D Airdate: 16/9/2024.		
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KL1 RADIO

Adult, Contemporary Kings Lynn area	Independent	DAB+ 9C
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KM-FM

Contemporary Kent and Eastern London Tunbridge Wells area, Kent Folkestone Medway towns area Sevenoaks area Maidstone Canterbury area Dover area Thanet, Kent Ashford area, Kent Medway towns area	Kent Messenger	1 500 000 DABs 11C a FM 96.2 b FM 96.4 c FM 100.4 d FM 101.6 e FM 105.6 f FM 106.8 g FM 107.2 c FM 107.9
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a: 9/7/1995: KFM. 3/2000: Mercury. 9/2002: KM-FM.
b: 29/9/1997: Neptune Radio. 2/2003: KM-FM.
c: 1/9/1997: Medway FM. 3/2000: Mercury. 9/2002: KM-FM.
d: 18/10/2003: CTR. 2009: KM-FM.
e: 21/9/1997: CTFM. 2/2003: KM-FM.
f: 17/1/1998: TLR. 2/2003: KM-FM..
g: 3/10/2005.
12/3/2012: Stations merged, changing format from Adult.

KOAST RADIO

Mixed Format South Northumberland Ashington, Northumberland	Community	DAB+ 8B FM 106.6
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KOHINOOR FM

Punjabi Leicester Rugby and Daventry Leicester	Community	DABs 9B DAB+ 9A FM 97.3
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KOOL FM

Dance Music North and Central London	Community	DAB+ 9B
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K107

Mixed Format Kirkcaldy, Fife	Community	FM 107.0
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L**RADIO LAB**

New Music Luton	Community (Student)	FM 97.1
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LAGAN RADIO

Mixed Format Belfast and Lisburn area, Northern Ireland	Independent	DAB+ 7D
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LASER 558

Oldies Cambridge Kings Lynn area Norwich Peterborough South Hertfordshire	Independent	DAB+ 9C DAB+ 9C DAB+ 9A DAB+ 7D DAB+ 9C
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LBC

Format: Talk and News Broadcaster: Global Radio England, Wales and Northern Ireland (D1 Mux) DABm 11D Scotland (D1 Mux) DABm 12A Jersey, Guernsey, Alderney and Sark DAB+ 9A London area FM 97.3 Satellite 0121/724, DTT 732, Cable 919 Airdate (London): 6/10/1973: LBC. 2/10/1989 LBC Newstalk. 8/10/1994 London News Radio. 27/11/1996: News Direct. 6/1/2003: LBC. National DAB Airdate: 11/2/2014		
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LBC NEWS

News England, Wales and Northern Ireland (D1 Mux) Scotland (D1 Mux) London area, Surrey, W Kent, Herts, Luton (Mx 3) Satellite 0141	Global Radio	DAB+m 11D DAB+m 12A DAB+m 11B
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6/10/1973: LBC. 2/10/1989 London Talkback Radio.
8/10/1994: London Newstalk Radio 1/1/1996: LBC. 6/1/2003: LBC News. National DAB+ Airdate: 28/10/2019. AM transmitter closed 31/10/2024.

LDC RADIO

Dance Music Bradford area Leeds area Leeds	Community	DAB+ 8B DAB+ 9A FM 97.8
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RADIO LEAR

Arts Leicester Loughborough Rugby and Daventry	Community	DABm 9B DAB+m 8A DABm 9A
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LEICESTER COMMUNITY RADIO

Rhythmic Music Leicester Central Leicester	Community	DABs 9B FM 94.1
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LEGACY 90.1 FM

Rhythmic Music Manchester Central Manchester	Community	DAB+ 7D FM 90.1
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RADIO LEYLAND

Mixed Format Leyland, Lancashire	Community	FM 104.8
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LIBERTY RADIO

Christian Surrey, North East Hampshire, South London North and Central London	Independent	DAB+ 10C DAB+ 9B
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LIKE RADIO

Adult Belfast and Lisburn area, Northern Ireland Glasgow Newport and Chepstow area Stockport and South East Greater Manchester Wrexham area	Like Radio	DAB+ 7D DAB+ 10B DAB+ 8B DAB+ 8A DAB+ 9B
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LINCS SOUND

Mixed Music Lincolnshire, North Lincolnshire and Hull 30/9/2025	Independent	DAB+ 12A
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LINCOLN CITY RADIO

Oldies, Mixed Format Lincoln	Community	FM 103.6
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LINK FM

Asian	Community		
Sheffield and Rotherham		DAB+ 9C	
Sheffield		FM 96.7	

LIONHEART RADIO

Mixed Format	Community		
South Northumberland		DAB+ 8B	
Alnwick, Northumberland		FM 107.3	

LISBURN LIVE

Adult, Oldies	Community		
Belfast and Lisburn area, Northern Ireland		DAB+ 7D	
Southern Northern Ireland		DAB+ 9C	

LISTEN LANARKSHIRE

Mixed Format	Community		
Shotts area, North Lanarkshire			FM 107.7

LIVERPOOL COMMUNITY RADIO

Mixed Format	Community		
Liverpool, Knowsley and NE Wirral		DAB+ 7D	
Liverpool		FM 106.7	

LIVERPOOL LIVE

Mixed Format	Community		
North East Wales, West Cheshire and Merseyside		DAB+ 10D	

LMR

Soul, Funk, Disco, Reggae	Independent		
Manchester		DAB+ 7D	

LOCHBROOM FM

Adult	Independent		2 000
Lochinver & Enard Bay		FM 96.8	
Ullapool area, Highland		FM 102.2	
23/8/1997. 2001: + Lochinver & Enard Bay.			

LOMOND RADIO

Mixed Format	Community		
Dunoon, Greenock, Helensburgh, Dumbarton		DAB+ 8B	
Glasgow		DAB+ 10B	
North Ayrshire		DAB+ 9B	

LOMOND COUNTRY

Country	Community		
Dunoon, Greenock, Helensburgh, Dumbarton		DAB+ 8B	
North Ayrshire		DAB+ 9B	

LONDON GREEK RADIO

Greek	Independent		2 980 000
North Birmingham		DAB+ 9A	
North and Central London		DAB+ 9B	
North London		FM 103.3	
13/11/1989 in London. Shared frequency with WNK (Dance) until 1994. Other cities from 2015.			

LONDON MUSIC RADIO

Dance Music	Independent		
South and Central London		DABs 9A	
West London		DAB+ 8B	

LONDON ONE RADIO

Italian	Independent		
Edinburgh		DAB+ 9B	

LOVE 80s

80s Music	Dee Radio		
North East Wales, West Cheshire and Merseyside		DAB+ 10D	
East Cheshire		DAB+ 11C	
Manchester		DAB+ 7D	

LOVE LIFE RADIO

Dance and Rhythmic	Community		
Loughborough		DAB+ 8A	
Rugby and Daventry		DAB+ 9A	

LYCA RADIO 1458

Asian	Lyca Media		10 410 000
London area, Surrey, W Kent, Herts, Luton (Mx 3)		DAB+ 11B	
London area		AM 1458	
5/11/1989: Sunrise R in West London. 1/11/1994: London wide. 12/2013: Sunrise R1. 2/2014: R 1458. 9/2014: Lyca R			

LYCA GOLD

Asian	Lyca Media		7 440 000
London area, Surrey, W Kent, Herts, Luton (Mx 3)		DAB+ 11B	
West and Central London		AM 1035	
1/9/1994: Country 1035. 2000: Ritz. 2003: Easy R London (all Country formats). 1/2005: Kismet. 12/2013: Sunrise R3. 2/2014: R 1035. 9/2014: Lyca Dil Se. 13/9/2021: Lyca Gold			

LYCA RADIO GREATER MANCHESTER

Asian	Lyca Media		2 050 000
Shares some programmes with Lyca Radio 1458			
Greater Manchester and North East Cheshire		DABm 12C	
SE Lancashire & N Gt Mancs		AM 963	
Manchester & East Gt Mancs		AM 1377	
3/6/1996: Asian Sound. 22/4/2024: Lyca Radio (Greater Manchester).			

LYCA RADIO MIDLANDS

Asian	Lyca Media		
Relays a mixture of Lyca Gold and Lyca Radio 1458			
Leicestershire		DABm 11B	
Shropshire, Wolverhampton, Black Country		DABm 11B	
Coventry and Warwickshire		DABm 12D	
South and Central Derbyshire, SE Staffordshire		DABm 10B	
North Birmingham		DAB+ 9A	
South Birmingham		DAB+ 9C	
2024 (Leicestershire), 7/2025 (W Midlands & Derby)			

M**RADIO MAC**

Muslim Community	Community		
Bradford			FM 107.1

MAGIC

Format: Classic Adult Hits (80s to present)			
Broadcaster: Bauer			
England, Wales and Northern Ireland (D1 Mux)		a	DAB+ 11D
Scotland (D1 Mux)		a	DAB+ 12A
London area, Surrey, W Kent, Herts, Luton (Mx 1)		b	DAB+ 12C
London area		b	FM 105.4
Bristol area		c	FM 106.5
Airdate a: 5/1/2015. 31/3/2025: Switched to DAB+.			
b: (London): 9/7/1990: Melody (Soft, Nostalgic Format). Nostalgic phased out 1996-98. 9/1998-11/1998: Magic.			
c: 20/5/2007: Original 106 (Rock). 2/12/2009: Jack FM. 1/4/2015: Sam FM. 6/9/2021: Hits Radio Bristol. 31/3/2025: Magic			

MAGIC CLASSICAL

Format: Classical Music			
Broadcaster: Bauer			
Most of England, South Wales, Central/NE Scotland, Central/Eastern Northern Ireland (SD Mux)		DAB+ 11A	
Swansea, Neath Port Talbot and Carmarthenshire		DABm 12A	
Stoke-on-Trent, West Staffordshire, South Cheshire		DABm 12D	
North and West Cumbria		DABm → DAB+ 11B	
Inverness area		DAB+ 12D	
Airdate: 4/3/2019: Scala Radio. 16/10/2023: Switched to DAB+ on SD national multiplex and joined some local multiplexes. 16/9/2024: Magic Classical.			

MAGIC AT THE MUSICALS

Musical Theatre	Bauer		
Most of England, South Wales, Central/NE Scotland, Central/East Northern Ireland (SD Mux)		DAB+ 11A	
North and West Cumbria		DAB+ 11B	
Inverness area		DAB+ 12D	
21/11/2019 (London). 16/10/2023: Joined SD national multiplex using DAB+.			

MAGIC SOUL

Format: Classic Soul music			
Broadcaster: Bauer			
Most of England, South Wales, Central/NE Scotland, Central/East Northern Ireland (SD Mux)		DAB+ 11A	
Stoke-on-Trent, West Staffordshire, South Cheshire		DABm 12D	
Bradford, Calderdale and Kirklees Districts		DABm 11B	
North and West Cumbria		DAB+ 11B	
Inverness area		DAB+ 12D	
Airdate: 7/3/2013 (Online), DAB in London 12/2014. DAB in NE, Yorkshire, Scotland, N Ireland: 1/5/2016. DAB in Birmingham 1/5/2016-23/5/2018. DAB in North West and South Yorkshire from 4/2/2019. 16/10/2023: Joined SD national multiplex using DAB+.			

MAGNA RADIO

Adult, Oldies	Independent		
Lincolnshire, North Lincolnshire and Hull		DAB+ 12A	
8/2/2026			

MAGNA MIX

60s, 70s and 80s Music	Independent		
Lincolnshire, North Lincolnshire and Hull		DAB+ 12A	
8/2/2026			

MANSFIELD 103.2 FM

Adult	Independent		210 000
Mansfield & Ashfields, Notts			FM 103.2
1/12/1999.			

MANX RADIO

Mixed Format	Independent		65 000
Douglas area, Isle of Man		DAB+ 11C	
Central Isle of Man		FM 89.0	
Ramsay, Isle of Man		FM 89.5	
Peel area, Isle of Man		FM 89.5	
South and East Isle of Man		FM 97.2	
North Isle of Man		FM 103.7	
1968. 2014: +Ramsay and Peel.			

MANX RADIO GOLD

Oldies	Independent		65 000
Douglas area, Isle of Man		DAB+ 11C	
Isle of Man		AM 1368	
1968: Manx Radio (initially simulcasting FM and then with some opt-outs). 1/7/2024: Manx Radio Gold.			

RADIO MAREFA

Muslim Community	Community		
Bradford area			DAB+ 8B

RADIO MARIA

Christian (Catholic)	Independent	
London area, Surrey, W Kent, Herts, Luton (Mx 2)	DAB+m 12A	
Central, East and South Bristol	DAB+ 9B	
North Birmingham	DAB+ 9A	
South Birmingham	DAB+ 9C	
Cambridge	DAB+ 9C	
Mid Cheshire	DAB+ 9C	
Kings Lynn area	DAB+ 9C	
Liverpool, Knowsley and NE Wirral	DAB+ 7D	
Peterborough	DAB+ 7D	
Stockport and South East Greater Manchester	DAB+ 8A	
Walsall and West Bromwich	DAB+ 9B	
Warrington, Runcorn and Widnes area	DAB+ 8B	
Wolverhampton	DAB+ 7D	

MARITIME RADIO

Mixed Format	Community	
Greenwich area, London		FM 96.5

MARLOW FM

Mixed Format	Community	
Marlow, Bucks		FM 97.5

MASSIVE HITS

Pop Hits	Independent	
Rutland and Stamford		DABs 9C

MATRYOSHKA RADIO

Russian Music	Independent	
London area, Surrey, W Kent, Herts, Luton (Mx 3)	DAB+ 11B	
Edinburgh	DAB+ 9B	
Liverpool, Knowsley and NE Wirral	DAB+ 7D	

MAX 80s

80s Music	Independent	
Newcastle and Gateshead area		DAB+ 8A

MEARNS FM

Mixed Format	Community	
Northern Aberdeen	DAB+ 9C	
Portlethen area, Aberdeenshire	FM 105.1	
Stonehaven area, Aberdeenshire	FM 105.7	
Inverbervie, Aberdeenshire	FM 106.2	
Laurencekirk, Aberdeenshire	FM 107.3	

MELLOW MAGIC

Format: Easy Listening Music		
Broadcaster: Bauer		
Most of England, South Wales, Central/NE Scotland, Central/Eastern Northern Ireland (SD Mux)	DAB+ 11A	
Stoke-on-Trent, West Staffordshire, South Cheshire	DABm 12D	
Bradford, Calderdale and Kirklees Districts	DABm 11B	
North and West Cumbria	DAB+ 11B	
Inverness area	DAB+ 12D	
Airdate: 14/3/2016. 16/10/2023: Switched to DAB+ on SD national multiplex and joined some local multiplexes.		

MERIDIAN FM

Mixed Format	Community	
East Grinstead, Sussex		FM 107.0

MERSEYSIDE DEMENTIA FRIENDLY RADIO

Mixed Format	Community	
Liverpool, Knowsley and NE Wirral		DAB+ 7D

MID SUSSEX RADIO

Mixed Format	Community	
Burgess Hill area, Sussex		FM 103.8

MI SOUL

Soul	Independent	
London area, Surrey, W Kent, Herts, Luton (Mx 2)	DAB+ 12A	
Brighton area	DAB+ 7D	

MIGHTY RADIO

Mixed Format	Community	
Southport		FM 107.9

MISSION RADIO

Dance Music	Independent	
South Hertfordshire		DAB+ 9C

MIX 92.6

Mixed Format	Community	
South Hertfordshire		DAB+ 9C
St Albans		FM 92.6

MIXTAPE RADIO

Oldies	Like Radio	
Belfast and Lisburn area, Northern Ireland	DAB+ 7D	
Glasgow	DAB+ 10B	
Newport and Chepstow area	DAB+ 8B	
Stockport and South East Greater Manchester	DAB+ 8A	
Wrexham area	DAB+ 9B	

MKFM

Mixed Format	Community	
Hertfordshire, Bedfordshire, Buckinghamshire	DABs 10D	
Wolverton, Stony Stratford and North Milton Keynes	FM 95.0	
Bletchley, Milton Keynes	FM 102.1	
Milton Keynes	FM 106.3	

MOM'S SPAGHETTI

Rhythmic Oldies	Community	
Oldham and Rochdale		DAB+ 9B

MON FM

Mixed Format	Community	
South East and Central Anglesey		FM 96.8
South West Anglesey		FM 102.5
North Anglesey		FM 102.5

MOORLANDS RADIO

Mixed Format	Community	
Congleton and Leek areas	DAB+ 9A	
Stoke-on-Trent and Newcastle-under-Lyme	DAB+ 8A	
Leek, Staffordshire	FM 97.3	
Biddulph and Leek area, Staffordshire	FM 103.7	

MORAY FIRTH RADIO (MFR)

Contemporary, 10s, 00s	Bauer	290 000
Part of Hits Radio Network (Scotland)		
Inverness area	DABs 12D	
Speyside, Highland	FM 96.6	
Fraserburgh area	FM 96.7	
Wick	FM 96.7	
Inverness & Moray Firth	FM 97.4	
Thurso & Wick area	FM 102.5	
Keith & Buckie area	FM 102.8	
23/2/1982. 1995: +Speyside. 1997: +Thurso & Wick. Keith & Buckie and Fraserburgh.		

MORE RADIO

Adult, Oldies	Media Sound Holdings	790 000
Sussex	DABm 10B	
Burgess Hill, Haywards Heath	a FM 106.4	
Lewes area, Sussex	b FM 106.8	
Eastbourne area	a FM 107.5	
Worthing	c FM 107.7	
Hastings area	d FM 107.8	
a: 31/3/2001: Bright FM. 17/10/2005: +Lewes. 11/4/2016: More Radio.		
b: 17/11/1997: Sovereign Radio. 11/4/2016: More Radio.		
c: 05/05/2003: Splash FM. 11/4/2016: More Radio.		
d: 10/4/1998: Arrow FM. 11/4/2016: More Radio.		

MORE RADIO RETRO

Oldies	Media Sound Holdings	
Sussex	DABm 10B	
6/2021		

THE MUSIC MACHINE 1

Rock	Independent	
North and Central London		DAB+ 9B
Norwich		DAB+ 9A

THE MUSIC MACHINE 2

Contemporary Rock	Independent	
Norwich		DAB+ 9A

N**NAGRECHA RADIO**

Asian	Community	
North and Central London		DAB+ 9B
Newham, E London		FM 92.0

NATION RADIO (LONDON)

Oldies, Adult	Nation Broadcasting	
London area, Surrey, W Kent, Herts, Luton (Mx 2)	a DAB+ 12A	
Romford, Barking, Dagenham	b FM 107.5	
a: 26/6/2016: Thames Radio (London only). 25/6/2018: Nation Radio (London). 12/2020: Nation Radio (UK)		
b: 18/5/1998 as Active FM (Adult/ Soul). Soul FM from 18/3/2002. Time from 7/2004. 1/8/2025: Nation Radio		

NATION RADIO (NORTH EAST)

Oldies, Adult	Nation Broadcasting	990 000
Darlington and Bishop Auckland area	DAB+ 9B	
East Tyneside	DAB+ 9B	
Newcastle and Gateshead area	DAB+ 8A	
Middlesbrough, Redcar & Cleveland	DAB+ 8A	
South Northumberland	DAB+ 8B	
Richmond area, North Yorks	a FM 102.6	
Durham & N Co Durham	c FM 102.8	
Darlington & S Co Durham	b FM 103.2	
Sunderland area	d FM 103.4	
Bishop Auckland area	c FM 106.8	
a: 4/5/1997: as part of Fresh Radio. 2012: Joined Star.		
b: 30/11/1995: A1 FM. 1997: Alpha 103.2. 2/11/2009: Star Radio. 2010: Merged with Star Durham (including Northallerton until 2017)		
a/b: 1/8/2017: RATHERGOOD RADIO. 12/2018: Vintage Music Radio (Oldies). 1/7/2019: Alpha Radio. 27/3/2020: Sun FM		
c: 3/12/2005: Durham FM. 2/11/2009: Star Radio. 2010: Merged with Star Darlington. 1/8/2017: RATHERGOOD RADIO. 12/2018: Vintage Music Radio (Oldies). 1/7/2019: Durham FM. 27/3/2020: Sun FM		
d: 5/11/1990: Wear FM. 1/7/1995: Sun City. 1997: Sun FM.		
All: 1/5/2024: Nation Radio		

NATION RADIO (SOUTH)

Oldies, Adult	Nation	2 020 000
South Hampshire and Isle of Wight	a DABs 11C	
East, South and Central Dorset	a DABs 11B	
Sussex	d DABm 10B	
Berkshire and North Hampshire	e DABs 12D	
Somerset	d DABs 10B	
Salisbury area	c DABs 8A	
S Hampshire, W Sussex, Wight	b FM 106.0	
Bournemouth area	b FM 106.6	
Winchester	b FM 106.6	
a: 27/6/202		
b: 1/10/2006: Original 106 (Rock). 10/2008: Coast. 4/7/2011: Jack FM. 1/4/2015: Sam FM. Berks & N Hants DAB added 9/2017. 2/12/2019: change to Oldies format. 1/9/2020: Greatest Hits Radio. 19/9/2022: Nation Radio		
c: 8/2022		
d: 3/2025		
e: 7/2025		

NATION RADIO (SCOTLAND)

Oldies, Adult	Nation Broadcasting	
Glasgow, Edinburgh, Central Scotland	DAB+ 11D	
Ayrshire	DAB+ 11B	
Glasgow area	FM 96.3	
9/2018		
(Dumbarton area: 30/5/2001: Castle Rock FM. 11/2003: Your Radio. 12/2003: +Helensburgh area. 3/2020: Merged with Nation Radio. 2024: Transmitters closed)		

NATION RADIO (SUFFOLK)

Oldies, Adult	Nation/ Bauer/Muxco	
Suffolk		DAB+ 10C
Ipswich area		FM 102.0
1/8/2018: Ipswich 102. 3/11/2020: Greatest Hits Radio. 1/10/2022: Nation Radio		

NATION RADIO (WALES)

Oldies, Adult	Nation Broadcasting	1 4250 000
Pembrokeshire, Carmarthenshire, Swansea	b DAB+ 12D	
Cardiff, Newport and South East Wales	b DAB+ 12C	
North East Wales, West Cheshire and Merseyside	DAB+ 10D	
Conwy county	DAB+ 12D	
Gwynedd and Anglesey	DAB+ 10D	
Aberystwyth	a DAB+ 9C	
Carmarthenshire	b FM 102.9	
Cardiff and SE Wales	b FM 106.8	
Pembrokeshire and Carmarthen	b FM 107.1	
Swansea area	b FM 107.3	
a: 14/12/1992: Radio Ceredigion. 1/6/2019: Nation Radio. FM transmitters closed on 31/7/2025		
b: 29/11/2007: XFM. 16/6/2008: Nation Radio. Rock format until 2017. 8/2017: Carmarthenshire added, 11/2017: Pembrokeshire added		

NATION RADIO (YORKSHIRE)

Oldies, Adult	Nation	500 000 (FM)
Lincolnshire, North Lincolnshire and Hull		DAB+ 12A
York and North Yorkshire		DAB+ 10C
Hull area		FM 99.8
1/8/2007: KCFM (Adult, Oldies). 1/9/2020: Greatest Hits Radio. 19/9/2022: Nation Radio		

NATION RADIO 60s

60s Music	Nation Broadcasting	
Pembrokeshire, Carmarthenshire, Swansea		DAB+ 12D
Cardiff, Newport and South East Wales		DAB+ 12C
Aberystwyth		DAB+ 9C
Salisbury area		DAB+ 8A
Wrexham area		DAB+ 9B
1/12/2021		

NATION RADIO 70s

70s Music	Nation Broadcasting	
London area, Surrey, W Kent, Herts, Luton (Mx 2)		DAB+ 12A
Pembrokeshire, Carmarthenshire, Swansea		DAB+ 12D
Cardiff, Newport and South East Wales		DAB+ 12C
North East Wales, West Cheshire and Merseyside		DAB+ 10D
Conwy county		DAB+ 12D
Gwynedd and Anglesey		DAB+ 10D
Suffolk		DAB+ 10C
Aberystwyth		DAB+ 9C
Glasgow		DAB+ 10B
Portsmouth		DAB+ 7D
Salisbury area		DAB+ 8A
Wrexham area		DAB+ 9B
1/4/2021		

NATION RADIO 80s

80s Music	Nation Broadcasting	
London area, Surrey, W Kent, Herts, Luton (Mx 2)		DAB+ 12A
Pembrokeshire, Carmarthenshire, Swansea		DAB+ 12D
Cardiff, Newport and South East Wales		DAB+ 12C
North East Wales, West Cheshire and Merseyside		DAB+ 10D
Conwy county		DAB+ 12D
Gwynedd and Anglesey		DAB+ 10D
Suffolk		DAB+ 10C
South Cumbria and North Lancashire		DAB+ 11B
Glasgow, Edinburgh, Central Scotland		DAB+ 11D
Ayrshire		DAB+ 11B
Aberystwyth		DAB+ 9C
Darlington and Bishop Auckland area		DAB+ 9B
East Tyneside		DAB+ 9B
Hull area		DAB+ 9B
Newcastle and Gateshead area		DAB+ 8A
Portsmouth		DAB+ 7D
Salisbury area		DAB+ 8A
Southampton		DAB+ 9B
South Northumberland		DAB+ 8B
2/2021		

NATION RADIO 90s

90s Music	Nation Broadcasting	
London area, Surrey, W Kent, Herts, Luton (Mx 2)		DAB+ 12A
Pembrokeshire, Carmarthenshire, Swansea		DAB+ 12D
Cardiff, Newport and South East Wales		DAB+ 12C
North East Wales, West Cheshire and Merseyside		DAB+ 10D
Conwy county		DAB+ 12D
Gwynedd and Anglesey		DAB+ 10D
Suffolk		DAB+ 10C
South Cumbria and North Lancashire		DAB+ 11B
Conwy county		DAB+ 12D
Gwynedd and Anglesey		DAB+ 10D
Aberystwyth		DAB+ 9C
Darlington and Bishop Auckland area		DAB+ 9B
East Tyneside		DAB+ 9B
Glasgow		DAB+ 10B
Hull area		DAB+ 9B
Portsmouth		DAB+ 7D
Salisbury area		DAB+ 8A
Southampton		DAB+ 9B
1/4/2021		

NATION RADIO 00s

00s Music	Nation Broadcasting	
Salisbury area		DAB+ 8A
27/6/2022		

NATION CLASSIC HITS

60s, 70s and 80s Music	Nation Broadcasting	
London area, Surrey, W Kent, Herts, Luton (Mx 2)		DAB+ 12A

NATION DANCE

Dance Music	Nation Broadcasting	
Salisbury area		DAB+ 8A
1/7/2021		

NATION'S EASY RADIO

Easy Listening	Nation Broadcasting	
South Hampshire and Isle of Wight		d DABm 11C
East, South and Central Dorset		DABm 11B
Salisbury area		d DAB+ 8A
Winchester area		a FM 107.2
Portsmouth area		b FM 107.4
Southampton area		c FM 107.8
a: 3/10/1999: Win FM. 2007: Dream. 1/2009: R Hampshire. 7/2009: Play Radio.		
b: 19/9/1999: Victory. 4/8/2001: The Quay.		
c: 5/9/1999: South City FM. 24/4/2004: The Saint (previously digital only) 2007: R Hampshire. 7/2009: Play Radio.		
a, b, c: 30/7/2010: Stations merged as Breeze 107 (Oldies, Easy). 1/9/2020: Hits Radio Hampshire		
d: 1/9/2022: Nation's Easy Radio		

NATION HITS

Adult Contemporary	Nation Broadcasting	
East Tyneside		DAB+ 9B
1/12/2021		

NATION LOVE

Easy Listening	Nation Broadcasting	
Salisbury area		DAB+ 8A
1/7/2021		

NATION ROCKS

Rock Music	Nation Broadcasting	
Cardiff, Newport and South East Wales		DAB+ 12C
Glasgow		DAB+ 10B
Salisbury area		DAB+ 8A
Wrexham area		DAB+ 9B
1/8/2021		

NATION XMAS

Christmas Music	Nation Broadcasting	
East Tyneside		DAB+ 9B

NEVIS RADIO

Adult, Contemporary	Community	20 000
Fort William area, Highland		FM 96.6
Glen Coe, Highland		FM 97.0
Mallaig, Arisaig & SE Skye		FM 102.3
Ballachulish & Loch Leven		FM 102.4
Oban area, Highland		FM 103.3
1/8/1994. 1997: Coverage extended.		

NEWS RADIO UK

News	Independent	
Ashford, Tenterden, Dungeness		DAB+m 9C
Canterbury, Whitstable, Herne Bay & Faversham		DAB+m 7D
Cardiff area		DAB+ 10D
Chelmsford area		DAB+ 7D
Maidstone, Sevenoaks and Tunbridge Wells area		DAB+m 8B
Medway towns, Sheppey and Sittingborne		DAB+m 9A
Norwich		DAB+ 9A
South East London and North West Kent		DAB+m 9C
Thanet, Dover and Folkestone		DABm+ 9B

RADIO NEWARK

Mixed Format	Community	
Nottingham		DAB+ 7D
Newark, Notts		FM 107.8

RADIO NEWQUAY

Mixed Format	Community	
Newquay, Cornwall		FM 106.1

NEWPORT CITY RADIO

Mixed Music	Community	
Newport and Chepstow area		DAB+ 8B

NIFTY RADIO

Adult, Oldies	Independent	
Bolton and Bury areas		DAB+ 10B
Stockport and South East Greater Manchester		DAB+ 8A

NINESPRINGS RADIO

Mixed Format	Community	
Wincanton, Somerset		FM 103.3
Yeovil area, Somerset		FM 104.5
Chard, Somerset		FM 107.6

NLIVE

Mixed Format	Community	
Rugby and Daventry		DAB+ 9A
Northampton		FM 106.9

NOMAD RADIO

Somali Community	Community	
Hammersmith & Fulham, London		FM 92.2

NORTH DERBYSHIRE RADIO

Oldies, Adult	Independent	
North West Derbyshire		DAB+ 8B

NORTH EAST RADIO

Mixed Music	Independent	
Northern Aberdeen		DAB+ 9C

NORTH MANCHESTER FM

Mixed Format	Community	
North Manchester		FM 106.6

NORTHSOUND ONE

Contemporary, 10s, 00s	Bauer	410 000
Part of Hits Radio Network (Scotland)		
Aberdeen and Aberdeenshire		DABs 11C
East Aberdeenshire		FM 96.9
Aberdeen		FM 97.6
Peterhead area, Aberdeenshire		FM 103.0
27/7/1981.		

RADIO NORTHUMBERLAND

Oldies	Independent	
South Northumberland		DAB+ 8B

NOVA FM

Mixed Format	Community	
Newport, Shropshire		FM 97.5

NOVA RADIO NORTH EAST

Mixed Format	Community	
Newcastle		FM 89.2
Newcastle		102.5

NOW AYRSHIRE RADIO

Oldies, Adult	Independent	
Ayrshire		DABm 11B
Dunoon, Greenock, Helensburgh, Dumbarton		DAB+ 8B

O**RADIO O**

Christian Oldham and Rochdale	Independent	DAB+ 9B
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OCEAN CITY RADIO

Contemporary Plymouth area	Community	DAB+ 9C
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OLDHAM COMMUNITY R

Mixed Format Oldham and Rochdale Oldham	Community	DAB+ 9B FM 99.7
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OMEGA RADIO

Christian North Birmingham Loughborough Nottingham Rugby and Daventry Wolverhampton	Independent	DAB+m 9A DAB+ 8A DABm 7D DAB+ 9A DABm 7D
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1BTN

Dance Music Brighton area Central and East Brighton	Community	DAB+ 7D FM 101.4
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107 FM

Mixed Format Hull	Community	FM 107.4
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ORIGINAL 106

Oldies, Adult Aberdeen and Aberdeenshire Aberdeen Peterhead area, Aberdeenshire East Aberdeenshire	DC Thompson	410 000 DABs 11C FM 106.3 FM 106.3 FM 106.8
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ORIGINAL (CENTRAL SCOTLAND AND TAYSIDE)

Oldies, Adult Opts out from Original 106 Glasgow, Edinburgh, Central Scotland South and West Fife Central Fife Kirkcaldy, Fife Dundee North East Fife South East Fife Perth area	DC Thompson	550 000 a DABs 11D a FM 95.2 a FM 96.1 a FM 96.6 b FM 102.0 a FM 105.4 a FM 106.3 c FM 106.6
a: 5/10/1998: Kingdom FM.6/1/2025: Original b: 30/8/1999: Discovery FM. 3/2000: Wave. 6/7/2020: Pure. 12/9/2023: Original 106 c: 5/11/2008: Perth FM. 4/2011: Heartland. 1/2017: Wave. 6/7/2020: Pure. 12/9/2023: Original 106		

ORIGINAL 106 GOLD

Oldies Aberdeen and Aberdeenshire	DC Thompson	DABs 11C
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OUTREACH RADIO

Mixed Format Basingstoke Portsmouth Salisbury area Southampton Winchester Southampton and Fareham areas	Community	DAB+ 8B DAB+7D DAB+ 8A DAB+ 9B DAB+ 9C FM 102.5
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OUTREACH CLASSICAL

Classical Basingstoke Portsmouth Southampton Winchester	Independent	DAB+ 8B DAB+7D DAB+ 9B DAB+ 9C
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OUTREACH GOLD

Oldies Southampton Eastleigh area, Hampshire	Community	DAB+ 9B AM 1557
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OUTREACH DANCE

Dance Basingstoke Portsmouth Salisbury area Southampton Winchester	Independent	DAB+ 8B DAB+7D DAB+ 8A DAB+ 9B DAB+ 9C
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P**PANACEA RADIO**

80s Soul Liverpool, Knowsley and NE Wirral Manchester Stockport and South East Greater Manchester Warrington, Runcorn and Widnes area Southern Northern Ireland	Independent	DAB+ 7D DAB+ 7D DAB+ 8A DAB+ 8B DAB+ 9C
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RADIO PANJ

Punjabi Coventry Loughborough Rugby and Daventry Coventry Coventry	Community	DABs 9B DABm 8A DABm 9A FM 99.6 AM 1521
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PANJAB RADIO

Punjabi & Sikh Communities London area, Surrey, W Kent, Herts, Luton (Mx 3) Shropshire, Wolverhampton, Black Country Coventry and Warwickshire South and Central Derbyshire, SE Staffordshire North Birmingham Bradford area Coventry Loughborough Newcastle and Gateshead area Nottingham Southern Northern Ireland London area Satellite 0125	Panjab Radio	DAB+m 11B DABm 11B DABm 12D DABm 10B DAB+ 9A DAB+ 8B DABm 9B DAB+ 8A DAB+ 8A DAB+ 7D DAB+ 9C AM 558
Airdate: 1/9/200 (Satellite), 4/11/2003 (Local DAB), On National DAB (SDL) from 29/2/2016 until 12/12/2019. AM: 25/6/1990: Spectrum Radio (Mixed ethnic). 5/3/2018: Love Sport. 1/8/2019: Panjab Radio		

PARK RADIO

Mixed Format Harleston, Norfolk Diss, Norfolk	Community	FM 105.2 FM 107.6
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PASSION

Dance Brighton area Portsmouth	Community	DAB+ 7D DAB+7D
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RADIO PEMBROKESHIRE

Adult, Oldies Shares programmes with Bridge FM and R Carmarthenshire Pembrokeshire, Carmarthenshire, Swansea Pembrokeshire	Nation Broadcasting	110 000 DAB+ 12D FM 102.5
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PENISTONE COMMUNITY RADIO

Mixed Format Penistone, South Yorks Stocksbridge, South Yorks	Community	FM 95.7 FM 97.7
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PERSIAN MUSIC RADIO

Iranian Music South and Central London West London	Independent	DABs 9A DAB+ 8B
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PETERBOROUGH COMMUNITY RADIO

Mixed Format Peterborough Peterborough	Community	DAB+ 7D FM 103.2
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PHOENIX RADIO

Mixed Format Halifax	Community	FM 96.7
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PHOENIX FM

Mixed Format North East London and South West Essex South East Essex Brentwood	Community	DAB+ 8A DAB+ 9B FM 98.0
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PHONIC FM

Mixed Format Exeter area Plymouth area Torbay area Exeter	Community	DAB+ 9B DAB+ 9C DAB+ 8B FM 106.8
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PIE RADIO

Rhythmic Contemporary Stockport and South East Greater Manchester	Community	DAB+ 8A
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PLANET ROCK

Format: Classic and Heavy Rock

Broadcaster: Bauer Most of England, South Wales, Central/NE Scotland, Central/ Eastern Northern Ireland (SD Mux) Swansea, Neath Port Talbot and Carmarthenshire Stoke-on-Trent, West Staffordshire, South Cheshire South Yorkshire, North Notts, Chesterfield Leeds and Wakefield Districts Bradford, Calderdale and Kirklees Districts East Yorkshire and North Lincolnshire Tees Valley and County Durham Tyne and Wear, North Durham, Northumberland Lancashire Merseyside and West Cheshire North and West Cumbria Glasgow, Clydeside, Lanarkshire, Stirling, Falkirk Edinburgh, Lothian and South Fife Dundee, Angus, Perth & Kinross, North Fife Inverness area Northern Ireland		DAB+ 11A DABm 12A DABm 12D DABm 11C DABm 12D DABm 11B DABm 10D DABm 11B DABm 11C DABm 12A DABm 10C DAB+ 11B DABm 11C DABm 12D DABm 11B DAB+ 12D DABm 12D
Airdate: 15/11/1999 (Moved from D1 Mux on 29/2/2016). 16/10/2023: Switched to DAB+ on SD national multiplex and joined some local multiplexes.		

PLATFORM B

New Music Brighton area Brighton	Community	DAB+ 7D FM 105.5
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RADIO PLUS

Christian Contemporary Coventry Coventry	Community	DAB+ 9B FM 101.5
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PODCAST RADIO

Talk Derry 11/2/2020.	Independent	DAB+ 11C
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THE POINT

Oldies Milton Keynes	Community	FM 105.5
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POINT BLANK RADIO

Dance Music Surrey, North East Hampshire, South London	Independent	DAB+ 10C
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POLISH RADIO LONDON

Polish Surrey, North East Hampshire, South London North and Central London	Independent	DAB+ 10C DAB+ 9B
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POP DAB

Contemporary, Adult Belfast and Lisburn area, Northern Ireland Newport and Chepstow area Glasgow Stockport and South East Greater Manchester Wrexham area	Like Radio	DAB+ 7D DAB+ 8B DAB+ 10B DAB+ 8A DAB+ 9B
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POP HITS

Pop Hits Hull area	Independent	DAB+ 9B
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PREMIER CHRISTIAN RADIO

Format: Christian Talk and Music Broadcaster: Premier Radio Most of England, South Wales, Central/NE Scotland, Central/ Eastern Northern Ireland (SD Mux) NE London, SE Herts, SW Essex South London & East Surrey E London & Thames Estuary W London, E Berks & N Surrey W Surrey, NE Hants <i>May Close</i> DTT 725		DABm 11A a AM 1305 a AM 1305 a AM 1413 a AM 1413 b AM 1566
Airdates: a: 10/06/1995 b: 7/6/1988*: First Gold (Oldies), 4/5/1992: County Sound, 1994: Mercury Extra, 4/9/1995: County Sound Radio (Oldies, Talk), 13/7/2012: Eagle Extra. 1/12/2014: Premier Radio National DAB: 21/9/2009 (Moved from D1 Mux on 29/2/2016)		

PREMIER GOSPEL

Gospel Music (Christian) London area, Surrey, W Kent, Herts, Luton (Mx 3) North Birmingham South Birmingham	Premier Radio	DAB+ 11B DAB+ 9A DAB+ 9C
Airdate: 21/9/2009 (London), 1/2026 (Birmingham)		

PREMIER PRAISE

Format: Christian
 Broadcaster: Premier Radio
 Most of England, South Wales, Central/NE Scotland, Central/
 Eastern Northern Ireland (SD Mux) DABm 11A
 Airdate: 27/3/2016.

PRIDE RADIO

LGBTQ+ Community Community
 Newcastle and Gateshead area DAB+ 8A
 East Tyneside DAB+ 9B
 Newcastle FM 89.2

PRINCE BISHOPS HOSPITAL RADIO

Mixed Music Community
 Darlington and Bishop Auckland area DAB+ 9B

PURE DANCE

Dance Music Independent
 Loughborough DAB+ 8A
 Milton Keynes DAB+ 9B
 Rugby and Daventry DAB+ 9A

PURE WEST RADIO

Mixed Format Independent
 North Pembrokeshire DABs 8A
 South Pembrokeshire DABs 9A

PULSE FM

Mixed Format Community
 Barrhead, near Glasgow *Currently off air* FM 98.4

Q**Q RADIO**

Adult Northern Media 1 160 000
 Northern Ireland a DABm 12D
 Belfast area a FM 96.7
 Coleraine area b FM 97.2
 Ballycastle h FM 97.6
 South East Northern Ireland c FM 100.5
 Downpatrick, Northern Ireland. k FM 100.5
 Killeel, N Ireland h FM 101.1
 Newcastle, Northern Ireland h FM 101.1
 Fermanagh & South Tyrone d FM 101.2
 Enniskillen, Fermanagh h FM 102.1
 Newtownabbey a FM 102.5
 Bangor a FM 102.5
 Derry area e FM 102.9
 Cookstown & Maghera, NI f 1 FM 06.0
 Maghera, N Ireland h FM 106.3
 Dungannon area, N Ireland f FM 107.2
 Ballymena and Antrim g FM 107.0
 Armagh, Northern Ireland i FM 107.6
 Larne, Northern Ireland h FM 107.6
 a: 6/9/1990: BCR. 1997: City Beat. 9/8/2015: Q Belfast
 b: 26/1/2000.
 c: 2006: Five FM. 2012: Q100.5
 d: 19/3/2002.
 e: 21/10/1993.
 f: 01/02/2003: Mid FM. 3/2004: +Dungannon. 2006: Six FM.
 2012: Q106-7
 g: 1/11/2005: Seven FM. 2012: Q107.
 h: added 2017. i: added 2022. J: added 8/2024

QUALITY RADIO

Mixed Format Community
 Edinburgh DAB+ 9B
 Glasgow DAB+ 10B
 Paisley and West Glasgow DAB+ 7D
 Paisley FM 107.5

QUAY FM

Mixed Format Community
 Jersey, Guernsey, Alderney and Sark DAB+ 12A
 Alderney FM 107.1

R**RAINBOW RADIO**

African Independent
 North and Central London DAB+ 9B
 South London FM 92.4

RAAJ FM

Punjabi Community
 Sandwell, West Midlands FM 91.3

RAJA RADIO

Asian Independent
 North Birmingham DAB+ 9A

RADIO RANGOLA

Hindu Community Community
 Leeds area DAB+ 9A

THE RED

Music, Football - Middlesbrough Independent
 Darlington and Bishop Auckland area DAB+ 9B
 Middlesbrough, Redcar and Cleveland DAB+ 8A
 East Tyneside DAB+ 9B

RED KITE RADIO

Mixed Format Community
 Haddenham & Thame, Oxon FM 107.2

REDROAD FM

Mixed Format Community
 South Rotherham FM 102.4

RED ROSE RADIO

Oldies Independent
 Preston and Chorley area DAB+ 9A

REFORM RADIO

New Music Community
 Manchester DAB+ 7D

REPREZENT FM

Rhythmic New Music Community
 North and Central London DAB+ 9B
 South London FM 107.3

RESONANCE

Arts, Experimental Community
 North and Central London DAB+ 9B
 Central London FM 104.4

RESONANCE EXTRA

Arts, Experimental Community
 North and Central London DAB+ 9B
 Brighton area DAB+ 9A
 Cambridge DAB+ 7D
 Kings Lynn area DAB+ 9C
 Norwich DAB+ 9A
 Peterborough DAB+ 7D

RETRO REWIND

Oldies Independent
 Rutland and Stamford DABs 9C

RADIO REVERB

Mixed Format Community
 Brighton area DAB+ 7D
 Central and East Brighton FM 97.2

REVIVAL FM

Christian Community
 Glasgow FM 93.0
 Cumbernauld & Kirkintilloch FM 100.8

REVIVE RADIO

Muslim Community Community
 Newham, E London FM 94.4

REVOLUTION RADIO

Rhythmic and Pop Music Community
 Northampton DAB+ 7D
 Northampton FM 96.1

REWIND RADIO (CORNWALL)

90s, 00s and 10s Music Independent
 Cornwall DABs 11B

REWIND (NORTHERN IRELAND)

Oldies Independent
 Southern Northern Ireland DAB+ 9C

RHONDDA COMMUNITY RADIO

Mixed Format	Community	
Rhondda and Cynon Valleys		DAB+ 9A
Ferndale, South Wales		FM 97.5
Rhondda Valley, South Wales		FM 106.1

RIBBLE FM

Mixed Format	Community	
Clitheroe, Lancs		FM 106.7

RINSE FM

Rhythmic New Music	Community	
North and Central London		DABs 9B
South Central London		FM 106.8

RIVER RADIO

Mixed Format	Community	
Derry		DAB+ 11C

RIVERSIDE RADIO

Mixed Format	Community	
South and Central London		DABs 9A

RIVIERA RADIO

Mixed Format	Community	
Torbay		FM 107.9

RNA FM

Mixed Music	Independent	30 000
Arbroath area, Angus		FM 96.6
Monifieth, Angus		FM 105.9
Carnoustie, Angus		FM 107.5
Brechin, Angus		FM 87.7
Montrose, Angus		FM 87.7
Forfar, Angus		FM 87.7
25/11/1998.		

RNIB CONNECT RADIO

Talk for visually impaired	Community	
West Glasgow		FM 101.0
DTT 730		

ROCH VALLEY RADIO

Mixed Format	Community	
Bolton and Bury areas		DAB+ 10B
Oldham and Rochdale		DAB+ 9B

ROCK SCOT

Rock music	Independent	
Dunoon, Greenock, Helensburgh, Dumbarton		DAB+ 8B
North Ayrshire		DAB+ 9B

ROOKWOOD SOUND

Mixed Music	Community	
Cardiff area		DAB+ 10D

ROSSENDALE RADIO

Mixed Format	Community	
Rossendale, Lancashire		FM 104.7

ROTHER RADIO

Mixed Music	Community	
Sheffield and Rotherham		DAB+ 9C
Doncaster area		DAB+ 8A

ROTHERHAM RADIO

Adult, Contemporary	Independent	
Sheffield and Rotherham		DAB+ 9C

RADIO ROYAL

Mixed Music	Community	
Stirling and Falkirk area		DAB+ 9C

RTE RADIO 1

Talk with Music	RTE	
Satellite 0131/750		
Also available on FM in Republic of Ireland and parts of Northern Ireland (<i>see Ireland section</i>)		

RTE 2FM

Contemporary, Adult	RTE	
Satellite 0132/751		
Also available on FM in Republic of Ireland and parts of Northern Ireland (<i>see Ireland section</i>)		

RTE LYRIC FM

Classical, Jazz	RTE	
Satellite 0133/752		
Also available on FM in Republic of Ireland and parts of Northern Ireland (<i>see Ireland section</i>)		

RTE RADIO NA GAELTACHTA

Irish Language	RTE	
Satellite 0134/753		
Also available on FM in Republic of Ireland and parts of Northern Ireland (<i>see Ireland section</i>)		

R360 RADIO

Christian	Community	
Stockport and South East Greater Manchester		DAB+ 8A

RUACH RADIO

Christian Music	Community	
North and Central London		DABs 9B

RWS FM

Mixed Format	Community	
Bury St Edmunds		FM 103.3

S**SABRAS SOUND**

Asian	Independent	610 000
Leicestershire		DABm 11B
North Birmingham		DAB+ 9A
South Birmingham		DAB+ 9C
Rugby and Daventry		DAB+ 9A
Leicester city		FM 91.0
Loughborough area		FM 102.1
Leicester area		AM 1260
7/9/1995 (AM). (replaced Sunrise E Midlands 15/9/1992-7/9/1995). 11/2020: FM added		

SALAAM RADIO

Muslim Community	Community	
Peterborough		FM 106.2

SALFORD COMMUNITY RADIO

Mixed Format	Community	
Salford and Swinton		FM 94.4

SALISBURY RADIO

Adult, Oldies	Independent	
Salisbury area		DAB+ 8A

RADIO SALTIRE

Mixed Format	Community	
Edinburgh		DAB+ 9B
Musselborough area, East Lothian		FM 106.7
Tranent area, East Lothian		FM 107.2

SAMI SWOI POLSKA

Polish	Independent	
Surrey, North East Hampshire, South London		DAB+ 10C
Edinburgh		DAB+ 9B
Manchester		DAB+ 7D
Newcastle and Gateshead area		DAB+ 8A

RADIO SANGAM

Asian	Community	
Huddersfield		FM 107.9
Dewsbury		FM 94.7

SANSKAR RADIO

Asian	Independent	
Leicestershire		DABm 11B
Rugby and Daventry		DAB+ 9A

SATSANG

Hindu Community	Community	
Leicester		DABm 9B
Loughborough		DABm 8A
Rugby and Daventry		DABm 9A

RADIO SCARBOROUGH

Mixed Format	Community	
Scarborough, North Yorkshire		FM 107.6

SEAHAVEN FM

Mixed Format	Community	
Eastbourne area		FM 95.6
Newhaven & Seaford area		FM 96.3

SEASIDE RADIO

Mixed Format	Community	
Hornsea area, East Yorkshire		FM 103.5
Mid Holderness, East Yorkshire		FM 104.4
Withernsea area, East Yorkshire		FM 105.3

SEDGEMOOR FM

Mixed Format	Community	
Bridgwater		FM 104.2

RADIO SEERAH

Muslim Community	Community	
Leicester		DABm 9B
Leicester		AM 1575

SELECT RADIO

Dance Music	Community	
Brighton area		DAB+ 7D
Central, East and South Bristol		DAB+ 9B
West Bristol, Clevedon and Portishead		DAB+ 10D
North and Central London		DAB+ 9B
South and Central London		DABs 9A
South East London and North West Kent		DAB+ 9C
Norwich		DAB+ 9A
Peterborough		DAB+ 7D
South London		FM 94.4

SFM

Mixed Format	Community	
Sittingbourne, Kent		FM 106.9

SHEFFIELD LIVE

Mixed Format	Community	
Sheffield and Rotherham		DAB+ 9C
Doncaster area		DAB+ 8A
Central Sheffield		FM 93.2

SHEPPEY FM

Mixed Format	Community	
Isle of Sheppey, Kent		FM 92.2

879 SHINE

Dance Music	Community	
Surrey, North East Hampshire, South London		DAB+ 10C
Most of Essex		DABm 12D
Hertfordshire, Bedfordshire, Buckinghamshire		DABm 10D
North and Central London		DAB+ 9B
Loughborough		DAB+ 8A
Rugby and Daventry		DAB+ 9A

SHINE RADIO

Mixed Format	Community	
Petersfield, Alton and Haslemere area		DAB+ 8A

SHMU FM

Mixed Format	Community	
Northern Aberdeen		DAB+ 9C
Aberdeen		FM 99.8

SIBC

Contemporary, Adult	Independent	23 000
Shetland Islands		FM 96.2
Lerwick, Shetland		FM 102.2
19/10/1991.		

SID VALLEY RADIO

Mixed Music	Independent	
Exeter area		DAB+ 9B

SILK FM

Soft, Adult	Dee Radio	230 000
Congleton and Leek areas		DAB+ 9A
Crewe and South Cheshire		DAB+ 7D
East Cheshire		DAB+ 11C
East Cheshire		FM 106.9
25/5/1998.		

SINE FM

Mixed Format	Community	
Doncaster area		DAB+ 8A
Sheffield and Rotherham		DAB+ 9C
York City		DAB+ 8B
Doncaster		FM 102.6

60s

60s Music	Community	
Petersfield, Alton and Haslemere area		DAB+ 8A
Portsmouth		DAB+7D

6 TOWNS RADIO

Mixed Format	Community	
Stoke-on-Trent and Newcastle-under-Lyme		DAB+ 8A

RADIO SKYE

Mixed Music, Gaelic	Independent	8 000
Isle of Skye		FM 102.7
Portree, Skye		FM 106.2
Sleat Peninsula, Skye		FM 106.2
Staffin, Skye		FM 107.2
8/6/2004: Cullin FM. 2020: Radio Skye		

SKYLAB RADIO

Chill-out music	Independent	
South Birmingham		DAB+ 9C
East Cheshire		DAB+ 11C
Dudley and Stourbridge area		DAB+ 8A
Norwich		DAB+ 9A
Rugby and Daventry		DAB+ 9A
Stockport and South East Greater Manchester		DAB+ 8A
Wolverhampton		DAB+ 7D

SKYLARK RADIO

Experimental	Community	
Dartmoor, Devon		FM 105.8
Buckfastleigh, Devon		FM 107.6

SLACK CITY RADIO

Mixed Music	Community	
Based: Brighton		DAB+ 7D
Brighton area		DAB+ 7D
Manchester		DAB+ 9A
Norwich		DAB+ 7D
Portsmouth		DAB+ 7D

SMOOTH RADIO (NETWORK)

Format: Oldies and Easy Listening Music
Broadcaster: Global

SMOOTH UK

Oldies, Easy Listening	Global Radio	
England, Wales and Northern Ireland (D1 Mux)		a DAB+ 11D
Scotland (D1 Mux)		a DAB+ 12A
Cornwall		DABs 11B
Lincolnshire, North Lincolnshire and Hull		DABs 12A
S Yorks, N Nolts, Chesterfield		DABs 11C
Leeds & Wakefield Districts		DABs 12D
E Yorkshire & N Lincolnshire		DABs 10D
York and North Yorkshire		DABs 10C
Jersey, Guernsey, Alderney and Sark		DAB+ 12A
Satellite 0122/732, DTT 718, Cable 916		

a: 27/12/2014 as Smooth Extra (opting out of Smooth UK with continuous music. DAB+ from 6/6/2019. 12/3/2020: Smooth UK

The following relay Smooth UK with local news & information:

LONDON

London area, Surrey, W Kent, Herts, Luton (Mx 1)	DABs 12C
London area	FM 102.2
4/3/1990: Jazz FM (Jazz and Soul). Known as JFM 1994-95.	
7/6/2005: Smooth 26/3/2007: Easy/Oldies format.	

EASTERN ENGLAND

Most of Essex	n DABs 12D
Hertfordshire, Bedfordshire, Buckinghamshire	j DABs 10D
Suffolk	l DABs 10C
East Norfolk	k DABs 10B
j: 15/7/1990*: Chiltern Supergold (oldies). 1996: Classic Gold. 3/8/2007: Gold (oldies). 28/6/2010: National plus local news. 24/3/2014: Smooth Radio. AM closed on 2/11/2020. AM transmitter closed 29/6/23.	
k: 1: 24/9/1995* Amber R (oldies). 1998: Classic Gold Amber. 3/8/2007: Gold (oldies). 28/6/2010: National plus local news. 24/3/2014: Smooth Radio. AM transmitters closed 27-28/6/23.	
n: 16/7/1989*: Breeze (oldies). 1/2001: Classic Gold Breeze. 3/8/2007: Gold (oldies). 28/6/2010: National plus local news. 24/3/2014: Smooth Radio. AM transmitters closed 28/6/23.	

EAST MIDLANDS

Operated by Communicorp	
Leicestershire	a DABm 11B
South and Central Nottinghamshire	a DABm 12C
South and Central Derbyshire, SE Staffordshire	a DABm 10B
Wellingborough area	b FM 97.2
Derby	a FM 101.4
East Midlands and Lincoln	a FM 106.6
Peterborough area	c FM 106.8
Kettering and Corby area	b FM 107.4
a: 11/02/2003 Saga FM 26/3/2007: Smooth (National plus local news 4/10/2010-23/3/2014.)	
b: 6/4/1990 (AM): KCBC. 4/1998: KCBC on 107.4 FM and Connect on 97.2. 22/11/1999: Connect on 107.4.	
c: 24/7/1999: Life FM. 4/1/2010: Connect Radio.	
b/c: 9/2010: Stations merged. 1/10/2019: Smooth Radio	

LAKES

South Cumbria and North Lancashire	DABs 11B
Kendal, Cumbria	FM 100.1
Windermere & Ambleside	FM 100.8
Keswick	FM 101.4
27/10/2001: Lakeland R. 4/2013: +Keswick. 5/3/2018: Smooth	

NORTH EAST ENGLAND

Operated by Communicorp	
Tees Valley and County Durham	DABs 11B
Tyne and Wear, North Durham, Northumberland	DABs 11C
Tyneside, Durham, S Nthmb	FM 97.5
Hexham & Tyne Valley	FM 96.4
West Tyneside, Tyne & Wear	FM 107.5
Teesside	FM 107.7
8/1/2008. National plus local news 4/10/2010-23/3/2014.	

NORTH WEST ENGLAND

Operated by Communicorp	
Greater Manchester and North East Cheshire	DABs 12C
Lancashire	DABs 12A
Merseyside and West Cheshire	DABs 10C
North West England	FM 100.4
1/9/1994 as JFM (Jazz, Soul). 1995: Jazz FM. 3/2004: Smooth FM (Soul). 2007: Easy listening format. National plus local news 4/10/2010-23/3/2014.	

SOUTH EAST ENGLAND

Kent and Eastern London	a DABs 11C
Sussex	c DABs 10B
South Hampshire and Isle of Wight	d DABs 11C
East, Southampton and Central Dorset	b DABs 11B
Berkshire and North Hampshire	e DABs 12D
Oxfordshire	DABs 10B
a: 27/3/1989*: Coast AM (oldies). 1991: Invicta Supergold. 23/2/1998: Capital Gold. 3/8/2007: Gold (oldies). 28/6/2010: National plus local news. 24/3/2014: Smooth Radio. AM transmitters closed 30/4/2024.	
b: 15/9/1990*. 2CR Classic Gold: 1995: Classic Gold. 3/8/2007: Gold (oldies). 28/6/2010: National plus local news. 24/3/2014: Smooth Radio. AM transmitter closed 28/6/23.	

c: 10/3/1991*: South Coast Radio (Talk, Nostalgia). 1995: oldies. 1996: +East Sussex 1/6/1998: Capital Gold. 3/8/2007: Gold (oldies). 28/6/2010: National plus local news. 24/3/2014: Smooth Radio. AM transmitters closed 29/9/2023.

d: 4/12/1988*: Ocean Gold (Oldies). South Coast Radio (Talk, Nostalgia). 1995: oldies. 1/6/1998: Capital Gold. 3/8/2007: Gold (oldies). 28/6/2010: National plus local news. 24/3/2014: Smooth Radio. AM transmitters closed 30/4/2024.

e: 1990*: 210 Classic Gold (oldies) in Reading. 1997: Added W Berks and N Hants. 3/8/2007: Gold (oldies). 28/6/2010: National plus local news. 24/3/2014: Smooth Radio. AM closed on 5/2015

SOUTH WEST ENGLAND

Bristol and Bath area	g DABs 11B
West Wiltshire and Bath	g DABs 10D
Swindon and NE Wiltshire	g DABs 11C
Somerset	DABs 10B
East Devon, Exeter and Torbay	DABs 11C
North and Central Devon	DABs 10C
Plymouth and South Devon	h DABs 12D
g: 15/11/1988: Brunel Radio (oldies). 1990: Brunel Classic Gold. 1998: Classic Gold. 3/8/2007: Gold (oldies). 28/6/2010: National plus local news. 24/3/2014: Smooth Radio. Bristol AM transmitter closed 2/2016. Wiltshire AM transmitters closed 27-28/6/23.	
h: 1994*: Plymouth Sound AM (oldies). 7/2/2000: Classic Gold. Gloucestershire: 1/10/1990*: Three Counties Radio (oldies), then Severn Sound Supergold. 1996: Classic Gold. 3/8/2007: Gold (oldies). 28/6/2010: National plus local news. 24/3/2014: Smooth Radio. AM transmitter closed 28/6/23. Local DAB service closed 27/9/2025	

WALES

Cardiff, Newport and South East Wales	a DABs 12C
Conwy county	b DABs 12D
Gwynedd and Anglesey	b DABs 10D
a: 15/7/1990*: Touch Radio (oldies). 7/1999: Capital Gold. 3/8/2007: Gold. 24/3/2014: Smooth. AM closed on 14/10/2020.	
b: 31/3/1989*: Marcher Gold (oldies). 2001: Classic Gold Marcher. (Also on AM in Wrexham & W Cheshire until 28/2/25)	

WEST MIDLANDS

Shropshire, Wolverhampton, Black Country	DABs 11B
Birmingham area, West Midlands, SE Staffs	DABs 11C
Coventry and Warwickshire	DABs 12D
West Midlands region	FM 105.7
16/10/2001: Saga FM 26/3/2007: Smooth (National plus local news 4/10/2010-23/3/2014.)	

SMOOTH RADIO (SCOTLAND)

Oldies, Easy Listening	Global Radio	1 900 000
Opts-out of Smooth UK with local output Mon-Fri 06-10, together with local news and information.		
Glasgow, Clydeside, Lanarkshire, Stirling, Falkirk	DABs 11C	
Edinburgh, Lothian and South Fife	DABs 12D	
Glasgow and Clydeside area	FM 105.2	
7/9/2004 Saga FM. 26/3/2007: Smooth.		

SMOOTH CHILL

Format: Chill-out Music	
Broadcaster: Global Radio	
England, Wales and Northern Ireland (D1 Mux)	DAB+ 11D
Scotland (D1 Mux)	DAB+ 12A
3/2005: Chill (Coverage cut 08-09/2009). 3/2/2019: Smooth Chill. 8/4/2019: Joined Digital One multiplex	

SMOOTH COUNTRY

Format: Country Music	
Broadcaster: Global Radio	
London area, Surrey, W Kent, Herts, Luton (Mx 1)	DAB+ 12C
Kent and Eastern London	DABs 11C
Sussex	DABs 10B
Berkshire and North Hampshire	DABs 12D
Swindon and NE Wiltshire	DABs 11C
East Devon, Exeter and Torbay	DABs 11C
North and Central Devon	DABs 10C
Plymouth and South Devon	DABs 12D
Cornwall	DABs 11B
Leicestershire	DABs 11B
South and Central Nottinghamshire	DABs 12C
Birmingham area, West Midlands, SE Staffs	DABs 11C
Coventry and Warwickshire	DABs 12D
Most of Essex	DABs 12D
South and Central Cambridgeshire	DABs 11C
East Norfolk	DABs 10B
North Cambridgeshire, Huntingdon, S Lincs	DABs 12D
East Yorkshire and North Lincolnshire	DABs 10D
Greater Manchester and North East Cheshire	DABs 12C
Airdate: 3/9/2019	

SMOOTH RELAX

Format: Easy Listening Music	
Broadcaster: Global	
England, Wales and Northern Ireland (D1 Mux)	DAB+ 11D
Scotland (D1 Mux)	DAB+ 12A
8/1/2024	

SMOOTH SOUL

Soul Music	Global Radio	
London area, Surrey, W Kent, Herts, Luton (Mx 3)		DAB+ 11B
12/9/2024		

SMOOTH RADIO 70s

70s Music	Global Radio	
London area, Surrey, W Kent, Herts, Luton (Mx 3)		DAB+ 11B
12/9/2024		

SMOOTH RADIO 80s

Format: 80s Adult Contemporary Music		
Broadcaster: Global		
Most of England, South Wales, Central/NE Scotland, Central/Eastern Northern Ireland (SD Mux)		DAB+ 11A
12/9/2024		

SOAR SOUND

Mixed Format	Community	
Leicester		DABs 9B
Loughborough		DABs 8A
Rugby and Daventry		DABs 9A
East Leicester		FM 89.1

SOLAR RADIO

Soul	Independent	
Brighton area		DAB+ 7D
North and Central London		DAB+ 9B
South East London and North West Kent		DAB+ 9C
Norwich		DAB+ 9A

SOLEIL RADIO

Oldies	Tindle	
Jersey, Guernsey, Alderney and Sark		DAB+ 12A
Portsmouth		DAB+7D
St Helier, Jersey		FM 107.7
1/8/2021.		

SOMER VALLEY FM

Mixed Format	Community	
Bath and North East Somerset		DABs 8A
Central, East and South Bristol		DABs 9B
Midsomer Norton, Somerset		FM 97.5

SOUND RADIO (LIVERPOOL)

Adult	Independent	
Liverpool, Knowsley and NE Wirral		DAB+ 7D

SOUND RADIO WALES

Mixed Format	Community	
North East Wales Coast		FM 103.1

SOUNDART RADIO

Mixed Format	Community	
Totnes		FM 102.5

THE SOURCE

Mixed Format	Community	
Falmouth & Penryn		FM 96.1

SOUT AL KALEEJ

Arabic Community	Independent	
London area, Surrey, W Kent, Herts, Luton (Mx 3)		DABm 11B

SOUTH DEVON RADIO

Mixed Music	Independent	
Exeter area		DAB+ 9B
Torbay area		DAB+ 8B

SOUTHDOWN RADIO

Mixed Format	Community	
Brighton area		DAB+ 7D

SPARK FM

Contemporary, New Music	Community	
Sunderland		FM 107.0

SPARK RADIO (SOUTHPORT)

Contemporary, New Music	Independent	
Preston and Chorley area		DAB+ 9A

SPEYSOUND RADIO

Mixed Format	Community	
Badenoch & Strathspey		FM 107.1

SPICE RADIO

Asian	Community	
Newcastle and Gateshead area		DAB+ 8A
Newcastle		FM 98.8

SPICE DIGITAL

Asian	Independent	
Blackburn, Accrington and Burnley		DAB+ 8A

STARPOINT

Soul	Community	
Brighton area		DAB+ 7D
North and Central London		DABs 9B
Portsmouth		DAB+7D

STRAWBERRY RADIO

Adult	Community	
East Cheshire		DAB+ 11C
Stockport and South East Greater Manchester		DAB+ 8A

STYLE RADIO DAB

Dance and Rhythm	Independent	
Norwich		DAB+ 9A

STV RADIO

80s, 90s and 00s Music	STV	
Glasgow, Edinburgh, Central Scotland		DABs 11D
Ayrshire		DABs 11B
Dundee, Angus, Perth & Kinross, North Fife		DAB+ 11B
Aberdeen and Aberdeenshire		DABm 11C
Inverness area		DAB+ 12D
1/2026		

SUBJAM RADIO

Dance	Independent	
East Tyne side		DAB+ 9B
Hertfordshire, Bedfordshire, Buckinghamshire		DABm 10D
Loughborough		DAB+ 8A

SUGAR KAYNE RADIO

Oldies	Independent	
North East London and South West Essex		DAB+ 8A
South Hertfordshire		DAB+ 9C

SUNNY GOVAN RADIO

Mixed Format	Community	
Govan, Glasgow		FM 103.5

SUNRISE RADIO (UK)

Format: Asian	Broadcaster: Sunrise UK	
Most of England, South Wales, Central/NE Scotland, Central/Eastern Northern Ireland (SD Mux)		DAB+ 11A
East and Central London		AM 963
West and Central London		AM 972
Airdate (London): 1/9/2003: Club Asia. 2009: Buzz Asia. 12/2013: Sunrise R2. 2/2014: Sunrise Radio. (Replaced 3/7/1995: Radio Viva. 1996-2/7/2003: Liberty Radio).		
Airdate (National DAB): 29/2/2016. DAB+ from 5/11/2025		

SUNRISE RADIO (YORKSHIRE)

Asian	Sunrise Yorkshire	430 000
Blackburn, Accrington and Burnley		DAB+ 8A
Bradford arwa		DAB+ 8B
Leeds area		DAB+ 9A
Manchester		DAB+ 7D
Milton Keynes		DAB+ 9B
Bradford area		FM 103.2
Halifax		FM 100.6
Keighley		FM 100.6
9/12/1989: Bradford City Radio. 1991: Sunrise.		

SUNRISE GOLD

Asian	Sunrise Yorkshire	
Blackburn, Accrington and Burnley		DAB+ 8A
Bradford area		DAB+ 8B
Leeds area		DAB+ 9A

SUNRISE HITS

Format: Asian	Broadcaster: Sunrise UK	
Most of England, South Wales, Central/NE Scotland, Central/Eastern Northern Ireland (SD Mux)		DAB+ 11A
Airdate 5/11/2025		

SUNRISE RETRO

Asian	Sunrise UK	
London area, Surrey, W Kent, Herts, Luton (Mx 2)		DAB+m 12A

SUNSHINE RADIO (LUDLOW)

Adult, Oldies	Murfin Media	110 000
South Shropshire, North Herefordshire & NW Worcs		DAB+ 9B
Ludlow and North Herefordshire		FM 105.9
South Shropshire, North Herefordshire & NW Worcs		FM 107.8
18/10/1992 on AM. 5/2013: FM added. 8/2020: FM coverage expanded 25/2/2021. AM closed 19/1/2024.		

SUNSHINE (HEREFORDSHIRE AND MONMOUTHSHIRE)

Adult, Oldies	Murfin Media	220 000
Herefordshire and Worcestershire		DABs 12A
Gloucestershire		DABs 10C
Herefordshire		FM 106.2
East Monmouthshire		FM 107.0
Abergavenny & Usk Valley		FM 107.8
14/12/2007.		

SUNSHINE RADIO

Christian	Community	
East Belfast		FM 104.9

SUSY RADIO

Mixed Format	Community	
Reigate and Redhill, Surrey		FM 103.4

SWANSEA BAY RADIO

Adult, Oldies	Nation Broadcasting	
Pembrokeshire, Carmarthenshire, Swansea		DAB+ 12D
Swansea area		FM 102.1
5/11/2006: Swansea Bay Radio. 9/2009: Bay Radio. 1/6/2012: Nation 80s. 16/1/2013: Nation Hits. 1/3/2016: Swansea Bay Radio. 21/4/2022: Breezy Radio. 1/9/2022: Easy Radio. 1/3/2024 Swansea Bay Radio		

SWINDON 105

Mixed Format	Community	
Swindon and Marlborough area		DAB+ 8B
Swindon		FM 105.5

SWITCH RADIO

Mixed Format	Community	
Dudley and Stourbridge area		DAB+ 8A
North Birmingham		DAB+ 9A
South Birmingham		DAB+ 9C
NE Birmingham & Solihull		FM 107.5

T**TAKEOVER RADIO (ASHFIELD)**

Childrens	Community	
Sutton in Ashfield area		FM 106.9

TALK RADIO

Format: Talk	Broadcaster: News Broadcasting	
Most of England, South Wales, Central/NE Scotland, Central/Eastern Northern Ireland (SD Mux) DAB+ 11A		
Airdate: 21/3/2016. Switched to DAB+ on 26/06/2020.		
Simulcasted with Talk TV from 25/4/2022		

TALK SPORT

Format: Sport	Broadcaster: News Broadcasting	
England, Wales and Northern Ireland (D1 Mux) DABm 11D		
Scotland (D1 Mux) DABm 12A		
Glasgow, Edinburgh, Central Scotland (Scotland) DABm 11D		
Aberdeen and Aberdeenshire (Scotland opt-out) DABm 11C		
Jersey, Guernsey, Alderney and Sark DAB+ 12A		
London & South East England AM 1089		
S Hampshire & Isle of Wight AM 1107		
South Wales & West England AM 1089		
Central England AM 1053		
Norfolk and Suffolk AM 1053		
Lincs, Peterborough, KingsLynn AM 1107		
Merseyside and North East Wales AM 1107		
NW England, Yorks, N Wales AM 1089		
Tyne-side, County Durham, S Northumberland AM 1071		
Central Scotland (Scotland opt-out) AM 1089		
93% daytime coverage		
Marginal reception is available in most other areas except parts of NW Scotland and Fermanagh		
Satellite 0107/731, DTT 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		
The AM service originally used more transmitters. Aberdeen, Exeter, Inverness, Londonderry, Plymouth, Redruth (Cornwall), and Torbay closed in February 2020. Dundee, Dumfries, Hull and Bournemouth closed in May 2023. Rusthall (Kent/Sussex), Lydd (Kent/Sussex), Duxhurst (Sussex/Surrey), Brighton, Clipstone (Notts), Stockton and Lisnagarvey (N Ireland) closed in April 2025.		

TALK SPORT 2

Format: Sport	Broadcaster: News Broadcasting	
Most of England, South Wales, Central/NE Scotland, Central/Eastern Northern Ireland (SD Mux) DAB+ 11A		
Aberdeen and Aberdeenshire DABm 11C		
Airdate: 15/3/2016. Switched to DAB+ on 09/06/2020.		

TAMESIDE COMMUNITY RADIO

Mixed Format	Community	
Tameside		FM 103.6

RADIO TAMWORTH

Pop, New Music	Community	
Tamworth, Staffs		FM 106.8

TAY FM

Contemporary, 10s, 00s	Bauer	410 000
Part of Hits Radio Network (Scotland)		
Dundee, Angus, Perth & Kinross, North Fife	DABs 11B	
Dundee	FM 96.4	
Perth area	FM 96.4	
Dundee, Angus and North Fife	FM 102.8	
9/1/1995*. 2007: +Dundee relay.		

TD1 RADIO

Mixed Format	Community	
Galashiels, Scottish Borders		FM 106.5

TEMPO

Mixed Format	Community	
Wetherby area, West Yorks		DABs 8B
Wetherby, W Yorks		FM 107.4

10 RADIO

Mixed Format	Community	
Wiveliscombe, Somerset		FM 105.3

TFS RADIO

Oldies, Adult	Independent	
Surrey, North East Hampshire, South London		DAB+ 10C

THIS IS THE COAST

Oldies, Adult	Independent	
York and North Yorkshire		DAB+ 10C
Lincolnshire, North Lincolnshire and Hull		DAB+ 12A

THORNBURY RADIO

Mixed Format	Community	
South Gloucestershire District		DAB+ 9A
West Bristol, Clevedon and Portishead		DAB+ 10D
South Gloucestershire District		FM 105.1
South Gloucestershire District		FM 107.5

THREE FM

Adult/Oldies	Independent	65 000
Ramsay, Isle of Man		FM 104.2
Port Erin, Isle of Man		FM 104.2
South and East Isle of Man		FM 105.0
Peel and West Isle of Man		FM 106.2
Central Isle of Man		FM 106.6
18/11/2004.		

3TFM

Mixed Format	Community	
Saltcoats, Ayrshire		FM 103.1

TIMES RADIO

Format: News, Current Affairs		
Broadcaster: News Broadcasting		
Most of England, South Wales, Central/NE Scotland, Central/Eastern Northern Ireland (SD Mux) DABm 11A		
Aberdeen and Aberdeenshire	DABm 11C	
Jersey, Guernsey, Alderney and Sark	DAB+ 12A	
Airdate: 29/06/2020.		

TMCR

Mixed Format	Community	
Doncaster area		DAB+ 8A
Thorne-Moorends, South Yorkshire		FM 95.3
Epworth area, North Lincolnshire		FM 107.5

TOGETHER RADIO

Easy Listening	Community	
Darlington and Bishop Auckland area		DAB+ 9B
Newcastle and Gateshead area		DAB+ 8A
South Northumberland		DAB+ 8B

TOMORROWLAND ONE WORLD RADIO

Dance	Independent	
Portsmouth		DAB+ 7D
1/7/2022.		

TOP RIZZ RADIO

Mixed Music	Independent	
Doncaster area		DAB+ 8A
Sheffield and Rotherham		DAB+ 9C

TRICKSTAR

Dance Music	Community	
Sussex		DABm 10B

TTNS

Live Music and Arts	Independent	
Brighton area		DAB+ 7D

RADIO 2 FUNKY

Rhythmic Music	Community	
Leicester		DABs 9B
Leicester		FM 95.0

RADIO TYNESIDE

Mixed Format, Hospital	Community	
East Tyneside		DAB+ 9B
Newcastle and Gateshead area		DAB+ 8A
Newcastle and Gateshead		FM 93.6

U**U105**

Oldies, Easy, Talk	Onic	700 000
Northern Ireland		DABm 12D
Belfast area		FM 105.8
14/11/2005.		

UCB 1

Format: Christian Contemporary Music		
Broadcaster: UCB	Based: Stoke-on-Trent	
England, Wales and Northern Ireland (D1 Mux) DAB+ 11D		
Scotland (D1 Mux) DAB+ 12A		
Jersey, Guernsey, Alderney and Sark DAB+ 12A		
Airdate 26/04/1993 as UCB UK (Analogue satellite), DAB from 2007. 18/12/2009: Joined Digital 1 national multiplex. UCB 1 from 1/2016. 1/3/2022: Switched to DAB+		

UCB 2

Format: Christian Soft Adult Contemporary Music		
Broadcaster: UCB	Based: Stoke-on-Trent	
England, Wales and Northern Ireland (D1 Mux) DAB+ 11D		
Scotland (D1 Mux) DAB+ 12A		
Jersey, Guernsey, Alderney and Sark DAB+ 12A		
Airdate on SD Mux: 29/2/2016 (previously UCB Inspirational.) 1/3/2022: Moved to Digital 1 using DAB+		

UJIMA RADIO

Rhythmic Music	Community	
Central, East and South Bristol		DABs 9B
West Bristol, Clevedon and Portishead		DABs 10D
Bristol		FM 98.0

UNITY RADIO

Dance and Rhythmic	Community	
Manchester		FM 92.8

UNITY FM

Muslim Community	Community	
North Birmingham		DAB+m 9A
South Birmingham		DAB+ 9C
Walsall and West Bromwich		DAB+ 9B
Wolverhampton		DAB+ 7D
East Birmingham		FM 93.5

UNITY 101

Asian	Community	
Basingstoke		DAB+ 8B
Southampton		DAB+ 9B
Poole, Purbeck and Wimborne		DAB+ 9C
Portsmouth		DAB+ 7D
Winchester		DAB+ 9C
Southampton		FM 101.1

UNIVERSITY RADIO YORK

New Music (Student)	Community	
York City		DAB+ 8B
University of York		FM 90.3

URF

New Music (Student)	Community	
Brighton area		DAB+ 7D

RADIO UTSAV

Gujarati Community	Community	
Leicester		DABm 9B
Loughborough		DABm 8A
Rugby and Daventry		DABm 9A

V**VANNY RADIO**

Rhythmic Contemporary	Community	
Coventry		DABm 9B
Coventry		FM 106.3

VECTIS RADIO

Mixed Format	Community	
Newport, Isle of Wight		FM 104.6

VIBE FM

New Music, Pop	Community	
South Hertfordshire		DAB+ 9C
Wafford, Herts		FM 107.6

VIBE FM

Mixed Format	Community	
Enniskillen		FM 105.3

VIBE 1

Mixed Format	Community	
Stafford		FM 107.3

VICTORY

Oldies	Independent	
Portsmouth		DAB+ 7D

VIRGIN RADIO

Format: Pop and Rock Music
 Broadcaster: News Broadcasting
 Most of England, South Wales, Central/NE Scotland, Central/
 Eastern Northern Ireland (SD Mux) DABm 11A
 Aberdeen and Aberdeenshire DABm 11C
 Jersey, Guernsey, Alderney and Sark DAB+ 12A
 Satellite 0137/736
 Airdate: 30/3/2016.

VIRGIN RADIO BRITPOP

90s British Rock Music	News Broadcasting	
London area, Surrey, W Kent, Herts, Luton (Mx 2)		DAB+ 12A
		2/2025

VIRGIN RADIO CHILLED

Format: Soft Pop and Soft Rock Music
 Broadcaster: News Broadcasting
 Most of England, South Wales, Central/NE Scotland, Central/
 Eastern Northern Ireland (SD Mux) DAB+ 11A
 Airdate: 25/12/2018.

VIRGIN RADIO 80s

80s Pop & Rock	News Broadcasting	
London area, Surrey, W Kent, Herts, Luton (Mx 2)		DAB+ 12A
Ayrshire		DABm 11B
Glasgow, Edinburgh, Central Scotland		DABm 11D
		1/9/2022 Virgin Radio *0s+. 9/2025: Viirgin Radio *0s

VIRGIN RADIO LEGENDS

Format: 60s, 70s & 80s Pop & Rock
 Broadcaster: News Broadcasting
 Most of England, South Wales, Central/NE Scotland, Central/
 Eastern Northern Ireland (SD Mux) DAB+ 11A
 Airdate: 25/12/2018 as Virgin Radio Anthems (Classic Rock).
 31/3/3025: Virgin Radio Legends

VIXEN 101

Mixed Format	Community	
Market Weighton		FM 101.8
Pocklington		FM 103.1

THE VOICE

Mixed Format	Community	
East Devon, Exeter and Torbay		DABm 11C
North and Central Devon		DABm 10C
Barnstaple, Devon		FM 106.1
Bideford, Devon		FM 107.8
Ilfracombe, Devon		FM 107.8

VOICE FM

New Music	Community (Student)	
Portsmouth		DAB+ 7D
Winchester		DAB+ 9C
Southampton		DAB+ 9B
Southampton		FM 103.9

VOICE OF ISLAM

Islamic	Independent	
London area, Surrey, W Kent, Herts, Luton (Mx 3)		DABm 11B
Belfast and Lisburn area, Northern Ireland		DAB+ 7D
North Birmingham		DAB+m 9A
South Birmingham		DAB+ 9C
Bradford area		DAB+ 8B
Cardiff area		DAB+ 10D
Coventry		DABm 9B
Derry		DAB+ 11C
Edinburgh		DAB+ 9B
Leeds area		DAB+ 9A
Glasgow		DAB+ 10B
Manchester		DAB+ 7D
Stockport and South East Greater Manchester		DAB+ 8A

V2 RADIO

Oldies, Adult	Independent	
Sussex		DABm 10B
South Hampshire and Isle of Wight		DABm 11C

W**WALLINGFORD RADIO**

Mixed Format	Community	
Wallingford, Oxfordshire		FM 107.3

RADIO WARRINGTON

Mixed Format	Community	
Warrington, Runcorn and Widnes area		DAB+ 8B

WAVEUP RADIO

Rhythmic Music	Independent	
North East London and South West Essex		DAB+ 8A

WCR

Mixed Format	Community	
Warminster		FM 105.5

WCR FM

Mixed Format	Community	
Wolverhampton		DAB+ 7D
Walsall and West Bromwich		DAB+ 9B
Wolverhampton		FM 101.8

WEALD RADIO

Oldies, Adult	Independent	
Maidstone, Sevenoaks and Tunbridge Wells area		DAB+ 8B
Ashford, Tenterden, Dungenes		DAB+s 9C

WEATHER 24/7 RADIO

Weather	Independent	
Norwich		DAB+m 9A

WELSH COAST RADIO

Mixed Format	Community	
NW Swansea		FM 106.5

WELWYN HATFIELD RADIO

Mixed Format	Community	
South Hertfordshire		DAB+ 9C

WEST KENT RADIO

Mixed Format	Community	
Maidstone, Sevenoaks and Tunbridge Wells area		DAB+ 8B
Tonbridge, Kent		FM 95.5
Tunbridge Wells, Kent		FM 106.7

RADIO WESTER ROSS

Mixed Music	Independent	4 000
Lochinver & Enard Bay		a FM 96.8
Shieldaig, Highland		FM 101.8
Ullapool area, Highland		a FM 102.2
Loch Gairloch, W Highland		b FM 106.0
Lochs Ewe & Maree, W Hghld		b FM 106.6
a: 23/8/1997: Lochbroom FM: 2001: + Lochinver & Enard Bay.		
2024: Radio Wester Ross		
b: 11/2003: Two Lochs Radio. 2024: Radio Wester Ross		

RADIO WEST NORFOLK

Adult, Oldies	Independent	
Kings Lynn area		DAB+ 9C

WEST SOMERSET RADIO

Mixed Format	Community	
Minehead		FM 104.4

WESTSIDE RADIO

Rhythmic Music	Community	
South and Central London		DABs 9A
West London		DAB+ 8B
Southall, W London		FM 89.6

WEY VALLEY RADIO

Mixed Format	Community	
Alton, Hampshire		FM 101.1

RADIO WIGWAM

Indie Rock Music	Independent	
Cardiff area		DAB+ 10D

WILD COUNTRY

Country	Independent	
Belfast and Lisburn area, Northern Ireland		DAB+ 7D
Dunoon, Greenock, Helensburgh, Dumbarton		DAB+ 8B
Southern Northern Ireland		DABs 9C

RADIO WIMBORNE

Mixed Format	Community	
Poole, Purbeck and Wimborne		DAB+ 9C
Wimborne, Dorset		FM 94.6

WINCHESTER RADIO

Oldies, Easy Listening	Community	
Winchester		DAB+ 9C
Winchester		FM 94.7

RADIO WINCHCOMBE

Mixed Format	Community	
Bishop's Cleeve, Gloucestershire		FM 106.9
Winchcombe, Gloucestershire		FM 107.1

WINDRUSH RADIO

Adult	Independent	
South Gloucestershire District		DAB+ 9A
Oxford		DABs DAB+ 8B

WITHAM RADIO

Contemporary, New Music	Community	
Lincoln		FM 107.3

WRFM

Mixed Format	Community	
Oxford		DABs 8B and DAB+ 8B
Charlbury and Woodstock, Oxfordshire		FM 90.2
Witney, Oxfordshire		FM 99.9
Eynsham, Oxfordshire		FM 105.3
Wychwood and Chilson, Oxon		FM 105.3
Faringdon, Oxfordshire		FM 107.1
Chipping Norton, Oxfordshire		FM 107.4

WOW BLACKPOOL WBPL

Music	Independent	
Blackpool area		DAB+ 8B

WREXHAM PREMIER RADIO

Mixed Music	Community	
Wrexham area		DAB+ 9B
Wrexham		FM 105.0

WRN EUROPE

News, Talk	Independent	
Satellite 0120/728, Cable 920		
Carries programmes from various international broadcasters		

WYCOMBE SOUND

Mixed Format	Community	
High Wycombe		FM 106.6

RADIO WYVERN

Pop, New Music	Community	
Herefordshire and Worcestershire		DABs 12A
Worcester		FM 106.7

WYTHENSHAW FM

Mixed Format	Community	
Stockport and South East Greater Manchester		DAB+ 8A
Wythenshawe, Gt Manc		FM 97.2

XYZ**RADIO X**

Format: Rock Music		
Broadcaster: Global Radio		
England, Wales and Northern Ireland (D1 Mux)		
Scotland (D1 Mux)	DAB+ 11D	
Jersey, Guernsey, Alderney and Sark	DAB+ 12A	
London area	DAB+ 12A	
Greater Manchester	FM 104.9	
Satellite 0113/723, Cable 960	FM 97.7	
<i>Airdate: 1/9/1997 as XFM in London, 6/2000: Other areas on DAB, 23/1/2006 Absorbed Storm network (airdate 31/1/2001), 15/3/2006 added FM in Manchester. 21/9/2015: Renamed Radio X and joined national DAB. Switched to DAB+ on 25/10/2019</i>		

RADIO X 90s

90s Rock Music	Global Radio (b: Communicorp)	
London area, Surrey, W Kent, Herts, Luton (Mx 3)	a DAB+ 11B	
Northamptonshire	b DABm 10C	
Peterborough	DAB+ 7D	
Manchester	b DAB+ 7D	
Greater Manchester	b FM 106.1	
<i>a: 12/9/2024</i>		
<i>b: 6/5/2008: Rock Radio. 5/9/2011: Real Radio XS. 1/3/2016: XS Manchester. 24/2/2025 Radio X 90s</i>		

RADIO X 00s

00s Rock Music	Global Radio	
London area, Surrey, W Kent, Herts, Luton (Mx 3)	DAB+ 11B	
<i>12/9/2024</i>		

RADIO X CHILLED

Soft Rock Music	Global Radio	
London area, Surrey, W Kent, Herts, Luton (Mx 3)	DAB+ 11B	
<i>12/9/2024</i>		

RADIO X CLASSIC ROCK

Format: Classic Rock Music		
Broadcaster: Global Radio		
Most of England, South Wales, Central/NE Scotland, Central/Eastern Northern Ireland (SD Mux)		
Satellite 0113/723, Cable 960	DAB+ 11A	
<i>Airdate: 16/2/23</i>		

RADIO XL

Asian	Independent	3 560 000
North Birmingham		DAB+ 9A
South Birmingham		DAB+ 9C
Coventry		DAB+ 9B
Wolverhampton		DAB+ 7D
West Midlands		AM 1296
<i>30/5/1995.</i>		

RADIO XTRA

Adult	Independent	
Cambridge		DAB+ 9C
Exeter area		DAB+ 9B
Harlow and East Hertfordshire		DAB+ 8B
Kings Lynn area		DAB+ 9C
Peterborough		DAB+ 7D
South East Essex		DAB+ 9B

XTRA HOT

Dance Music	Independent	
Bournemouth		DAB+ 8B
Poole, Purbeck and Wimborne		DAB+ 9C

YO1 RADIO

Mixed Format	Community	
York and North Yorkshire		DAB+ 10C
York City		DAB+ 8B
Doncaster area		DAB+ 8A
Selby, North Yorkshire		FM 90.0
York		FM 102.8

YORK HOSPITAL RADIO

Mixed Format	Community	
York City		DAB+ 8B

YORK MIX

Adult, Oldies	Independent	
York and North Yorkshire		DAB+ 10C

YOUR FM

Mixed Format	Community	
Belfast and Lisburn area, Northern Ireland		DAB+ 7D
Portadown, County Down		FM 100.2

YOUR FM

Mixed Format	Community	
Stockport		FM 107.8

YOUR HARROGATE

Adult, Oldies	Independent	
York and North Yorkshire		DAB+ 10C

ZACK FM

Mixed Format	Community	
Cambridge		DAB+ 9C
Norwich		DAB+ 9A
Forest Heath, Suffolk		FM 105.3

RADIO ZAYDAN

Dance Music	Community	
Central, East and South Bristol		DAB+ 9B

ZEST RADIO

Adult	Independent	
North East Wales, West Cheshire and Merseyside		DAB+ 10D
Exeter area		DAB+ 9B

ZETLAND FM

Mixed Format	Community	
Middlesbrough, Redcar and Cleveland		DAB+ 8A
Redcar and East Teesside		FM 105.0

Institution Radio

Services are only intended for reception in the immediate vicinity of the institution, though the AM services will be receivable within a few kilometres.

Institutional licences used to supplement coverage of larger scale services are included in the main list.

HOSPITALS

FM Stations		
Anker Radio	George Eliot Hosp, Nuneaton	88.9
Basildon Hospital R	Basildon Hospital, Essex	107.3
Radio BGM	Prince Philip Hospital, Llanelli	94.9
Bridge FM	Royal Dundee Liff Hospital	87.7
	Nine Wells Hospital, Dundee	87.7
	Royal Victoria Hospital, Dundee	87.7
	Ashludie Hospital, Monifieth	87.7
	Hospital, Aberystwyth	87.8
Radio Bronglais	Hospital, Aberystwyth	87.8
Hospital Radio Medway	Medway Maritime H, Gillingham	97.0
Radio Mount Vernon	Mount Vernon Hosp, Northolt	95.1
Radio Redhill	East Surrey Hospital, Redhill	100.4
Stoke Mandeville H R	Stoke Mandeville H, Aylesbury	101.8
Torbay Hospital Radio	Torbay Hospital, Torquay	95.9
AM Stations		
Anker Radio	George Eliot Hosp, Nuneaton	1386
Radio Cavell	Royal Oldham Hospital	1350
Chichester Hospital R	St Richards Hosp, Chichester	1431
Radio City Swansea	Singleton Hospital, Swansea	1386
Radio Clatterbridge	Clatterbridge Hospital, Wirral	1386
Mid Downs H R	Princess Royal H, Haywards H	1350
Radio Redhill	East Surrey Hospital, Redhill	1431

UNIVERSITIES, COLLEGES AND SCHOOLS

FM Stations		
Bailrigg FM	Lancaster University	95.3
Fresh FM	N Devon College, Barnstaple	87.7

SPORTS VENUES (PART-TIME)

FM Stations		
Radio Brands	Brands Hatch Circuit, Kent	88.3
Donnington FM	Donnington Park Circuit, Leics	94.3
Knockhill FM	Knock Hill Circuit, Fife	93.7
Nitro FM	Santa Pod Circuit, Northants	96.2
Oulton FM	Oulton Park Circuit, Cheshire	94.9
Silverstone Radio	Silverstone Circuit, Northants	87.7
Snetterton FM	Snetterton Circuit, Norfolk	107.3
Radio Thruxton	Thruxton Circuit, Andover	93.7

DRIVE-IN CINEMAS

FM Stations		
Drive in Theatres	Poole	87.7
Moonbeamers Drive-In	Billericay, Essex	106.8

OTHER INSTITUTIONS

FM Stations		
Ballymena Gospel	Ballymena Showground, N Ire	103.6
Brill Oldies Radio	Brill Village, Buckinghamshire	104.7
Scout Radio	Gilwell Park, Chingford	99.6
60 North FM (Tourist)	Brae, Shetland	87.7
	Bressay & Ross Nature Rsv, Shetl	87.7
	Esha Ness, Shetland	87.7
	Haroldswick, Shetland	87.7
	Sumburgh Head, Shetland	87.7
	Walls Marina, Shetland	87.7
AM Stations		
Acacia Radio	Acacia Cent., Kirkby-in-Ashfield	1287
Radio Mi Amigo	LV18 Radio Museum, Harwich	1575