

Fq	Station	Location	kW	Relay evening/overnight	Parallel fqs	Further info	Phone
198	BBC R 4	(synch.)	500	WS	603 720 756 774 1449 1485	mainly speech, drama, comedy	(0171) 580 4468
540	RTE R Na Gaeltachta	Connemara	2				(91) 506677
558	Spectrum R	London	1			Ethnic	(020) 7627 4433
567	RTE R 1	Tullamore	500		729		(1) 643111
585	BBC R Scotland South West	Dumfries	2	BBC R Scotland / R5		Local for SW 0654-0700, 0750-0800, 1254-1300, 1654-1700	(01387) 268008
603	BBC R 4	Newcastle-upon-Tyn	2		198 720 756 774 1449 1485	mainly speech, drama, comedy	(0171) 580 4468
	Capital Gold 1242/603	Littlebourne	0.1		1242		(01227) 772004
612	RTE Hitradio 2	Athlone	100		1278		(1) 643111
630	BBC Three Counties R	Luton	0.2	Asian Network/BBC East's Ni	1161		(01582) 441000
	BBC R Cornwall	Redruth	2	R5	657		(01872) 75421
648	BBC World Service	Orford Ness	500				(0171) 240 3456
657	BBC R Wales for the Northeast	Wrexham	2	R Wales/WS	882	Local for NE Wales M-F 0705, 0730, 0805 Sa 0602, 0900	(01352) 700367
	BBC R Cornwall	Bodmin	0.5	R5	630		(01872) 75421
666	BBC North Yorkshire	Fulford	0.5	R5	1260		(01904) 641351
	Classic Gold 666/954	Exeter	0.34		954		(01392) 444444
693	BBC R 5 Live	(synch.)	200		909 990	News, sports	(0171) 580 4468
720	BBC R 4	Lisnagarvey	10		198 603 756 774 1449 1485	mainly speech, drama, comedy	(0171) 580 4468
729	BBC Essex	Manningtree	0.2	BBC East's Night Shift	765 1530	Local news bulletins for north Essex throughout the day	(01245) 616000
	RTE R Cork	Cork	10	RTE R 1	567		(021) 805805
738	BBC Hereford & Worcester	Worcester	0.037	R5			(01432) 355252
756	BBC R 4	Redruth	2		198 603 720 774 1449 1485	mainly speech, drama, comedy	(0171) 580 4468
	BBC R Cumbria	Carlisle	1	R5	837 1458		(01228) 592444
	R Maldwyn	Newtown	0.63			"The Magic 756"	(01686) 623555
765	BBC Essex	Chelmsford	0.5	R5	729 1530	Local news bulletins for south Essex throughout the day	(01245) 616000
774	BBC R 4	Enniskillen/Plymouth 1	1		198 603 720 756 1449 1485	mainly speech, drama, comedy	(0171) 580 4468
	BBC R Kent	Littlebourne	0.7	R5	1602		(01634) 830505
	BBC R Leeds	Farnley	0.5	Asian Network/R5		Local Asian Network px M-F 1800-1900	(0113) 2247300
	Classic Gold 774	Gloucester	0.14				(01452) 423791
792	BBC R Foyle	Londonderry	1	R Ulster/R4	1341	Local M-F 0730-0735 1200-1205	(01504) 262244
	Classic Gold 792/828	Bedford	0.275		828		(01234) 272400
801	BBC R Devon	Barnstaple	2	R5	855 990 1458		(01392) 215651
810	BBC R Scotland	Burghead/Westergle	100	R5			(0141) 3398844
828	Classic Gold 828	Bournemouth	0.27				(01202) 259259
	BBC Asian Network	Sedgley	0.2	BBC WS South Asian Sce	837 1458 1449		(0121) 4148000
	Classic Gold 792/828	Luton	0.2		792		(01202) 259259
	Magic 828	Leeds	0.12				(0113) 2835500
837	BBC R Cumbria	Barrow in Furness	1	R5	756 1458		(01228) 592444
	BBC Asian Network	Freemen's Common	0.5	BBC WS South Asian Sce	828 1458		(0121) 4148000
855	BBC R Lancashire	Preston	1	Asian Network/R5	1557	Local Asian Network px Su 1900-2100	(01254) 262411
	BBC R Norfolk	Norwich	1.5	BBC East's Night Shift	873		(01603) 617411
	BBC R Devon for Plymouth	Plymouth	1	BBC R Devon / R5	801 990 1458	Local Fri 19.05-19.30 Sa 12.05-17.00 Su 12.00-14.30	(01752) 260323
	Sunshine 855	Ludlow	0.15				(01584) 873795
873	BBC R Norfolk	West Lynn	0.3	BBC East's Night Shift	855		(01603) 617411
	BBC R Ulster	Enniskillen	1	R4	1341		(01232) 338000
882	BBC R Wales	(synch.)	100	WS	1125		(01222) 572888
909	BBC R Five Live	(synch.)	200		693 990	News, sports	(0171) 580 4468
936	Classic Gold 936/1161	West Wiltshire	0.18		1161		(0117) 984 3200
	Fresh AM	Hawes	1.8		1413 1431		(01756) 799991
945	Classic Gold Gem	Derby	0.2		999		(0115) 952 7000
	Capital Gold 945/1323	Brighton	0.75		1323		(01273) 430111
954	Classic Gold 666/954	Torbay	0.32		666		(01392) 444444
	Classic Gold 954/1530	Hereford	0.16		1530		(01905) 740600 / (01432) 3602
963	Asian Sound R	Manchester	0.2		1377	Asian	(0161) 288 1000

	Liberty R 963 & 972 MW	East London	1	972		020 8221 4040
972	Liberty R 963 & 972 MW	Southall, West Lond	2	963		020 8221 4040
990	BBC R 5 Live	Gwynedd	1	693 909	News, sports	(0171) 5804468
	BBC R Nan Gaidheal	Aberdeen-Redmoss	1	810	Gaelic. Relays R Scotland at other times.	(01224) 625233
	BBC R Devon 1458/990	Exeter	1	801 855 1458	Local for 1458/990 Sa 1430-1700	(01392) 215651
	Magic AM	Doncaster	0.25	1305 1548		(0114) 209 1000
	Classic Gold WABC	Wolverhampton	0.09	1017		(01902) 461300
999	BBC R Solent	Fareham	1	1359	R5	(02380) 632811
	Classic Gold Gem	Nottingham	0.25	945		(0115) 952 7000
	Magic 999	Preston	0.8			(01772) 477720
	Valleys R	Ebbw Vale	0.3	1116		(01495) 301116
1017	Classic Gold WABC	Shropshire	0.63	990		(01902) 461300
1026	BBC R Cambridgeshire	Cambridge	0.5		BBC East's Night Shift	(01223) 259969
	BBC R Jersey	Trinity	1		R5	(01534) 870000
	DTR	Belfast	1.7			028 9181 5555
1035	BBC R Sheffield	Sheffield	1		Asian Network/R5	(0114) 2686185
	Mean Country	London	1			020 8733 1300
	North Sound 2	Aberdeen	0.78			(01224) 337000
	West Sound AM	Ayr	0.32			(01292) 283662
1053	talkSPORT	(synch.)	100	1089 1071 1107	Sports talk	020 7959 7800
1071	talkSPORT	(synch.)	100	1053 1089 1107	Sports talk	020 7959 7800
1089	talkSPORT	(synch.)	100	1053 1071 1107	Sports talk	020 7959 7800
1107	Moray Firth R	Inverness	1.5		"MFR"	(01463) 224433
	talkSPORT	Gatwick	1	1053 1071 1089	Sports talk	020 7959 7800
1116	BBC R Derby	Burnaston Lane	1		Asian Network/R5	(01332) 361111
	BBC R Guernsey	Guernsey	0.5		R5	(01481) 728977
	Valleys R	Ebbw Vale	1	999		(01495) 301116
1125	BBC R Wales	Llandrindod Wells	1	882	WS	(01222) 572888
1152	Classic Gold Amber	Norwich	0.83	1170 1251		(01603) 630621
	Clyde 2	Glasgow	3.6			(0141) 565 2200
	Magic 1152	Newcastle	1.8			(0191) 420 0971
	LBC News 1152 AM	London	23.5			020 7314 7300
	Manchester's Magic 1152	Manchester	1.5		"The magic of Manchester"	(0161) 288 5000
	Classic Gold Plymouth 1152	Plymouth	0.32			(01752) 227272
	Capital Gold 1152	Birmingham	3			0121 245 5000
1161	BBC Three Counties R	Bedford	0.1		Asian Network/BBC East's Ni	630
	BBC Southern Counties Radio for Sussex	Bexhill-on-Sea	1	1368 1485		(01483) 306306
	Classic Gold 936/1161	Swindon	0.16	936		(0117) 984 3200
	Magic 1161	Hull	0.35			(01482) 593067
	Tay AM	Dundee	1.4	1584		(01382) 200800
1170	Classic Gold Amber	Ipswich	0.28	1152 1251		(01473) 461000
	Magic 1170	Stockton-on-Tees	0.32			(01642) 888222
	Signal's Big 1170 AM	Stoke-on-Trent	0.2			(01782) 441300
	Capital Gold 1170/1557	Portsmouth	0.5	1557		(01489) 589911
	Swansea Sound	Swansea	0.58		Also nx in Welsh	(01792) 511170
1197	Virgin 1215	(synch.)	1	1215 1233 1242 1260		020 7434 1215
1215	Virgin 1215	(synch.)	100	1197 1233 1242 1260		020 7434 1215
1233	Virgin 1215	(synch.)	0.2	1197 1215 1242 1260		020 7434 1215
1242	Capital Gold 1242/603	Medway	0.32	603		(01227) 772004
	Virgin 1215	(synch.)	1	1197 1215 1233 1260		020 7434 1215
1251	Classic Gold Amber	Bury St. Edmunds	0.76	1152 1170		(01473) 461000
1260	BBC North Yorkshire	Scarborough	0.5	666	R5	(01904) 641351
	Classic Gold 1260	Bristol	1.6			(0117) 984 3200
	Classic Gold Marcher 1260 AM	Wrexham	0.64			(01978) 752202
	Sabras R	Leicester	0.29		Asian	(0116) 261 0666
	Virgin 1215	(synch.)	1	1197 1215 1233 1242		020 7434 1215
1278	West Yorkshire's Classic Gold	Bradford	0.43	1530		(01274) 203040

	RTE Hitradio 2	Cork/Dublin	10		612		(1) 643111
1296	BBC World Service	Orford Ness	500				(0171) 5804468
	Radio XL 1296 AM	Birmingham	10			Asian	(0121) 753 5353
1305	Magic AM	Barnsley	0.15		990 1548		(0114) 209 1000
	Premier Christian R	London	0.5		1332 1413	Christian	020 7316 1300
	Capital Gold 1305/1359	Newport	0.2		1359		02920 662066
1323	Capital Gold 945/1323	Brighton	0.5		945		020 7766 6000
1332	BBC Radio Wiltshire	Lacock	0.3	R5	1368		(01722) 422123
	Classic Gold 1332	Peterborough	0.6				(01733) 460460
	Premier Christian R	London	1		1305 1413	Christian	020 7316 1300
1341	BBC R Ulster	Lisnagarvey	100	R4	873		(01232) 338000
1359	BBC R Solent for Dorset	Bournemouth	0.85	BBC R Solent/R5	999	Local nx at 0710 and 0810. Dorset Evening news 1700-1800.	(01305) 269654
	Classic Gold Breeze	Chelmsford	0.28		1431		(01702) 333711
	Classic Gold 1359	Coventry	0.27				(01203) 868200
	Capital Gold 1305/1359	Cardiff	0.2		1305		02920 662066
1368	BBC R Lincolnshire	Lincoln	2	R5			(01522) 511411
	BBC Southern Counties Radio for Surrey	Duxhurst	0.5		1161 1485	Local Breakfast Show for Surrey on 104.0 and 104.6 Mon-Fri 06-09	(01483) 306306
	BBC Radio Swindon	Swindon	0.1	R Wiltshire / R5	1332	Local px at daytime	(01722) 422123
	Manx R	Douglas	20			Kick FM	(01624) 661066
1377	Asian Sound R	Manchester	0.08		963	Asian	(0161) 288 1000
1413	BBC R Gloucestershire	Gloucester	0.5	R5			(01452) 308585
	Fresh AM	Skipton/Richmond	0.1		936 1431		(01756) 799991
	Premier Christian R	London	0.5		1305 1332	Christian	020 7316 1300
1431	Classic Gold 1431/1485	Reading	0.14		1485		(0118) 945 4400
	Classic Gold Breeze	Southend	0.35		1359		(01702) 333711
	Fresh AM	Ilkley/Settle	0		936 1413		(01756) 799991
1449	BBC R 4	Aberdeen-Redmoss	2		198 603 720 756 774 1485	mainly speech, drama, comedy	(0171) 5804468
	BBC Asian Network	Gunthorpe	0.15	BBC WS South Asia Sce	828 837 1458		(01733) 312832
1458	BBC R Cumbria	Carlisle-Whitehaven	0.5	R5	756 837		(01228) 592444
	BBC R Devon for 1458/990	Torbay	2	BBC R Devon / R5	801 855 990	Local for 1458/990 Sa 1430-1700	(01392) 215651
	BBC R Newcastle	Newcastle	2	R5			(0191) 2324141
	BBC Asian Network	Birmingham	5	BBC WS South Asian Sce	828 837 1449		(0121) 4148000
	Capital Gold Manchester	Manchester	5				(0161) 400 0105
	Sunrise R	London	125			Asian	020 8574 6666
1485	BBC R 4 UK	Carlisle	1		198 603 720 756 774 1449	mainly speech, drama, comedy	(0171) 5804468
	BBC R Humberside	Hull	2	R5			(01482) 323232
	BBC R Merseyside	Wallasey	2	R5			(0151) 7085500
	BBC Southern Counties Radio for Brighton	Brighton	1		1161 1368	Local Breakfast Show for Brighton on 95.3 Mon- Fri 06-09	(01483) 306306
	Classic Gold 1431/1485	Newbury	1		1431		(0118) 945 4400
1503	BBC R Stoke	Stoke-on-Trent	1	R5			(01782) 208080
1521	Classic Gold 1521	Reigate	0.64				(01293) 519161
1530	BBC Essex	Southend-on-Sea	0.15	R5	729 765	Local news bulletins for south Essex throughout the day	(01245) 616000
	West Yorkshire's Classic Gold	Huddersfield	0.74		1278	Local px 1400-1800	(01274) 203040
	Classic Gold 954/1530	Worcester	0.52		954		(01905) 740600 / (01432) 36024
1548	BBC R Bristol	Mangotsfield	5	R5			(0117) 9741111
	Capital Gold 1548	London	97.5				020 7766 6000
	Magic AM	Sheffield	0.74		990 1305		(0114) 209 1000
	Forth 2	Edinburgh	2.2				(0131) 5569255
	Magic 1548	Liverpool	1				(0151) 4726800
1557	BBC R Lancashire	Oxcliffe	0.25	R5	855	Local Asian Network px Su 1900-2100	(01254) 262411
	Classic Gold 1557 Northamptonshire	Northampton	0.76				(01604) 795600
	Capital Gold 1170/1557	Southampton	0.5		1170		(01489) 589911
1566	BBC Somerset Sound	Taunton	0.63	BBC R Bristol / R5	1548		(01823) 252437
	County Sound R 1566 AM	Guildford	0.8				(01483) 300964
1584	BBC R Nottingham	Clipstone	1	R5			(0115) 9550500
	BBC R Shropshire	Woofferton	0.3	R5			(01743) 248484
	London Turkish Radio	North London	0.2			Turkish, "LTR"	020 8881 0606/2020

Tay AM
1602 BBC R Kent

Perth
Rusthall

0.21
0.25 R5

1161
774

(01382) 200800
(01634) 830505