

BRITISH DX CLUB'S

Radio Stations

in the

United Kingdom

Key to Abbreviations in Notes column

#	In "Notes" column = transmitter not in service at time of publication (inactive or planned).
>>	In "Notes" column = change of station or frequency expected.
\$\$	Power increase or coverage improvement approved for this station
CR	Community Radio station – not-for-profit services operating with 5-year licences.
DAB	Digital Audio Broadcasting (in the UK on VHF band III between 217.5 and 230 MHz)
AM	Amplitude Modulation (as used on the medium, long and shortwave broadcasts bands)
FM	Frequency Modulation (as used on the VHF broadcast band)
kW	Transmitter power in kilowatts
LPAM	Low power AM stations operating with a long-term (5 year) licence on medium wave
LRSL	Low power FM stations operating with a long-term (5 year) licence on FM
MW	Mediumwave broadcast band (also known as MF - medium frequency. See also AM)
Pol	Polarisation: c=circular; h=horizontal; m=mixed (horizontal+vertical); v=vertical
R5	In "Notes" column = BBC Radio 5 Live is relayed overnight (approx 0100 to 0500/0600).
RSL	Restricted Service Licence (duration usually a maximum of 28 days).
VHF	Very High Frequency (see also FM, above)
WS	In "Notes" column = BBC World Service relayed overnight (0000-0600 approx).

All **times** mentioned are UK local time (GMT/UTC from the fourth Sunday in October until the last Sunday in March, GMT/UTC +1 hour from April to October).

Parallel frequencies are listed for **local** stations as a guide, but separate programmes and advertising may be carried at times, especially when frequencies are shown in brackets. Even when carrying common programming, local identifications and commercials may be inserted.

Overnight (0100-0500/0600) with some exceptions BBC local stations in England as well as Radio Wales, Radio Scotland/Radio nan Gaidheal and Radio Ulster relay **BBC Radio 5 Live** overnight. BBC Radio 4 and Radio Cymru carry **BBC World Service**.

Many smaller **commercial** and **community** stations are automated overnight, usually with local IDs inserted. Low Power AM and FM stations may relay a variety of sustaining services.

BBC Radio Scotland local news: Certain Radio Scotland FM transmitters (marked a/b/h/sw) carry local news bulletins and weather forecasts Monday-Friday at the following times:

0630-0636, 0730-0740, 0830-0836, 1230-1236, 1630-1636, 1730-1736

(a) **North East Scotland & northern isles** - from Aberdeen (b) **Borders area** - from Selkirk

(h) **Highlands & Islands** - from Inverness

(sw) **south west Scotland** - from Dumfries

Radio Orkney local programming is broadcast Mon-Fri at 0730-0800 and 1810-1900.

Radio Shetland local programming is broadcast Mon-Fri at 1230-1236, 1730-1800 and 1810-1900.

VHF/FM Transmitters in the UK

<u>VHF Freq</u>		<u>Pol</u>	<u>Station Name</u>	<u>Location</u>	<u>Parallel VHF</u>	<u>Notes</u>
<u>MHz</u>	<u>kW</u>				<u>Freq MHz</u>	
87.7	<0.025	v	<i>RSL stations broadcast on this frequency including:</i>		<i>irreg</i>	RSL
	<0.025	v	<i>Drive-in cinemas</i>	<i>various locations</i>	<i>irreg</i>	RSL
	<0.025	v	Horse racing RSLs:	Badminton (Glos)	<i>irreg</i>	RSL
				Cheltenham (Glos)	<i>irreg</i>	RSL
				Goodwood (Sussex)	<i>irreg</i>	RSL
				Newmarket (Cambridgeshire)	<i>irreg</i>	RSL
				Kenilworth (Warwickshire) etc	<i>irreg</i>	RSL
	0.010	v	R Silverstone	Silverstone Circuit (Northants)	-	LRLS
	0.025	v	R Wimbledon	Wimbledon tennis, SW London	<i>June-July</i>	RSL
	0.001	v	60 North R (Tourist Info)	Brae Marina (Delting), Shetland	-	LRLS #
	0.001	v	60 North R (Tourist Info)	Bressay & N Ness Nature Reserve, Shetland	-	LRLS #
	0.001	v	60 North R (Tourist Info)	Eshaness (Northmavine), Shetland	-	LRLS #
	0.001	v	60 North R (Tourist Info)	Unst (Visit Shetland office), Shetland	-	LRLS #
	0.001	v	60 North R (Tourist Info)	Sumburgh Head Nature Reserve, Shetland	-	LRLS #
	0.001	v	60 North R (Tourist Info)	Walls Marina (West Mainland), Shetland	-	LRLS #
	50mW	v	BFBS Scotland	Inverness (Cameron Barracks) (<i>Army radio</i>)		LRLS
	50mW	v	BFBS Scotland	Inverness (Fort George, Ardesier) (<i>Army radio</i>)		LRLS
	50mW	v	BHR (Basildon Hosp. R)	Basildon Hospital	-	LRLS
	50mW	v	Bridge FM	Ninewells Hospital, Dundee	-	LRLS
	50mW	v	Bridge FM	Royal Victoria Hospital, Dundee	-	LRLS
	50mW	v	Fresh FM	Petroc campus, Barnstaple (<i>0830-1630 term time</i>)		LRLS
	50mW	v	R Glangwili	Glangwili Hospital, Carmarthen	-	LRLS
	50mW	v	HCC R	Honiton Community College, Devon (<i>irreg</i>)		LRLS
	50mW	v	RNA (R North Angus)	Montrose Royal Infirmary	96.6/107.5	LRLS
	50mW	v	RNA (R North Angus)	Montrose Academy, Montrose	96.6/107.5	LRLS
	50mW	v	RNA (R North Angus)	Brechin High School, Brechin	96.6/107.5	LRLS
	50mW	v	RNA (R North Angus)	Whitehills Health Centre, Forfar	96.6/107.5	LRLS
	50mW	v	UWS R	Univ of West of Scotland, Ayr	-	LRLS
	50mW	v	Xpression FM	Univ of Exeter (Moberly & Lafrowda) (<i>term time</i>)		LRLS
87.8	0.0005	v	RB FM (R Bronglais)	Bronglais Hospital, Aberystwyth	-	LRLS
87.9	<0.025	v	<i>many RSL stations broadcast on this frequency</i>		-	<i>irreg</i>
	0.0005	v	Hospital R Medway	Medway Maritime Hospital, Gillingham	-	LRLS
88.0	1.4	m	Heart - N Wales	Wrexham-Rhos	107.2/107.7etc	
88.1	250	m	BBC R 2	Sandale, Cumbria	-	
	160	m	BBC R 2	North Hessary Tor, Devon	-	
	5	m	BBC R 2	Manningtree, Essex	-	
	3	m	BBC R 2	Guildford, Surrey	-	
	2	v	BBC R 2	Cletraval, North Uist, Western Isles	-	
	0.18	m	BBC R 2	Ffestiniog, Gwynedd	-	
	0.08	v	BBC R 2	Bowmore, Isle of Islay	-	
	0.05	v	BBC R 2	Deiniolen, Gwynedd	-	
	0.05	m	BBC R 2	Llanidloes, Powys	-	
	0.05	v	BBC R 2	Grantham, Lincs.	-	
	0.05	m	BBC R 2	Ballachulish, Argyll	-	
	0.04	m	BBC R 2	Mallaig, Inverness-shire	-	
	0.01	v	BBC R 2	Cirencester, Gloucestershire	-	
	0.01	v	BBC R 2	Clyro, Powys	-	
	0.01	m	BBC R 2	Penifiler, Isle of Skye	-	
88.2	0.5	m	BBC R 2	Knock More, Morayshire	-	
	0.1	v	BBC R 2	Nailsworth, Glos.	-	
	0.1	v	BBC R 2	Newbury, Berkshire	-	
	0.05	m	BBC R 2	Betws-y-Coed, Conwy	-	
	0.032	v	BBC R 2	Calne, Wiltshire	-	
	0.01	v	BBC R 2	Bexhill, East Sussex	-	
	0.01	v	BBC R 2	Rheola, Mid Glamorgan	-	
88.3	250	m	BBC R 2	Sutton Coldfield, W.Mids	-	
	43	m	BBC R 2	Bressay, Shetland	-	
	17	m	BBC R 2	Forfar, Angus	-	
	0.2	v	BBC R 2	Llwyn Onn, Gwynedd	-	

	0.2	m	BBC R 2	Lethanhill, Ayrshire	-	
	0.2	v	BBC R 2	Ness of Lewis	-	
	0.064	m	BBC R 2	Windermere, Cumbria	-	
	0.054	m	BBC R 2	Wensleydale, N.Yorks.	-	
	0.05	m	BBC R 2	Millburn Muir, Dunbartonshire	-	
	0.05	v	BBC R 2	Ullapool, Ross-shire	-	
	0.05	v	BBC R 2	Westwood, Wilts.	-	
	0.04	m	BBC R 2	Rostrevor Forest, Co.Down	-	
	0.002	v	University R York (URY)	York (University)	<i>term time 1350</i>	LRSL
	0.002	v	Radio Brands	Brands Hatch Race Circuit, Kent	<i>race days</i>	LRSL
88.4	11	m	BBC R 2	Douglas, Isle of Man	-	
	3.2	m	BBC R 2	Carmel, Carmarthenshire	-	
	0.8	m	BBC R 2	Campbeltown, Argyll	-	
	0.1	v	BBC R 2	Creteway Down, Folkestone	-	
	0.1	v	BBC R 2	Penmaen Rhos, Colwyn Bay	-	
	0.04	m	BBC R 2	Wharfedale, N.Yorks.	-	
	0.03	m	BBC R 2	Ebbw Vale, Gwent	-	
	0.025	v	BBC R 2	Kenley, Surrey	-	
	0.025	v	BBC R 2	Hebden Bridge, W.Yorks.	-	
	0.02	m	BBC R 2	Peebles, Borders	-	
	0.01	v	BBC R 2	Porth, Mid Glamorgan	-	
	0.01	v	BBC R 2	Walsden South, W.Yorks.	-	
	0.037	m	Gaydio	Manchester (Manchester One)	-	CR \$\$
88.5	250	m	BBC R 2	Rowridge, Isle of Wight	-	
	134	m	BBC R 2	Pontop Pike, Co.Durham	-	
	30	m	BBC R 2	Skriaig, Isle of Skye	-	
	1	m	BBC R 2	Barnstaple, Devon	-	
	0.57	m	BBC R 2	Rothsay (tx at Toward, Argyll)	-	
	0.04	v	BBC R 2	Plympton, Devon	-	
	0.025	v	BBC R 2	Idle, W Yorkshire	-	
	0.01	v	BBC R 2	Blaenavon, Gwent	-	
	0.01	v	BBC R 2	Cwmafan, West Glamorgan	-	
88.6	10	m	BBC R 2	Ridge Hill, Herefordshire	-	
	10	m	BBC R 2	Bow Brickhill, Bucks.	-	
	4	m	BBC R 2	Winter Hill, Lancs.	-	
	0.65	v	BBC R 2	Fort Augustus, Inverness-shire	-	
	0.3	m	BBC R Sheffield	Sheffield City relay	94.7/104.1	R5
	0.2	v	BBC R 2	Penicuik, Midlothian	-	
	0.025	v	BBC R 2	Berwick upon Tweed	-	
	0.01	v	BBC R 2	Llangeinor, Mid Glamorgan	-	
88.7	250	m	BBC R 2	Blaenplwyf, Aberystwyth	-	
	150	m	BBC R 2	Meldrum, Aberdeenshire	-	
	31	m	BBC R 2	Londonderry	-	
	4	m	BBC R 2	Camlough, Co Armagh	-	
	1	v	BBC R 2	Beacon Hill, Devon	-	
	1	v	BBC R 2	Ben Gullipen, Callander/Stirling	-	
	0.128	m	BBC R 2	Cambret Hill, Kirkcudbrightshire	-	
	0.084	v	BBC R 2	Luddenden, W.Yorkshire	-	
	0.07	m	BBC R 2	Okehampton, Devon	-	
	0.05	h	BBC R 2	Ardgour, Argyll	-	
	0.04	m	BBC R 2	Kirkconnel, Dumfries-shire.	-	
	0.04	m	BBC R 2	Abergavenny	-	
88.8	16	m	BBC R 2	Belmont, Lincs.	-	
	4	v	BBC R 2	Crystal Palace, London	-	
	3.8	m	BBC R Jersey	Les Platons, Channel Is.	-	R5
	0.2	v	BBC R 2	Penaligon Downs, Bodmin, Cornwall	-	
	0.1	m	BBC R 2	Ballycastle, Co.Antrim	-	
	0.06	m	BBC R 2	Isles of Scilly	-	
	0.02	v	BBC R 2	Carnmoney Hill, Co Antrim	-	
	0.018	m	BBC R 2	Strachur, Argyll	-	
	0.01	v	BBC R 2	Chippenham, Wilts.	-	
	0.006	m	BBC R 2	Ton Pentre, Mid Glam.	-	
88.9	15.6	m	BBC R 2	Llangollen	-	
	3.6	m	BBC R 2	Oban, Argyll	-	
	1	v	BBC R 2	Keighley, W.Yorks.	-	
	0.26	m	BBC R 2	Madingley, Cambridge	-	

	0.125	v	BBC R 2	Membury, Berkshire	-	
	0.123	m	BBC R 2	Northampton	-	
	0.1	v	BBC R 2	Girvan, Ayrshire	-	
	0.1	v	BBC R 2	Todmorden, W.Yorks.	-	
	0.048	m	BBC R 2	Varteg Hill, Swansea Valley	-	
	0.033	v	BBC R 2	Chard, Somerset	-	
	0.02	m	BBC R 2	Brecon, Powys	-	
	0.007	m	BBC R 2	Carmarthen	-	
	0.001	v	Anker R	George Elliot Hospital, Nuneaton	1386AM	L RSL
89.0	5	v	BBC R 2	Bilsdale, N Yorkshire	-	
	1.9	m	Manx R	Snaefell, Isle of Man	97.2/103.7	
	0.964	m	BBC R 2	Kirkton Mailer, Perth	-	
	0.4	v	BBC R 2	Chesterfield, Derbyshire	-	
	0.2	v	BBC R 2	Blunsdon, Swindon, Wilts	-	
	0.1	m	BBC R 2	Kendal, Cumbria	-	
	0.082	m	BBC R 2	Bath	-	
	0.072	m	BBC R 2	Churchdown Hill, Glos.	-	
	0.065	v	BBC R 2	Port Ellen, Isle of Islay	-	
	0.055	m	BBC R 2	St Thomas, Exeter	-	
	0.01	v	BBC R 2	Abertillery	-	
	0.01	v	BBC R 2	Croeserw, W Glamorgan	-	
	0.01	v	BBC R 2	Minehead, Somerset	-	
89.1	250	m	BBC R 2	Wrotham, Kent	-	
	50	m	BBC R 2	Melvaig, Ross-shire	-	
	50	m	BBC R 2	Ashkirk, Selkirkshire	-	
	2.8	m	BBC R 2	Llandrindod Wells, Powys	-	
	0.2	v	BBC R 2	Bridport, Dorset	-	
	0.064	m	BBC R 2	Kingussie, Inverness-shire	-	
	0.06	v	BBC R 2	Egford Hill, Frome, Somerset	-	
	0.05	v	BBC R 2	West Kilbride, Ayrshire	-	
	0.05	v	BBC R 2	Conwy	-	
	0.032	m	BBC R 2	Larne, Co.Antrim	-	
	0.014	m	BBC R 2	Llanfyllin, Powys	-	
	0.004	v	BBC R 2	Combe Martin, Devon	-	
	0.05	m	BRMB	Aston, Birmingham (Victor Tower)	-	CR
89.2	0.5	h	BBC R 2	Pitlochry, Perthshire	-	
	0.1	v	BBC R 2	Chalford, Glos.	-	
	0.05	m	BBC R 2	Pontypool	-	
	0.042	m	BBC R 2	Aberdare, Mid Glamorgan	-	
	0.032	m	BBC R 2	Rosneath, Dunbartonshire	-	
	0.01	v	BBC R 2	Ogmore Vale, Mid Glamorgan	-	
	0.05	v	Pride R	Newcastle-Upon-Tyne (Shieldfield House)	(LGBT)	CR
89.3	250	m	BBC R 2	Holme Moss, W.Yorks.	-	
	41	m	BBC R 2	Keelylang Hill, Orkney	-	
	20	m	BBC R 2	Haverfordwest, Pembrokeshire	-	
	3	m	BBC R 2	Fort William, Inverness-shire	-	
	2.2	m	BBC R 2	South Knapdale, Argyll	-	
	1.3	m	BBC R 2	Ilchester Crescent, Bristol	-	
	1	v	BBC R 2	Daliburgh, South Uist, Western Isles	-	
	0.125	v	BBC R 2	Crieff, Perthshire	-	
	0.02	v	BBC R 2	Rhymney, Gwent	-	
	0.15	v	Belfast 89 FM	Belfast (Europa Hotel)	(over 55s)	CR
	0.025	v	BFBS	Blandford Camp, Dorset	(Army radio)	CR
89.4	9.8	m	BBC R 2	Brougher Mountain, Co.Fermanagh	-	
	2.1	m	BBC R 2	Durriss, Aberdeenshire	-	
	0.2	m	BBC R 2	Kilkeel, Newry, Co.Down	-	
	0.2	m	BBC R 2	Machynlleth, Powys	-	
	0.1	v	BBC R 2	Holcombe Down, Devon	-	
	0.1	v	BBC R 2	Llandecwyn, Gwynedd	-	
	0.1	v	BBC R 2	Newton, Northumberland	-	
	0.048	m	BBC R 2	Ventnor, Isle of Wight	-	
	0.04	v	BBC R 2	Hutton, Somerset	-	
89.5	46	m	BBC R 2	Oxford	-	
	10	m	BBC R 2	Darvel, Ayrshire	-	
	5	m	BBC R 2	Glengorm, Isle of Mull	-	
	0.925	m	BBC R 2	Kilvey Hill, Swansea	-	

	0.2	v	BBC R 2	Salcombe, Devon	-	
	0.08	v	BBC R 2	Axe Valley, Devon	-	
	0.02	m	BBC R 2	Innerleithen, Peebles-shire	-	
	0.01	v	BBC R 2	Darwen, Lancashire	-	
	0.005	v	BBC R 2	Pennar, Gwent	-	
	0.1	m	Manx R	Ramsey relay, Isle of Man	89.0/97.2/103.7	
	0.062	m	Manx R	Peel relay, Isle of Man	89.0/97.2/103.7	
89.6	20	m	BBC R 2	Rosemarkie, Ross-shire	-	
	16	m	BBC R 2	Les Platons, Channel Islands	-	
	3.4	m	BBC R 2	Limavady, Co.Londonderry	-	
	0.5	m	BBC R 2	Hastings, E.Sussex	-	
	0.3	v	BBC R 2	Gogwell, Tiverton, Devon	-	
	0.1	m	BBC R 2	Whitby, N.Yorks.	-	
	0.05	m	BBC R 2	Long Mountain, Welshpool, Powys	-	
	0.032	v	BBC R 2	Rosemount, Tayside	-	
	0.03	h	BBC R 2	Keswick Forest, Cumbria	-	
	0.01	v	BBC R 2	Llyswen, Powys	-	
	0.01	m	BBC R 2	Ludlow, Shropshire	-	
	0.01	v	BBC R 2	Ferndale, Mid Glamorgan	-	
	0.01	v	BBC R 2	Whalley, Lancs.	-	
	0.01	m	Cannock Chase R	Rugeley, Staffs. (The Hart School)	94.0	CR
	0.07	v	Westside R	Southall (Rutherford Tower)	-	CR
89.7	250	m	BBC R 2	Tacolneston, Norfolk	-	
	25	m	BBC R 2	Redruth, Cornwall	-	
	0.384	m	BBC R 2	Mynydd Pencarreg, Lampeter	-	
	0.18	m	BBC R 2	Weardale, Co.Durham	-	
	0.1	v	BBC R 2	Eyemouth, Berwickshire	-	
	0.1	m	BBC R 2	Newhaven, E.Sussex	-	
	0.1	v	BBC R 2	Whitehaven, Cumbria	-	
	0.05	v	BBC R 2	Lyme Regis, Dorset	-	
	0.031	v	BBC R 2	Stranraer, Wigtownshire	-	
	0.025	v	BBC R 2	Mickleham, Surrey	-	
	0.02	v	BBC R 2	Cornholme, W.Yorks.	-	
	0.02	v	BBC R 2	Barnoldswick, Lancs	-	
	0.015	v	BBC R 2	Caterham, Surrey	-	
	0.01	m	BBC R 2	Kinlochleven, Argyll	-	
89.8	21	m	BBC R 2	Llanddona, Anglesey	-	
	2	v	BBC R 2	Eitshal, Isle of Lewis	-	
	1.2	m	BBC R 2	Stanton Moor, Derbyshire	-	
	1	v	BBC R 2	Hemdean, Caversham, Berkshire	-	
	0.68	m	BBC R 2	Grantown-on-Spey, Morayshire	-	
	0.2	v	BBC R 2	Beecroft Hill, Leeds	-	
	0.095	v	BBC R 2	Saddleworth, Lancs.	-	
	0.05	m	BBC R 2	Llanrhaeadr-ym-Mochnant, Powys	-	
	0.042	v	BBC R 2	Fenham, Tyneside	-	
	0.02	v	BBC R 2	Salisbury, Wilts.	-	
	0.005	v	BBC R 2	Kingswear, S Devon	-	
89.9	250	m	BBC R 2	Black Hill, Lanarkshire	-	
	250	m	BBC R 2	Wenvoe, Cardiff	-	
	0.32	m	BBC R 2	Sheffield (Crosspool)	-	
	0.25	m	BBC R 2	Scarborough (Oliver's Mount)	-	
	0.083	v	BBC R 2	Haslingden, Lancs.	-	
	0.05	v	BBC R 2	Ivybridge, Devon	-	
90.0	11	m	BBC R 2	Swingate, Dover	-	
	10	m	BBC R 2	Morecambe Bay, Lancs.	-	
	0.13	v	BBC R 2	Weymouth, Dorset	-	
	0.1	m	BBC R 2	Buxton, Derbyshire	-	
	0.05	m	BBC R 2	High Wycombe, Bucks.	-	
	0.02	m	BBC R Shropshire	Church Stretton (Hazler Hill)	95.0/96.0/104.1	R5
	0.23	m	YO1 Radio	York (Selby relay, Selby Abbey)	102.8	CR
90.1	250	m	BBC R 2	Divis, Belfast	-	
	40	m	BBC R 2	Peterborough	-	
	10	m	BBC R 2	Rumster Forest, Caithness	-	
	5.6	m	BBC R 2	Chatton, Northumberland	-	
	0.6	m	BBC R 2	Whitehawk Hill, Brighton	-	
	0.2	v	BBC R 2	Basingstoke, Hants	-	

	0.1	v	BBC R 2	Marlborough, Wiltshire	-	
	0.087	m	BBC R 2	Llandyfriog, Newcastle Emlyn	-	
	0.05	m	BBC R 2	Dolgellau, Gwynedd	-	
	0.042	m	BBC R 2	Tulich, Aberdeenshire	-	
	0.035	m	BBC R 2	Llandinam, Powys	-	
	0.05	m	Legacy FM	Manchester (Hulme)	-	CR
	0.075	v	Hope FM	Bournemouth (Poole House)	[Christian]	CR
90.2	5	v	BBC R 2	Woolmoor, N.Yorkshire	-	
	1	m	BBC R 2	Pendle Forest, Lancs.	-	
	0.01	v	BBC R Wales	Clyro, Powys	90.2-103.9	R5
	0.025	v	Witney R	West Oxon (Stonesfield Social Club)	99.9etc	
90.3	250	m	BBC R 3	Sandale, Cumbria	-	
	160	m	BBC R 3	North Hessary Tor, Devon	-	
	5	m	BBC R 3	Manningtree, Essex	-	
	3	m	BBC R 3	Guildford, Surrey	-	
	2	v	BBC R 3	Cletraval, North Uist, Western Isles	-	
	0.18	m	BBC R Wales	Ffestiniog, Gwynedd	90.2-103.9	R5
	0.08	v	BBC R 3	Bowmore, Isle of Islay	-	
	0.05	v	BBC R Wales	Deiniolen, Gwynedd	90.2-103.9	R5
	0.05	m	BBC R 3	Ballachulish, Argyll	-	
	0.05	v	BBC R 3	Grantham, Lincs.	-	
	0.05	m	BBC R Wales	Llanidloes, Powys	90.2-103.9	R5
	0.04	m	BBC R 3	Mallaig, Inverness-shire	-	
	0.01	v	BBC R 3	Cirencester, Gloucestershire	-	
90.4	0.01	m	BBC R 3	Penifiler, Isle of Skye	-	
	0.5	m	BBC R 3	Knock More, Morayshire	-	
	0.1	v	BBC R 3	Nailsworth, Glos.	-	
	0.1	v	BBC R 3	Newbury, Berkshire	-	
	0.1	v	BBC Three Counties R	Epping Green (Herts)	95.5/98.0/103.8etc	R5
	0.05	m	BBC R Wales	Betws-y-Coed, Conwy	90.2-103.9	R5
	0.032	v	BBC R 3	Calne, Wiltshire	-	
90.5	0.01	v	BBC R Wales	Rheola, Mid Glamorgan	90.2-103.9	R5
	250	m	BBC R 3	Sutton Coldfield, W.Mids.	-	
	43	m	BBC R 3	Bressay, Shetland	-	
	17	m	BBC R 3	Forfar, Angus	-	
	0.2	v	BBC R Wales	Llwyn-Onn, Gwynedd	90.2-103.9	R5
	0.2	m	BBC R 3	Lethanhill, Ayrshire	-	
	0.2	v	BBC R 3	Ness of Lewis	-	
	0.064	m	BBC R 3	Windermere, Cumbria	-	
	0.054	m	BBC R 3	Wensleydale, N.Yorks.	-	
	0.05	v	BBC R 3	Ullapool, Ross-shire	-	
	0.05	v	BBC R 3	Westwood, Wilts	-	
	0.05	m	BBC R 3	Millburn Muir, Dunbartonshire	-	
90.6	0.04	m	BBC R 3	Rostrevor Forest, Co.Down	-	
	11	m	BBC R 3	Douglas, Isle of Man	-	
	3.2	m	BBC R 3	Carmel, Carmarthenshire	-	
	0.8	m	BBC R 3	Campbeltown, Argyll	-	
	0.1	v	BBC R 3	Creteway Down, Folkestone	-	
	0.1	v	BBC R Wales	Penmaen Rhos, Colwyn Bay	90.2-103.9	R5
	0.04	m	BBC R 3	Wharfedale, W.Yorks.	-	
	0.03	m	BBC R 3	Ebbw Vale, Gwent	-	
	0.025	v	BBC R 3	Kenley, Surrey	-	
	0.025	v	BBC R 3	Hebden Bridge, W.Yorks.	-	
	0.02	m	BBC R 3	Peebles, Borders	-	
	0.01	v	BBC R 3	Walsden South, W.Yorks.	-	
	0.01	v	BBC R 3	Porth, Mid Glamorgan	-	
90.7	0.1	m	Heritage FM	Manchester (Duffield Court)	[Muslim]	CR
	250	m	BBC R 3	Rowridge, Isle of Wight	-	
	134	m	BBC R 3	Pontop Pike, Co.Durham	-	
	30	m	BBC R 3	Skriaig, Isle of Skye	-	
	1	m	BBC R 3	Barnstaple, Devon	-	
	0.57	m	BBC R 3	Rothsay (tx at Toward, Argyll)	-	
	0.04	v	BBC R 3	Plympton, Devon	-	
	0.025	v	BBC R 3	Idle, West Yorkshire	-	
	0.01	v	BBC R Wales	Cwmafan, West Glamorgan	90.2-103.9	R5
	0.01	v	BBC R 3	Blaenavon, Gwent	-	

90.8	10	m	BBC R 3	Ridge Hill, Herefordshire	-	
	10	m	BBC R 3	Bow Brickhill, Bucks.	-	
	4	m	BBC R 3	Winter Hill, Lancs.	-	
	0.65	v	BBC R 3	Fort Augustus, Inverness-shire	-	
	0.2	v	BBC R 3	Penicuik, Midlothian	-	
	0.025	v	BBC R 3	Berwick upon Tweed	-	
	0.01	v	BBC R Wales	Llangeinor, Mid Glamorgan	90.2-103.9	R5
	0.0005	v	BFBS Gurkha R	Dover (Community Centre)	[Nepali] 105.4/1278AM	LRS�
90.9	250	m	BBC R 3	Blaenplwyf, Aberystwyth	-	
	150	m	BBC R 3	Meldrum, Aberdeenshire	-	
	31	m	BBC R 3	Londonderry	-	
	16	m	BBC R 3	Belmont, Lincs.	-	
	4	m	BBC R 3	Camlough, Co Armagh	-	
	1	v	BBC R 3	Beacon Hill, Devon	-	
	1	v	BBC R 3	Ben Gullipen, Callander/Stirling	-	
	0.84	v	BBC R 3	Luddenden, W.Yorkshire	-	
	0.128	m	BBC R 3	Cambret Hill, Kirkcudbright	-	
	0.07	m	BBC R 3	Okehampton, Devon	-	
	0.05	h	BBC R 3	Ardgour, Argyll	-	
	0.04	m	BBC R 3	Abergavenny	-	
	0.04	m	BBC R 3	Kirkconnel, Dumfries-shire	-	
91.0	4	v	BBC R 3	Crystal Palace, London	-	
	0.2	v	BBC R 3	Penaligon Downs, Bodmin, Cornwall	-	
	0.2	m	Sabras R	Leicester (Corah Works)	102.1	
	0.1	m	BBC R 3	Ballycastle, Co.Antrim	-	
	0.06	m	BBC R 3	Isles of Scilly	-	
	0.02	v	BBC R 3	Carnmoney Hill, Co Antrim	-	
	0.018	m	BBC R 3	Strachur, Argyll	-	
	0.01	v	BBC R 3	Chippenham, Wilts.	-	
	0.006	m	BBC R 3	Ton Pentre, Mid Glam.	-	
91.1	16	m	BBC R 3	Les Platons, Channel Islands	-	
	15.6	m	BBC R Wales	Llangollen	90.2-103.9	R5
	3.6	m	BBC R 3	Oban, Argyll	-	
	1	v	BBC R 3	Keighley, W.Yorks.	-	
	0.26	m	BBC R 3	Madingley, Cambridge	-	
	0.125	v	BBC R 3	Membury, Berkshire	-	
	0.123	m	BBC R 3	Northampton	-	
	0.1	v	BBC R 3	Girvan, Ayrshire	-	
	0.1	v	BBC R 3	Todmorden, W.Yorks.	-	
	0.048	m	BBC R 3	Varteg Hill, Swansea Valley	-	
	0.033	v	BBC R 3	Chard, Somerset	-	
	0.02	m	BBC R Wales	Brecon, Powys	90.2-103.9	R5
	0.007	m	BBC R Wales	Carmarthen	90.2-103.9	R5
91.2	5	v	BBC R 3	Bilsdale, N Yorkshire	-	
	1.2	m	Energy FM	Isle of Man (Snaefell)	93.4/98.4/98.6/105.2	
	0.964	m	BBC R 3	Kirkton Mailer, Perth	-	
	0.4	v	BBC R 3	Chesterfield, Derbys.	-	
	0.2	v	BBC R 3	Blunsdon, Swindon, Wilts	-	
	0.1	m	BBC R 3	Kendal, Cumbria	-	
	0.082	m	BBC R 3	Bath	-	
	0.072	m	BBC R 3	Churchdown Hill, Glos.	-	
	0.065	v	BBC R 3	Port Ellen, Isle of Islay	-	
	0.055	m	BBC R 3	St Thomas, Exeter	-	
	0.01	v	BBC R Wales	Abertillery	90.2-103.9	R5
	0.01	v	BBC R Wales	Croeserw, W.Glamorgan	90.2-103.9	R5
	0.01	v	BBC R 3	Minehead, Somerset	-	
91.3	250	m	BBC R 3	Wrotham, Kent	-	
	50	m	BBC R 3	Melvaig, Ross-shire	-	
	50	m	BBC R 3	Ashkirk, Selkirkshire	-	
	2.8	m	BBC R Wales	Llandrindod Wells, Powys	90.2-103.9	R5
	0.2	v	BBC R 3	Bridport, Dorset	-	
	0.064	m	BBC R 3	Kingussie, Inverness-shire	-	
	0.06	v	BBC R 3	Egford Hill, Frome, Somerset	-	
	0.05	v	BBC R Wales	Conwy	90.2-103.9	R5
	0.05	v	BBC R 3	West Kilbride, Ayrshire	-	
	0.032	m	BBC R 3	Larne, Co.Antrim	-	

	0.014	m	BBC R Wales	Llanfyllin, Powys	90.2-103.9	R5
	0.004	v	BBC R 3	Combe Martin, Devon	-	
	0.048	m	Raaj FM	West Bromwich	[Punjabi]	CR
91.4	0.5	h	BBC R 3	Pitlochry, Perthshire	-	
	0.05	m	BBC R Wales	Pontypool	90.2-103.9	R5
	0.1	v	BBC R 3	Chalford, Glos.	-	
	0.042	m	BBC R 3	Aberdare, Mid Glam.	-	
	0.032	m	BBC R 3	Rosneath, Dunbartonshire	-	
	0.01	v	BBC R Wales	Ogmore Vale, Mid Glamorgan	90.2-103.9	R5
91.5	250	m	BBC R 3	Holme Moss, W.Yorks.	-	
	41	m	BBC R 3	Keelylang Hill, Orkney	-	
	20	m	BBC R 3	Haverfordwest, Pembrokeshire	-	
	3	m	BBC R 3	Fort William, Inverness-shire	-	
	2.2	m	BBC R 3	South Knapdale, Argyll	-	
	1.3	m	BBC R 3	Ilchester Crescent, Bristol	-	
	1	v	BBC R 3	Daliburgh, South Uist, Western Isles	-	
	0.125	v	BBC R 3	Crieff, Perthshire	-	
	0.02	v	BBC R Wales	Rhymney, Gwent	90.2-103.9	R5
	0.025	v	Angel R	Newport, Isle of Wight (Garretts Farm) [over 60s]		CR \$\$
91.6	9.8	m	BBC R 3	Brougher Mountain, Fermanagh	-	
	2.1	m	BBC R 3	Durriss, Aberdeenshire	-	
	0.2	m	BBC R 3	Kilkeel, Co. Down	-	
	0.2	m	BBC R Wales	Machynlleth, Powys	90.2-103.9	R5
	0.1	v	BBC R 3	Holcombe Down, Devon	-	
	0.1	v	BBC R Wales	Llandecwyn, Gwynedd	90.2-103.9	R5
	0.1	v	BBC R 3	Newton, Northumberland	-	
	0.04	v	BBC R 3	Hutton, Somerset	-	
91.7	46	m	BBC R 3	Oxford	-	
	10	m	BBC R 3	Darvel, Ayrshire	-	
	5	m	BBC R 3	Glengorm, Isle of Mull	-	
	0.925	m	BBC R 3	Kilvey Hill, Swansea	-	
	0.2	v	BBC R 3	Salcombe, Devon	-	
	0.08	v	BBC R 3	Axe Valley, Devon	-	
	0.048	m	BBC R 3	Ventnor, Isle of Wight	-	
	0.02	m	BBC R 3	Innerleithen, Peebles-shire	-	
	0.01	v	BBC R 3	Darwen, Lancs	-	
	0.005	v	BBC R Wales	Pennar, Gwent	90.2-103.9	R5
91.8	20	m	BBC R 3	Rosemarkie, Ross-shire	-	
	3.4	m	BBC R 3	Limavady, Co.Londonderry	-	
	0.5	m	BBC R 3	Hastings, East Sussex	-	
	0.3	v	BBC R 3	Gogwell, Tiverton, Devon	-	
	0.1	m	BBC R 3	Whitby, N.Yorks.	-	
	0.05	m	BBC R Wales	Long Mountain, Welshpool, Powys	90.2-103.9	R5
	0.032	v	BBC R 3	Rosemount, Tayside	-	
	0.03	h	BBC R 3	Keswick Forest, Cumbria	-	
	0.01	v	BBC R Wales	Llyswen, Powys	90.2-103.9	R5
	0.01	v	BBC R Wales	Ferndale, Mid Glamorgan	90.2-103.9	R5
	0.01	m	BBC R 3	Ludlow, Shropshire	-	
	0.01	v	BBC R 3	Whalley, Lancs.	-	
	0.025	v	Hayes FM	Hayes, Middlesex (St Anselms Church)	-	CR
91.9	250	m	BBC R 3	Tacolneson, Norfolk	-	
	25	m	BBC R 3	Redruth, Cornwall	-	
	0.384	m	BBC R Wales	Mynydd Pencarreg, Lampeter	90.2-103.9	R5
	0.18	m	BBC R 3	Weardale, Co.Durham	-	
	0.1	v	BBC R 3	Eyemouth, Berwickshire	-	
	0.1	m	BBC R 3	Newhaven, E.Sussex	-	
	0.1	v	BBC R 3	Whitehaven, Cumbria	-	
	0.095	v	BBC R 3	Saddleworth, Lancs.	-	
	0.05	v	BBC R 3	Lyme Regis, Dorset	-	
	0.031	v	BBC R 3	Stranraer, Wigtownshire	-	
	0.025	v	BBC R 3	Mickleham, Surrey	-	
	0.02	v	BBC R 3	Cornholme, W.Yorks.	-	
	0.02	v	BBC R 3	Barnoldswick, Lancashire	-	
	0.015	v	BBC R 3	Caterham, Surrey	-	
	0.01	m	BBC R 3	Kinlochleven, Argyll	-	
	50mW	v	Sunset Drive-in Cinema	Portsmouth (Pier Rd car park)	-	LRLS

92.0	21	m	BBC R 3	Llanddona, Anglesey	-		
	2	v	BBC R 3	Eitshal, Isle of Lewis	-		
	1.2	m	BBC R 3	Stanton Moor, Derbyshire	-		
	1	v	BBC R 3	Hemdean, Caversham, Berkshire	-		
	0.68	m	BBC R 3	Grantown-on-Spey, Morayshire	-		
	0.2	v	BBC R 3	Beecroft Hill, Leeds	-		
	0.05	m	BBC R Wales	Llanrhaeadr-ym-Mochant, Powys	90.2-103.9	R5	
	0.042	v	BBC R 3	Fenham, Tyneside	-		
	0.02	v	BBC R 3	Salisbury, Wilts.	-		
	0.005	v	BBC R 3	Kingswear, S Devon	-		
	0.1	v	Cross Counties R	Lutterworth, Leics. (Magna Park)	95.4	CR	
	0.025	v	Nu Sound	Newham, E London (Stratford New Town)	-	CR	
	92.1	250	m	BBC R 3	Black Hill, Lanarkshire	-	
		250	m	BBC R 3	Wenvoe, Cardiff	-	
		0.32	m	BBC R 3	Crosspool, Sheffield	-	
0.25		m	BBC R 3	Scarborough (Oliver's Mount)	-		
0.083		v	BBC R 3	Haslingden, Lancs.	-		
0.05		v	BBC R 3	Ivybridge, Devon	-		
0.05		v	BBC Three Counties R	Hemel Hempstead	94.7/95.5/98.0/103.8etc	R5	
92.2		10	m	BBC R 3	Morecambe Bay, Lancs.	-	
	5	v	BBC R 3	Woolmoor, N Yorkshire	-		
	0.13	v	BBC R 3	Weymouth, Dorset	-		
	0.1	v	BBC R 3	Bexhill, East Sussex	-		
	0.1	m	BBC R 3	Buxton, Derbyshire	-		
	0.05	m	BBC R 3	High Wycombe, Bucks.	-		
	0.05	m	Sheppey FM	Isle of Sheppey, Kent (Sheerness)	-	CR	
	0.2	m	Nomad R	Hammersmith, W London (King St.)	[Somali]	CR	
	0.05	m	Black Country R	Dudley (King Street)	102.5	CR	
	92.3	250	m	BBC R 3	Divis, Belfast	-	
40		m	BBC R 3	Peterborough	-		
10		m	BBC R 3	Rumster Forest, Caithness	-		
5.6		m	BBC R 3	Chatton, Northumberland	-		
0.6		m	BBC R 3	Whitehawk Hill, Brighton	-		
0.2		v	BBC R 3	Basingstoke, Hants	-		
0.1		v	BBC R 3	Marlborough, Wiltshire	-		
0.087		m	BBC R Wales	Llandyfriog, Newcastle Emlyn	90.2-103.9	R5	
0.05		m	BBC R Wales	Dolgellau, Gwynedd	90.2-103.9	R5	
0.042		m	BBC R 3	Tullich, Aberdeenshire	-		
0.035		m	BBC R Wales	Llandinam, Powys	90.2-103.9	R5	
0.025		v	Forest FM	Verwood, Dorset (Crane Valley Golf Club)	98.9	CR	
0.025		v	Halton Community R	Runcorn, Cheshire	-	CR	
92.4		11	m	BBC R 3	Swingate, Dover	-	
		5.6	m	BBC R Leeds	Holme Moss	95.3/102.7/103.9	R5
	0.01	v	BBC R Cymru	Clyro, Powys	-	WS	
	0.06	m	Rainbow R	South London (Crystal Palace)	[Ghanaian]	CR	
92.5	250	m	BBC R 4	Sandale, Cumbria	-	WS	
	160	m	BBC R 4	North Hessary Tor, Devon	-	WS	
	5	m	BBC R 4	Manningtree, Essex	-	WS	
	3	m	BBC R 4	Guildford, Surrey	-	WS	
	2	v	BBC R Scotland-h	Cletraval, N.Uist	-	R5	
	0.18	m	BBC R Cymru	Ffestiniog, Gwynedd	-	WS	
	0.08	v	BBC R Scotland-h	Bowmore, Isle of Islay	-	R5	
	0.05	v	BBC R 4	Grantham, Lincs.	-	WS	
	0.05	v	BBC R Cymru	Deiniolen, Gwynedd	-	WS	
	0.05	m	BBC R Cymru	Llanidloes, Powys	-	WS	
	0.05	m	BBC R Scotland-h	Ballachulish, Argyll	-	R5	
	0.04	m	BBC R Scotland-h	Mallaig, Inverness-shire	-	R5	
	0.01	m	BBC R Scotland-h	Penifiler, Isle of Skye	-	R5	
	0.01	v	BBC R 4	Cirencester, Gloucestershire	-	WS	
	92.6	1	m	BBC R 3	Pendle Forest, Lancs.	-	
0.5		m	BBC R Scotland-h	Knock More, Morayshire	-	R5	
0.1		v	BBC R 4	Nailsworth, Glos.	-	WS	
0.1		v	BBC R 4	Newbury, Berkshire	-	WS	
0.15		m	Mix 92.6	St Albans	-	CR	
0.05		m	BBC R Cymru	Betws-y-Coed, Conwy	-	WS	
0.032		v	BBC R 4	Calne, Wiltshire	-	WS	

92.7	0.01	v	BBC R Cymru	Rheola, Mid Glamorgan	-	WS
	250	m	BBC R 4	Sutton Coldfield, W.Midlands	-	WS
	43	m	BBC R Shetland/R Scotland-a	Bressay, Shetland	-	R5
	17	m	BBC R Scotland	Forfar, Angus	-	R5
	0.2	v	BBC R Cymru	Llwyn-Onn, Gwynedd	-	WS
	0.2	m	BBC R Scotland	Lethanhill, Ayrshire	-	R5
	0.2	v	BBC R Scotland-h	Ness of Lewis	-	R5
	0.064	m	BBC R 4	Windermere, Cumbria	-	WS
	0.054	m	BBC R 4	Wensleydale, W.Yorks.	-	WS
	0.05	v	BBC R 4	Westwood, Wilts.	-	WS
	0.05	v	BBC R Scotland-h	Ullapool, Ross-shire	-	R5
	0.05	m	BBC R Scotland	Millburn Muir, Dunbartonshire	-	R5
92.8	0.04	m	BBC R Ulster	Rostrevor Forest, Newry, Co Down	-	R5
	11	m	BBC R 4	Douglas, Isle of Man	-	WS
	3.2	m	BBC R 4	Carmel, Carmarthenshire	-	WS
	0.8	m	BBC R Scotland	Campbeltown, Argyll	-	R5
	0.1	v	BBC R Cymru	Penmaen Rhos, Colwyn Bay	-	WS
	0.04	m	BBC R 4	Wharfedale, N.Yorks.	-	WS
	0.03	m	BBC R 4	Ebbw Vale, Gwent	-	WS
	0.025	v	BBC R 4	Hebden Bridge, W.Yorks	-	WS
	0.025	v	BBC R 4	Kenley, Surrey	-	WS
	0.02	m	BBC R Scotland-b	Peebles	-	R5
	0.01	v	BBC R 4	Porth, Mid Glamorgan	-	WS
	0.01	v	BBC R 4	Walsden South, W.Yorks.	-	WS
92.9	0.037	m	Unity R	Manchester (Manchester One)	-	CR \$\$
	250	m	BBC R 4	Rowridge, Isle of Wight	-	WS
	134	m	BBC R 4	Pontop Pike, Co.Durham	-	WS
	30	m	BBC R Scotland-h	Skriaig, Isle of Skye	-	R5
	1	m	BBC R 4	Barnstaple, Devon	-	WS
	0.57	m	BBC R Scotland	Rothesay (tx at Toward, Argyll)	-	R5
	0.04	v	BBC R 4	Plympton, Devon	-	WS
	0.025	v	BBC R 4	Idle, West Yorkshire	-	WS
	0.01	v	BBC R 4	Cwmafan, West Glamorgan	-	WS
93.0	0.01	v	BBC R 4	Blaenavon, Gwent	-	WS
	10	m	BBC R 4	Ridge Hill, Herefordshire	-	WS
	10	m	BBC R 4	Bow Brickhill, Bucks.	-	WS
	4	m	BBC R 4	Winter Hill, Lancs.	-	WS
	0.65	v	BBC R Scotland	Fort Augustus, Inverness-shire	-	R5
	0.2	v	BBC R Scotland-h	Crubenmore, Highland (A9)	-	R5
	0.2	v	BBC R Scotland	Penicuik, Midlothian	-	R5
	0.025	v	BBC R 4	Berwick upon Tweed	-	WS
	0.01	v	BBC R 4	Llangeinor, Mid Glamorgan	-	WS
93.1	0.1	m	Revival FM	Glasgow (Dundasvale Ct)	Christian 100.8	CR
	250	m	BBC R Cymru	Blaenplwyf, Aberystwyth	-	WS
	150	m	BBC R Scotland-a	Meldrum, Aberdeenshire	-	R5
	31	m	BBC R Ulster/Foyle	Londonderry	-	R5
	16	m	BBC R 4	Belmont, Lincs.	-	WS
	4	m	BBC R Ulster	Camlough, Co Armagh	-	R5
	1	v	BBC R 4	Beacon Hill, Devon	-	WS
	1	v	BBC R Scotland	Ben Gullipen, Callander/Stirling	-	R5
	0.128	m	BBC R Scotland-sw	Cambret Hill, Kirkcudbrightshire	-	R5
	0.1	v	BBC R Scotland	Blair Atholl, Perthshire	-	R5
	0.1	v	BBC R 4	Creteway Down, Folkestone	-	WS
	0.084	v	BBC R 4	Luddenden, W.Yorkshire	-	WS
	0.07	m	BBC R 4	Okehampton, Devon	-	WS
	0.05	h	BBC R Scotland-h	Ardgour, Argyll	-	R5
	0.04	m	BBC R Scotland	Kirkconnel, Dumfries-shire	-	R5
93.2	0.04	m	BBC R 4	Abergavenny	-	WS
	4	v	BBC R 4	Crystal Palace, London	-	WS
	1	m	BBC R Guernsey	Les Touillets	99.0	R5
	0.2	v	BBC R 4	Penaligon Downs, Bodmin, Cornwall	-	WS
	0.1	m	BBC R 4	Ballycastle, Co.Antrim	-	WS
	0.06	m	BBC R 4	Isles of Scilly	-	WS
	0.02	v	BBC R 4	Carnmoney Hill, Co Antrim	-	WS
	0.01	v	BBC R 4	Chippenham, Wilts.	-	WS
	0.018	m	BBC R Scotland	Strachur, Argyll	-	R5

	0.006	m	BBC R Cymru	Ton Pentre, Mid Glam.	-	WS
	0.03	m	Sheffield Live!	West Sheffield (Tapton Hill)	-	CR
	0.025	v	BCFM	Bristol (Barton Hill)	-	CR
93.3	15.6	m	BBC R 4	Llangollen	-	WS
	3.6	m	BBC R Scotland-h	Oban, Argyll	-	R5
	1	v	BBC R 4	Keighley, W.Yorks.	-	WS
	0.26	m	BBC R 4	Madingley, Cambridge	-	WS
	0.125	v	BBC R 4	Membury, Berkshire	-	WS
	0.123	m	BBC R 4	Northampton	-	WS
	0.1	v	BBC R Scotland	Girvan, Ayrshire	-	R5
	0.1	v	BBC R 4	Todmorden, W.Yorks.	-	WS
	0.048	m	BBC R Cymru	Varteg Hill, Swansea Valley	-	WS
	0.033	v	BBC R 4	Chard, Somerset	-	WS
	0.02	m	BBC R Cymru	Brecon, Powys	-	WS
93.4	0.007	m	BBC R Cymru	Carmarthen	-	WS
	5	v	BBC R 4	Bilsdale, N Yorkshire	-	WS
	1	m	Energy FM	Isle of Man (Jurby)	91.2/98.4/98.6/105.2	
	0.964	m	BBC R Scotland	Kirkton Mailer, Perth	-	R5
	0.4	v	BBC R 4	Chesterfield, Derbyshire	-	WS
	0.2	v	BBC R 4	Blunston, Swindon, Wiltshire	-	WS
	0.1	m	BBC R 4	Kendal, Cumbria	-	WS
	0.082	m	BBC R 4	Bath	-	WS
	0.072	m	BBC R 4	Churchdown Hill, Glos.	-	WS
	0.065	v	BBC R Scotland-h	Port Ellen, Isle of Islay	-	R5
	0.055	m	BBC R 4	St Thomas, Exeter	-	WS
	0.01	v	BBC R Cymru	Croeserw, West Glamorgan	-	WS
	0.01	v	BBC R 4	Abertillery	-	WS
93.5	0.01	v	BBC R 4	Minehead, Somerset	-	WS
	250	m	BBC R 4	Wrotham, Kent	-	WS
	50	m	BBC R Scotland-h	Melvaig, Ross-shire	-	R5
	50	m	BBC R Scotland-b	Ashkirk, Selkirkshire	-	R5
	2.8	m	BBC R Cymru	Llandrindod Wells, Powys	-	WS
	0.2	v	BBC R 4	Bridport, Dorset	-	WS
	0.064	m	BBC R Scotland-h	Kingussie, Inverness-shire	-	R5
	0.06	v	BBC R 4	Egford Hill, Frome, Somerset	-	WS
	0.05	v	BBC R Cymru	Conwy	-	WS
	0.05	v	BBC R Scotland	West Kilbride, Ayrshire	-	R5
	0.032	m	BBC R Ulster	Larne, Co.Antrim	-	R5
	0.014	m	BBC R 4	Llanfyllin, Powys	-	WS
	0.004	v	BBC R 4	Combe Martin, Devon	-	WS
93.6	0.15	m	Unity FM	East Birmingham (Pritchett Tower)	-	CR
	0.5	h	BBC R Scotland	Pitlochry, Perthshire	-	R5
	0.1	v	BBC R 4	Chalford, Glos.	-	WS
	0.05	m	BBC R Cymru	Pontypool	-	WS
	0.042	m	BBC R Cymru	Aberdare, Mid Glamorgan	-	WS
	0.032	m	BBC R Scotland	Rosneath, Dunbartonshire	-	R5
	0.01	v	BBC R 4	Ogmore Vale, Mid Glamorgan	-	WS
93.7	0.1	m	R Tyneside	Newcastle (Royal Victoria Infirmary) <i>[Hospital]</i>		CR
	250	m	BBC R 4	Holme Moss, W.Yorks.	-	WS
	41	m	BBC R Orkney/R Scotland-a	Keelylang Hill, Orkney		R5
	20	m	BBC R Cymru	Haverfordwest, Pembrokeshire	-	WS
	3	m	BBC R Scotland-h	Ft. William	-	R5
	2.2	m	BBC R Scotland	South Knapdale, Argyll	-	R5
	1	v	BBC R Scotland-h	Daliburgh, S Uist	-	R5
	1.3	m	BBC R 4	Ilchester Crescent, Bristol	-	WS
	0.125	v	BBC R Scotland	Crieff, Perthshire	-	R5
	0.025	v	Express FM	Portsmouth (Ladywood House)	-	CR
	0.02	v	BBC R 4	Rhymney, Gwent	-	WS
	0.01	v	Island FM	Alderney relay (Fort Albert)	104.7	
	0.002	v	Knockhill FM	Knockhill Race Circuit, Dunfermline	<i>race days</i>	LRSL
	-	v	R Thruxton	Thruxton Circuit, Andover	<i>race days</i>	LRSL
93.8	9.8	m	BBC R Ulster	Brougher Mountain, Co.Fermanagh	-	R5
	2.1	m	BBC R Scotland-a	Durris, Aberdeenshire	-	R5
	0.2	m	BBC R Ulster	Kilkeel, Newry, Co.Down	-	R5
	0.2	m	BBC R Cymru	Machynlleth, Powys	-	WS
	0.1	v	BBC R Cymru	Llandecwyn, Gwynedd	-	WS

	0.1	v	BBC R 4	Holcombe Down, Devon	-	WS
	0.1	v	BBC R 4	Newton, Northumberland	-	WS
	0.048	m	BBC R 4	Ventnor, Isle of Wight	-	WS
	0.04	v	BBC R 4	Hutton, Somerset	-	WS
93.9	46	m	BBC R 4	Oxford	-	WS
	10	m	BBC R Scotland	Darvel, Ayrshire	-	R5
	5	m	BBC R Scotland-h	Glengorm, Isle of Mull	-	R5
	0.925	m	BBC R Wales	Kilvey Hill, Swansea	90.2-103.9	R5
	0.2	v	BBC R 4	Salcombe, Devon	-	WS
	0.08	v	BBC R 4	Axe Valley, Devon	-	WS
	0.02	m	BBC R Scotland-b	Innerleithen, Peebles-shire	-	R5
	0.01	v	BBC R 4	Darwen, Lancs.	-	WS
	0.005	v	BBC R 4	Pennar, Gwent	-	WS
94.0	20	m	BBC R Scotland-h	Rosemarkie, Ross-shire	-	R5
	3.4	m	BBC R 4	Limavady, Co.Londonderry	-	WS
	0.3	v	BBC R 4	Gogwell, Tiverton, Devon	-	WS
	0.1	m	BBC R 4	Whitby, N.Yorks.	-	WS
	0.05	m	BBC R 4	Long Mountain, Welshpool, Powys	-	WS
	0.032	v	BBC R Scotland	Rosemount, Tayside	-	R5
	0.03	h	BBC R 4	Keswick Forest, Cumbria	-	WS
	0.01	v	BBC R Cymru	Llyswen, Powys	-	WS
	0.01	v	BBC R 4	Ferndale, Mid Glamorgan	-	WS
	0.01	m	BBC R 4	Ludlow, Shropshire	-	WS
	0.01	v	BBC R 4	Whalley, Lancs.	-	WS
	0.05	m	Cannock Chase R	Cannock Chase, Staffs	89.6	CR
	0.1	v	Revive FM	Newham, E London (Forest Gate Mosque) <i>Muslim</i>		CR
	0.005	v	BFBS	Glencorse Barracks, Penicuik, Midlothian	98.5	LRSL
94.1	250	m	BBC R 4	Tacolneston, Norfolk	-	WS
	25	m	BBC R 4	Redruth, Cornwall	-	WS
	0.384	m	BBC R Cymru	Mynydd Pencarreg, Lampeter	-	WS
	0.18	m	BBC R 4	Weardale, Co.Durham	-	WS
	0.1	v	BBC R Scotland-b	Eyemouth, Berwickshire	-	R5
	0.1	m	BBC R 4	Newhaven, E.Sussex	-	WS
	0.1	v	BBC R 4	Whitehaven, Cumbria	-	WS
	0.095	v	BBC R 4	Saddleworth, Lancs.	-	WS
	0.05	v	BBC R 4	Lyme Regis, Dorset	-	WS
	0.031	v	BBC R Scotland-sw	Stranraer, Wigtownshire	-	R5
	0.025	v	BBC R 4	Mickleham, Surrey	-	WS
	0.02	v	BBC R 4	Cornholme, W.Yorks.	-	WS
	0.02	v	BBC R 4	Barnoldswick, Lancs.	-	WS
	0.015	v	BBC R 4	Caterham, Surrey	-	WS
	0.01	m	BBC R Scotland-h	Kinlochleven, Argyll	-	R5
	0.002	v	LCR 1	Leicester (St Peter's Church, Highfield) 1449AM		LRSL
94.2	21	m	BBC R Cymru	Llanddona, Anglesey	-	WS
	2	v	BBC R Scotland-h	Eitshal, Lewis	-	R5
	1.2	m	BBC R 4	Stanton Moor, Derbys.	-	WS
	1	v	BBC R 4	Hemdean, Caversham, Berkshire	-	WS
	0.68	m	BBC R Scotland-h	Grantown-on-Spey	-	R5
	0.5	m	BBC R 4	Hastings, East Sussex	-	WS
	0.2	v	BBC R 4	Beecroft Hill, Leeds	-	WS
	0.05	m	BBC R 4	Llanrhaeadr-ym-Mochnant, Powys	-	WS
	0.042	v	BBC R 4	Fenham, Tyneside	-	WS
	0.025	v	BBC R Scotland	Dalnacardoch Wood (A9), Perthshire	<i>mono</i>	R5
	0.02	v	BBC R 4	Salisbury, Wilts.	-	WS
	0.005	v	BBC R 4	Kingswear, S Devon	-	WS
94.3	250	m	BBC R Scotland	Black Hill, Lanarkshire	-	R5
	250	m	BBC R 4	Wenvoe, Cardiff	-	WS
	0.32	m	BBC R 4	Sheffield (Crosspool)	-	WS
	0.25	m	BBC R 4	Scarborough (Oliver's Mount)	-	WS
	0.083	v	BBC R 4	Haslingden, Lancs.	-	WS
	0.05	v	BBC R 4	Ivybridge, Devon	-	WS
	0.002	v	Donington FM	Castle Donington Race Circuit, Derby <i>race days</i>		LRSL
94.4	11	m	BBC R 4	Swingate, Dover	-	WS
	10	m	BBC R 4	Morecambe Bay, Lancs.	-	WS
	5	v	BBC R 4	Woolmoor, N Yorkshire	-	WS
	0.13	v	BBC R 4	Weymouth, Dorset	-	WS

	0.1	m	BBC R 4	Buxton, Derbyshire	-	WS
	0.05	m	BBC R 4	High Wycombe, Bucks.	-	WS
	0.062	m	Select R	Dulwich, London SE (Countisbury House)	-	CR
	0.025	v	Salford City R	Salford (Swinton Civic Centre)	-	CR \$\$
94.5	250	m	BBC R Ulster	Divis, Belfast	-	R5
	40	m	BBC R 4	Peterborough	-	WS
	10	m	BBC R Scotland-h	Rumster Forest, Caithness	-	R5
	5.6	m	BBC R 4	Chatton, Northd.	-	WS
	0.6	m	BBC R 4	Whitehawk Hill, Brighton	-	WS
	0.2	v	BBC R 4	Basingstoke, Hampshire	-	WS
	0.1	v	BBC R 4	Marlborough, Wiltshire	-	WS
	0.087	m	BBC R Cymru	Llandyfriog, Newcastle Emlyn	-	WS
	0.05	m	BBC R Cymru	Dolgellau, Gwynedd	-	WS
	0.042	m	BBC R Scotland-a	Tullich, Aberdeenshire	-	R5
	0.035	m	BBC R 4	Llandinam, Powys	-	WS
94.6	6.1	m	BBC R Stoke	Alsagers Bank	104.1	R5
	1	m	BBC R 4	Pendle Forest, Lancs.	-	WS
	1	m	BBC R 4	Kilvey Hill, Swansea	-	WS
	0.964	m	BBC R 4	Kirkton Mailer, Perthshire	-	WS
	0.25	m	BBC R Berkshire	Henley on Thames	95.4/104.1/104.4	R5
	0.1	v	BBC R 4	Bexhill, East Sussex	-	WS
	0.01	v	BBC R Wales	Porth, Mid Glamorgan	90.2-103.9	R5
	0.025	v	Cabin FM	Herne Bay, Kent (Council Offices)	-	CR
	0.025	v	DevonAir R	East Devon (Aylesbeare)	95/106.1/106.4	CR
	0.05	m	R Wimborne	Wimborne, Dorset	-	CR
94.7	250	m	BBC R Scotland-sw	Sandale, Cumbria	-	R5
	2	m	BBC Hereford & Worcester	Ridge Hill	104/104.6	R5
	0.4	v	BBC R Sheffield	Chesterfield	88.6/104.1	R5
	0.2	v	BBC Three Counties R	Aylesbury (Quainton Hill)	98.0/103.8/104.5etc	R5
	0.065	v	BBC R 4	Port Ellen, Isle of Islay	-	WS
	0.05	m	BBC R 4	Ballachulish, Argyll	-	WS
	0.04	m	BBC R 4	Mallaig, Inverness-shire	-	WS
	0.005	v	BBC R Cymru	Pennar, Gwent	-	WS
	0.1	v	Caroline Community R	Maldon, Essex (Blue Boar Hotel)	104.7	CR
	0.03	m	R Sangam	Huddersfield (Dewsbury relay)	107.9	CR
	0.05	m	Winchester R	Winchester (Royal Hants County Hospital)	-	CR
	0.025	v	Ashdown R.	Crowborough (Council building)	105.0	CR
94.8	30	m	BBC R 4	Skriaig, Isle of Skye	-	WS
	16	m	BBC R 4	Les Platons, Channel Islands	-	WS
	10	m	BBC R Wales	Llanddona, Anglesey	90.2-103.9	R5
	2.2	m	BBC CWR	Coventry (Meriden)	103.7/104	R5
	0.675	m	BBC R Devon	Huntshaw Cross	95.8/96/103.4/103.8/104.3	R5
	0.5	m	BBC R 4	Knock More, Morayshire	-	WS
	0.006	m	BBC R Wales	Ton Pentre, Mid Glamorgan	90.2-103.9	R5
	0.1	v	Jorvik Radio	York (Askrigg House)	-	CR
94.9	43	m	BBC R 4	Bressay, Shetland	-	WS
	17	m	BBC R 4	Forfar, Angus	-	WS
	10	m	BBC R 4	Londonderry	-	WS
	6	m	BBC R Lincolnshire	Belmont	104.7	R5
	4	m	BBC R London	London (Crystal Palace)	-	
	0.5	m	BBC R Bristol	Dundry Lane.	103.6/104.6(95.5)	R5
	0.2	m	BBC R 4	Lethanhill, Ayrshire	-	WS
	0.002	v	Oulton FM	Oulton Park Race Circuit, Cheshire	<i>race days</i>	LRSL
95.0	10	m	BBC R Tees	Bilsdale West Moor	95.8	R5
	0.1	m	BBC R Sussex	Newhaven	95.3/104.5/104.8	R5
	0.1	m	BBC R Gloucestershire	Stroud	95.8/104.7	R5
	0.03	m	BBC R Wales	Ebbw Vale, Gwent	90.2-103.9	R5
	0.02	m	BBC R 4	Peebles, Borders	-	WS
	0.01	m	BBC R Shropshire	Ludlow relay	90.0/96.0/104.1	R5
	0.01	v	BBC R Cymru	Ogmore Vale, Mid Glam	-	WS
	0.05	m	Fiesta FM	Southampton (Midanbury)	<i>[Latin/Spanish]</i>	CR
	0.1	v	Celtic Music R	Glasgow (Grafton Place)	-	CR
	0.025	v	R 2Funky	Leicester (Granby Street)	<i>[urban/Black music]</i>	CR
	0.025	v	DevonAir R	Sidmouth relay (Golf club)	94.6/106.1/106.4	CR
	0.02	m	MKFM	Milton Keynes (Wolverton)	102.1/106.3	CR
95.1	5.6	m	BBC R Manchester	Manchester (Holme Moss)	104.6	R5

	4	m	BBC R Norfolk	Norwich (Stoke Holy Cross)	95.6/104.4	R5
	3	m	BBC R Wales	Carmel, Carmarthenshire	90.2-103.9	R5
	2	v	BBC R 4	Eitshal, Isle of Lewis	-	WS
	2	v	BBC R 4	Cletraval, N.Uist, Western Isles	-	WS
	0.57	m	BBC R 4	Rothsay (tx at Toward Point, Argyll)	-	WS
	0.2	v	BBC R Nottingham	Newark (Beacon Hill)	95.5/103.8	R5
	0.1	m	BBC R Ulster	Ballycastle, Co.Antrim	-	R5
	0.05	h	BBC R 4	Ardgour, Argyll	-	WS
	0.04	m	BBC R Sussex	Horsham	95.0/95.3/104.5	R5
	0.018	m	BBC R 4	Strachur, Argyll	-	WS
	0.01	v	BBC R Wales	Blaenavon, Gwent	90.2-103.9	R5
	0.05	v	Cinq Ports R	Rye (Hub on Rye Hill)	100.2	CR
	0.002	v	R Mount Vernon	Mount Vernon Hospital, Northwood, Middx	-	LRSL
95.2	5.8	m	BBC R Oxford	Oxford (Beckley)	-	R5
	4.3	m	BBC R Cornwall	Caradon Hill	96.0/103.9	R5
	0.8	m	BBC R 4	Campbeltown, Argyll	-	WS
	0.65	v	BBC R 4	Fort Augustus, Inverness-shire	-	WS
	0.1	m	BBC R Cumbria	Kendal	95.6/96.1/104.1/104.2	R5
	0.03	m	BBC R Wales	Abergavenny	90.2-103.9	R5
	0.2	m	Great Driffield R	Langtoft relay (Eddsfield Airfield)	107.2	CR
	0.2	m	Kingdom FM	Dunfermline, Fife (Knock Hill)	96.1/105.4/106.3	
95.3	150	m	BBC R 4	Meldrum, Aberdeenshire	-	WS
	120	m	BBC R Wales	Aberystwyth (Blaenplwyf)	90.2-103.9	R5
	3.6	m	BBC R 4	Oban, Argyll	-	WS
	1.2	m	BBC R Derby	Stanton Moor	96/104.5	R5
	1.2	m	BBC Essex	South Benfleet	103.5	R5
	1.2	m	BBC R Sussex	Brighton (Whitehawk HI)	95/104.5/104.8	R5
	0.128	m	BBC R 4	Cambret Hill, Kirkcudbrightshire	-	WS
	0.125	v	BBC R 4	Crieff, Perthshire	-	WS
	0.1	v	BBC R 4	Girvan, Ayrshire	-	WS
	0.083	v	BBC R Leeds	Luddenden	92.4/102.7/103.9	R5
	0.04	m	BBC R Leeds	Wharfedale	92.4/102.7/103.9	R5
	0.04	m	BBC R 4	Kirkconnel, Dumfries-shire	-	WS
	0.02	v	BBC R Ulster	Carnmoney Hill, Co Antrim	-	R5
	0.025	v	TMCR	Thorne/Moorends, Doncaster (Thorne)	-	CR
	0.002	v	Bailrigg FM	University of Lancaster	(term time)	LRSL
	0.001	v	Harrogate Hosp R	Harrogate Hospital	-	LRSL
95.4	10	m	BBC R Newcastle	Pontop Pike	96.0/103.7/104.4	R5
	3.4	m	BBC R Ulster	Limavady, Co.Londonderry	-	R5
	0.7	v	BBC R Wales	Wrexham-Rhos	90.2-103.9	R5
	0.5	v	BBC R Berkshire	Windsor (Windsor Castle)	94.6/104.1/104.4	R5
	0.2	m	Cross Counties R	Blaby, Lincs	92.0	CR
95.5	9	m	BBC R Somerset	Mendip (+ relays R Bristol)	(94.9/103.6/104.6)	R5
	2	m	BBC R Nottingham	Mansfield (Fishponds Hill)	95.1/103.8	R5
	2	m	BBC R Suffolk	Lowestoft (Oulton Park)	95.9/103.9/104.6	R5
	1.6	m	BBC R Lancashire	Blackburn (Hameldon Hill)	103.9/104.5	R5
	1	m	BBC Three Counties R	Bedfordshire (Sandy Heath)	103.8/104.5etc	R5
	0.25	m	BBC R York	Scarborough (Olivers Mount)	103.7/104.3	R5
	0.2	v	BBC R 4	Penicuik, Midlothian	-	WS
	0.048	m	BBC R Wales	Varteg Hill, Swansea Valley	90.2-103.9	R5
	0.032	v	BBC R 4	Rosemount, Tayside	-	WS
	0.007	m	BBC R 4	Carmarthen	-	WS
	0.025	v	West Kent R	Tonbridge (45 High Street)	106.7/107.2	CR
95.6	15	m	BBC R Cumbria	Sandale	95.2/96.1/104.1/104.2	R5
	11	m	BBC R WM	Birmingham (Sutton Coldfield)	-	R5
	10	m	BBC R 4	Rumster Forest, Caithness	-	WS
	9.8	m	BBC R 4	Brougher Mountain, Co Fermanagh	-	WS
	2.2	m	BBC R 4	South Knapdale, Argyll	-	WS
	2.1	m	BBC R Norfolk	Cromer (West Runton)	95.1/104.4	R5
	0.125	m	B Radio	Reading (Fountain House, Broad Street Mall)	-	CR
	0.05	m	BRFM	Isle of Sheppey (Minster-on-Sea)	-	CR
	0.01	m	BBC R 4	Kinlochleven, Argyll	-	WS
	0.025	v	Seahaven FM	Eastbourne (Butts Brow)	96.3	CR
95.7	50	m	BBC R 4	Melvaig, Ross-shire	-	WS
	5.1	m	BBC R Cambridgeshire	Peterborough	96.0	R5

[may carry separate progs for Peterborough]

	1	v	BBC R Devon	Plymouth (Plympton)	103.4etc	R5	
			<i>[may carry separate progs for Plymouth eg football]</i>				
	0.08	v	BBC R 4	Bowmore, Isle of Islay	-	WS	
	0.064	m	BBC R 4	Kingussie, Inverness-shire	-	WS	
	0.05	m	Penistone FM	Penistone, S Yorkshire (Hoylandswaine)	97.7	CR	
	0.014	m	BBC R Cymru	Llanfyllin, Powys	-	WS	
	0.025	v	Dean R	Forest of Dean (Bream)	105.6	CR	
95.8	200	m	BBC R 4	Black Hill, Lanarkshire	-	WS	
	8	m	BBC R Merseyside	Liverpool (Allerton Park)	-	R5	
	4	m	Capital FM - London	London (Croydon)	-		
	0.4	m	BBC R Devon	Exeter (St Thomas)	94.8/96/103.4/103.8	R5	
	0.1	m	BBC R Tees	Whitby relay	95.0	R5	
	0.08	v	BBC R Gloucestershire	Cirencester	95.0/104.7	R5	
	0.042	m	BBC R Wales	Aberdare, Mid Glamorgan	90.2-103.9	R5	
	50mW	v	<i>Drive-in Films</i>	<i>Banbury (DCS Stadium)</i>	<i>irreg</i>	RSL	
95.9	20	m	BBC R Wales	Haverfordwest	90.2-103.9	R5	
	9.6	m	BBC R Humberside	Hull (High Hunsley)	-	R5	
	3	m	BBC R 4	Ft William, Inverness-shire	-	WS	
	2.1	m	BBC R 4	Durris, Aberdeenshire	-	WS	
	2	v	BBC R Suffolk	Aldeburgh	95.5/103.9/104.6	R5	
	1	v	BBC R 4	Daliburgh, S.Uist, Western Isles	-	WS	
	0.5	m	BBC R Wales	Christchurch, Gwent	90.2-103.9	R5	
	0.27	m	Heart - Kent	East Kent (Thanet)	96.1/97/102.8/103.1		
	0.025	v	Andover R	Andover (Micheldever Road)	-	CR	
	0.025	v	Hailsham FM	Hailsham	-	CR	
	0.02	m	Capital FM - North Oxon	Brackley (Glebe Farm Park, Turweston)	107.6		
	0.001	v	Torbay Hospital Radio	Torbay Hospital, Torquay	-	LRSL	
96.0	125	m	BBC R 4	Belfast (Divis)	-	WS	
	41	m	BBC R 4	Keelyleang Hill, Orkney	-	WS	
	5.6	m	BBC R Newcastle	Newcastle (Chatton)	95.4/103.7/104.4	R5	
	4.8	m	BBC R Shropshire	Shropshire (The Wrekin)	90.0/95.0/104.1	R5	
	1	m	BBC R Cambridgeshire	Cambridge (Madingley)	95.7	R5	
	0.09	m	BBC R Derby	Buxton	95.3/104.5	R5	
	0.07	m	BBC R Devon	Okehampton	94.8/95.8/103.4/103.8etc	R5	
	0.125	m	Greatest Hits R - Dorset	Weymouth (Bridport relay)	97.2/105.8		
	0.06	m	BBC R Cornwall	Isles of Scilly	95.2/103.9	R5	
96.1	10	m	BBC R Solent	Southampton (Rowridge)	(103.8)	R5	
	5	m	BBC R 4	Glengorm, Isle of Mull	-	WS	
	3.2	m	BBC R Cumbria	Morecambe Bay	95.2/95.6/104.1/104.2	R5	
	0.68	m	BBC R 4	Grantown on Spey, Morayshire	-	WS	
	0.5	m	Kingdom FM	Glenrothes, Fife (Purin Hill)	95.2/105.4/106.3		
	0.5	m	Heart - Essex	Colchester (Wivenhoe Park)	96.3/102.6		
	0.4	m	Grt Hits R - S Yorkshire	Rotherham (Moorgate)	-		
	0.225	m	Heart - Kent	Ashford (Wye)	95.9/97/102.8/103.1		
	0.2	v	BBC R 4	Ness of Lewis, Isle of Lewis	-	WS	
	0.05	v	BBC R 4	Ullapool, Ross-shire	-	WS	
	0.05	m	Source FM	Falmouth & Penryn, Cornwall (Penryn)	-	CR \$\$	
	0.035	m	BBC R Cymru	Llandinam, Powys	-	WS	
	0.025	v	BBC R Wales	Merthyr Tydfil	90.2-103.9	R5	
	0.02	m	BBC R 4	Innerleithen, Peebles-shire	-	WS	
	0.02	m	BBC R 4	Penifiler, Isle of Skye	-	WS	
	0.01	v	Revolution R	Northampton (St James)	-	CR	
96.2	4	v	SIBC	Shetland (Bressay)	102.2		
	2.6	m	Grt Hits R - N Norfolk	North Norfolk (Stody)	103.2		
	0.01	v	Grt Hits R - N Norfolk	Fakenham	103.2		
	2.5	m	Heart - Devon	N Devon (Huntshaw Cross)	97.3 etc		
	1	m	Grt Hits R - Bucks,Beds,Herts	Aylesbury (Quainton Hill)	-		
	0.9	m	Capital FM - E Midlands	Nottingham (Mapperley Ridge)	96.5/102.8/105.4		
	0.625	m	Grt Hits R - Yorks Coast	Scarborough (Oliver's Mount)	103.1/102.4		
	0.2	m	KM-FM	West Kent (Pembury, Tonbridge)	101.6		
	0.1	m	Capital FM - Coventry	Coventry (Samuel Vale House)	-		
	0.1	v	Grt Hits R - Manchester	Oldham (Civic Centre)	104.9/107.4		
	0.05	v	Heart - North East	NE England (Fenham relay)	100.7/101.2/101.8		
	0.001	v	Nitro FM	Santa Pod Raceway, Northants	<i>(race days)</i>	LRSL	
96.3	4.08	m	Nation R - Scotland	Glasgow (Cathkin)	-		
	2.5	m	Greatest Hits R - W Yorks	Leeds (Tingley)	106.8		

	2	m	Heart - West Country	Bristol (Dundry)	103.0etc	
	1.25	m	Capital FM - NW & Wales	N Wales (Gt Ormes Head, Llandudno)	97.1/103.4	
	0.9	m	Heart - Essex	Southend on Sea (Benfleet)	97.5/102.6	
	0.2	m	Seahaven FM	Newhaven/Seaford (MCA mast)	95.6	CR
	0.025	v	Corby R	Corby	-	CR
	0.06	m	Cross Rhythms	Plymouth (Mannamead)	<i>Christian</i>	CR
96.4	10	m	Free R	Birmingham (Sutton Coldfield)	-	
	3	m	Greatest Hits R	Surrey & NE Hants (Guildford)	97.1etc	
	3	m	Greatest Hits R - Cumbria	Carlisle (Caldbeck)	102.2/102.5/103.4	
	2	m	Heart - East Anglia	Bury St Edmunds (Gt Barton)	97.1/102.4	
	2	m	Downtown R	W Ulster (Limavady)	96.6/102.3/102.4/103.1	
	1.6	m	Heart - Devon	Torbay (Beacon Hill)	-	
	1.5	m	The Wave	Swansea (Kilvey Hill)	-	
	0.8	m	Tay FM	Perth	102.8	
	0.1	m	Tay FM	Tay Bridge relay	102.8	
	0.25	m	Grt Hits R – Staffs & Ches	Congleton (Sutton Common)	96.9	
	0.2	v	KM-FM	Folkestone (Creteway Down)	106.8	
	0.2	m	Smooth R	NE Eng. (Hexham relay, Newton)	97.5/107.7etc	
	0.1	v	Grt Hits R - Grimsby	Grimsby (Telephone Exchange)	-	
96.5	0.4	m	Grt Hits R - Lancs	Blackpool (Blackpool Tower)	-	
	0.12	m	Grt Hits R - Dumfries & Gal	Dumfries (Stranraer relay, Cairn Pat)	97.0/103.0	
	0.1	m	Heart - West Country	Somerset (Taunton)	97.1/102.6	
	0.05	m	Heart - Wiltshire	W Wilts (Marlborough relay)	97.2/102.2	
	0.05	v	Capital FM - E Midlands	Nottingham (Fishponds HI, Mansfield)	96.2/105.4	
	0.11	m	Bolton FM	Bolton (Dove Mill)	-	CR
	0.025	v	Bute Island R	Rothsay, Isle of Bute	-	CR
	0.026	m	Coast FM	Penzance (Penzance Cricket Club)	97.2/106.4	CR
96.6	0.05	m	Maritime R	Greenwich, SE London (Shrewsbury House SE18)		CR
	9.5	m	TFM R	Teesside (Bilsdale)	-	
	8.2	m	Downtown R	SW Ulster (Brougher Mtn)	96.4/102.3/102.4/103.1	
	4	m	Heart - Four Counties	Northampton	96.9/97.6etc	
	0.5	m	Heart - Hertfordshire	Watford/St Albans (Pimlico)	106.7/106.9	
	0.3	v	Nevis R	Fort William (Creag a'Chail)	102.3/102.4	CR
	0.4	m	Nation R - Ceredigion	Lampeter (Mynydd Pencarreg)	97.4/103.3	Welsh
	0.4	m	Greatest Hits R - W Sussex	Chichester (The Trundle)	102.3/106.6	
	0.35	m	MFR	Aviemore (Cairngorm)	96.7/97.4/102.5/102.8	
	0.2	v	RNA (R North Angus)	Arbroath (Arbroath Infirmary)	87.7/106.6	
	0.1	v	Greatest Hits R - Dorset	Blandford relay (Town Hall)	97.4/105.8	
	0.04	m	Heart - Devon	Tavistock	97.0etc	
	0.025	v	Frome FM	Frome, Somerset	-	CR
	0.025	v	Gloucester FM	Gloucester (Clapham Court)	-	CR
	0.01	v	Kingdom FM	Kirkcaldy, Fife	95.2/96.1/105.4/106.3	
	0.025	v	Cross Rhythms City R	Stoke on Trent (Hanchurch)	101.8 [<i>Christian</i>]	CR
96.7	8.7	m	BBC R Kent	N Kent (Wrotham)	97.6/104.2	R5
	7.8	m	R City	Liverpool (Allerton Park)	-	
	0.002	m	R City	Liverpool (Mersey Tunnel relay)	-	
	3	m	Grt Hits R - West Norfolk	Kings Lynn (Gt Massingham)	-	
	2.2	m	West FM	Ayr (Darvel)	97.5/106.7	
	0.55	m	Q Radio	Belfast (Black Mountain)	102.5	
	0.45	m	Heart - South Coast	Winchester (Crabwood Farm)	97.5/102.3	
	0.2	v	Grt Hits R - Derbyshire	Ashbourne (Windmill Lane)	101.8	
	0.1	m	Free R	Worcester (Kidderminster relay)	97.6/102.8	
	0.1	m	MFR	Fraserburgh (Mormond HI)	96.6/97.3/102.5/102.8	
	0.02	m	MFR	Wick (Newton Hill)	96.6/97.3/102.5/102.8	
	0.035	v	Grt Hits R – Lincolnshire	Lincoln (Grantham relay)	97.6/102.2	
	0.025	v	Phoenix FM	Halifax	-	CR
	0.025	v	Link FM	Sheffield (School Rd)	[<i>Pakistani</i>]	CR \$\$
96.8	250	m	BBC R Cymru	Cardiff (Wenvoe)	-	WS
	5	v	Grt Hits R - Borders	Selkirk	102.3/103.1/103.4	
	0.5	v	Lochbroom FM	Achiltibuie relay (Polbain)	102.2	
			<i>[usually relays Two Lochs Radio or Smooth; occasional local prgs]</i>			
	0.4	m	Môn FM	Anglesey (Penmynydd) [<i>English & Welsh</i>]	102.5	CR
	0.025	v	Erewash Sound	Ilkeston, Derbyshire	103.5	CR
96.9	10.45	v	Northsound 1	Aberdeen (Durriss)	97.6/103.0	
	9.4	m	Viking FM	Hull (High Hunsley)	-	
	3.2	m	Heart FM - N Lancs	Morecambe Bay	102.3/103.2	

	0.74	m	Heart - Four Counties	Bedford (Sandy Heath)	97.6etc	
	0.2	m	Grt Hits R – Staffs & Ches	Stafford (Pye Green)	96.4	
	0.1	m	Heart - Sussex & Surrey	Newhaven	102.0/102.4/103.5	
	0.05	v	All FM	Manchester (Bickerdike Court)	-	CR
	0.03	v	Capital Xtra	S London (Crystal Palace)	107.1	
97.0	2	m	Heart - Devon	Plymouth (Plympton)	96.6etc	
	1.8	m	Free R	Coventry (Shilton)	102.9	
	1	m	Heart - Devon	Exeter (St Thomas)	103.0etc	
	1	v	Grt Hits R - Dumfries & Gal	Dumfries (Riddings Hill)	96.5/103.0	
	0.5	m	Heart - Kent	E Kent (Dover)	96.1/95.9/102.8/103.1	
	0.5	m	Heart - Thames Valley	Reading (Broad St Mall)	102.6/102.9/103.4	
	0.1	m	Clyde 1	Vale of Leven (Millburn Muir)	102.3/102.5/103.3	
	0.1	m	Crescent R	Rochdale (Stoneyfield)	[Muslim]	CR
	0.025	v	Fantasy R	Devizes, Wiltshire	-	CR
	0.2	v	Nevis R	Glencoe relay (top of ski lift)	96.6 etc	CR
97.1	16	m	BBC R 1	Les Platons (Channel Islands)	97-99	
	10	m	Metro R	Newcastle-upon-Tyne (Burnhope)	102.6/103.0/103.2	
	0.015	v	Metro R	Tyne Tunnel	102.6/103.0/103.2	
	3.4	m	Heart - East Anglia	Ipswich (Foxhall Heath)	96.4/102.4	
	3	m	R Carmarthenshire	Carmel	97.5	
	1	m	Capital FM - NW & Wales	Wirral (Storeton)	(96.3/103.4)	
	0.275	m	Greatest Hits R	Surrey & NE Hants (Haslemere)	101.6/101.8/102.0	
	0.2	v	Heart - West Country	Yeovil (Chedington)	96.5/102.6	
	0.08	m	Downtown R	Belfast (Larne relay)	96.6/102.3/102.4/103.1	
	0.05	v	Greatest Hits R - S Yorks	Barnsley (Penistone)	102.0	
	0.05	v	R Faza	Nottingham (Mapperley)	[Asian /East European]	CR
	0.025	v	R LaB	Univ. of Bedfordshire, Luton (Farley Hill)	-	CR
97.2	11.3	m	Manx R	Isle of Man (Carnane)	89/103.7	
	2	m	Free R – Black Country	Wolverhampton (Turners Hill)	103.1	
	1	m	Grt Hits R - H'gate & Dales	Harrogate (Harlow Hill)	107.1/107.8	
	0.7	m	Heart - Wiltshire	Swindon (Blunsdon)	96.5/102.2	
	0.7	v	Greatest Hits R - Dorset	Weymouth/Dorchester (Bincombe Hill)	96.0	
	0.31	m	Q Radio	Coleraine (Maddybenny More)	101.2/102.9etc	
	0.31	m	Q Radio	Ballycastle (Drumeeney)	101.2/102.9etc	
	0.3	m	Kiss	Bristol (Pur Down)	101.0	
	0.115	m	Smooth R - Northants	Wellingborough (Irchester)	106.6/107.4	
	0.07	v	R Reverb	Brighton (Race Course)	-	CR
	0.05	v	Wythenshawe FM	Manchester (Edwards Court)	-	CR \$\$
	0.031	m	Cam FM	Cambridge (University Library)	-	CR
	0.1	v	Coast FM	St Just (Lands End Radio mast)	96.5	CR
	0.025	v	Gravity FM [closed Mar22]	Grantham, Lincs. (Springfield Rd)	-	CR
97.3	9.8	m	Forth 1	Edinburgh (Craigkelly)	97.6/102.2	
	4	m	LBC	London (Croydon)	-	
	0.1	m	Heart - Devon	North Devon (Ilfracombe)	96.2etc	
	0.05	m	BGFM	Blaenau Gwent (Brynmawr)	-	CR
	0.048	m	Kohinoor FM	Leicester (Leicester East)	[Panjabi]	CR
	0.025	v	Apple FM	Musgrove Park Hospital, Taunton	-	CR
	0.025	v	Moorlands R	Leek, Staffs	107.3	CR
97.4	6.25	m	MFR	Inverness (Mounteagle)	96.6/96.7/102.5/102.8	
	3.2	m	Cool FM	Belfast (Black Mountain)	-	
	2	m	Rock FM	Preston & Blackpool (Winter Hill)	-	
	0.5	m	Capital FM - S Wales	Newport/S Wales (Christchurch)	103.2	
	0.4	m	Nation R - Ceredigion	Cardigan (Penwaun)	96.6/103.3	Welsh
	0.4	m	Hallam FM	Sheffield (Tupton Hill)	102.9/103.4	
	0.3	m	Heart - Thames Valley	Banbury (Farthinghoe)	102.6/102.9	
	0.24	m	Greatest Hits R - Norfolk	Southwold (Blythburgh Water Tower)	103.4	
	0.05	v	Greatest Hits R - Norfolk	Great Yarmouth	103.4	
	0.125	m	Greatest Hits R - Dorset	Shaftesbury, Dorset	96.6	
	0.05	v	Coast & County R	Scarborough (Oliver's Mount)	105.5	CR
	0.05	m	CSR FM	Canterbury (Eliot College)	[student radio]	CR
	0.025	v	Grt Hits R - Stamford & Rutland	Stamford (New Stamford College)	107.2	
	0.025	v	Dunoon Community R	Dunoon (Argyll Street)	-	CR
	0.01	v	Heart - Cambridgeshire	Haverhill, Cambs.	102.7/103	
	0.004	v	Heart - Cambridgeshire	Newmarket (Icwell Hill)	102.7/103	
97.5	9	m	Smooth R	NE England (Burnhope)	107.5/107.7	
	0.85	m	Heart - South Coast	Portsmouth (Fort Widley)	96.7/102.3	

	0.5	m	Pulse 1	Bradford (Idle)	102.5	
	0.4	m	Heartland FM	Pitlochry, Perthshire (Faire Mhor)	107.3	
	0.13	m	West FM	Ayr (Girvan relay)	96.7/106.7	
	0.2	v	R Carmarthenshire	Llanelli	97.1	
	0.01	m	R Carmarthenshire	Carmarthen	97.1	
	0.1	m	Heart - Essex	Southend-on-Sea (North Road)	96.3/102.6	
	0.03	m	Heart - Sussex & Surrey	Reigate/Crawley (Horsham relay)	102.7etc	
	0.05	m	Marlow FM	Marlow, Bucks (Handy Cross Farm)	-	CR
	0.05	m	Somer Valley FM	Midsomer Norton, Somerset (Clandown)	-	CR
	0.025	v	Kemet FM	Nottingham (Pineview Court) <i>[Afro-Caribbean]</i>	-	CR
	0.025	v	Rhondda R	Ferndale relay (Ferndale Shooting Club)	106.1	CR
97.6	1	m	Heart - Four Counties	Luton (Zouches Farm)	96.9etc	
	0.8	m	Free R	Hereford (Ridge Hill)	96.7/102.8	
	0.1	v	Forth 1	Edinburgh (Black Hill)	97.3/102.2	
	0.1	v	BBC R Kent	Folkestone (Creteway Down)	96.7/104.2	R5
	0.025	v	Northsound 1	Aberdeen (Balgownie relay)	96.9/103.0	
	0.025	v	Grt Hits R – Lincolnshire	Scunthorpe (Trent View Flats)	96.7/102.2	
	0.031	m	Q Radio	Ballycastle, Co Antrim (Drumeeny)	97.2etc	
97.7	250	m	BBC R 1	Sandale, Cumbria	-	
	160	m	BBC R 1	North Hessary Tor, Devon	-	
	5	m	BBC R 1	Manningtree, Essex	-	
	3	m	BBC R 1	Guildford, Surrey	-	
	2	v	BBC R 1	Cletraval, N.Uist, Western Isles	-	
	1	m	Radio X	Manchester (Sunley Building)	-	
	0.5	m	BBC R 1	Hastings, E.Sussex	-	
	0.18	m	BBC R 1	Ffestiniog, Gwynedd	-	
	0.08	v	BBC R 1	Bowmore, Isle of Islay	-	
	0.05	m	BBC R 1	Ballachulish, Argyll	-	
	0.05	v	BBC R 1	Deiniolen, Gwynedd	-	
	0.05	v	BBC R 1	Grantham, Lincs.	-	
	0.05	m	BBC R 1	Llandiloes, Powys	-	
	0.04	m	BBC R 1	Mallaig, Inverness-shire	-	
	0.01	m	BBC R 1	Penifiler, Isle of Skye	-	
	0.01	v	BBC R 1	Cirencester, Glos.	-	
	-	-	Penistone FM	Penistone, S Yorkshire	95.7	CR
	50mW	v	Moonlight Drive-in Cinema	Diggerland, Castleford, W Yorks	<i>irreg</i>	LRSL
97.8	1	m	BBC R 1	Pendle Forest, Lancs.	-	
	0.5	m	BBC R 1	Knock More, Morayshire	-	
	0.1	v	BBC R 1	Nailsworth, Glos.	-	
	0.1	v	BBC R 1	Newbury, Berkshire	-	
	0.05	m	BBC R 1	Betws-y-Coed, Conwy	-	
	0.032	v	BBC R 1	Calne, Wiltshire	-	
	0.01	v	BBC R 1	Rheola, Mid Glam	-	
	0.053	m	Croydon FM	Croydon (Upper Norwood)	-	CR
	0.15	m	Gateway 97.8	Basildon (University Hospital)	-	CR
	0.1	m	LDC Radio	Leeds (Burnsall Grange)	<i>[dance]</i>	CR
	0.05	m	Gaydio	Brighton (Racecourse)	<i>[LGBT]</i>	CR
97.9	250	m	BBC R 1	Sutton Coldfield, W.Midlands	-	
	43	m	BBC R 1	Bressay, Shetland	-	
	17	m	BBC R 1	Forfar, Angus	-	
	0.2	v	BBC R 1	Llwyn-Onn, Gwynedd	-	
	0.2	v	BBC R 1	Ness of Lewis	-	
	0.2	m	BBC R 1	Lethanhill, Ayrshire	-	
	0.064	m	BBC R 1	Windermere, Cumbria	-	
	0.054	m	BBC R 1	Wensleydale, N Yorkshire	-	
	0.05	v	BBC R 1	Ullapool, Ross-shire	-	
	0.05	m	BBC R 1	Millburn Muir, Dunbartonshire	-	
	0.05	v	BBC R 1	Westwood, Wilts.	-	
	0.04	m	BBC R 1	Rostrevor Forest, Co Down	-	
98.0	11	m	BBC R 1	Douglas, Isle of Man	-	
	3.2	m	BBC R 1	Carmel, Carmarthenshire	-	
	0.8	m	BBC R 1	Campbeltown, Argyll	-	
	0.2	m	BBC Three Counties R	High Wycombe	94.7/95.5/103.8etc	R5
	0.1	v	BBC R 1	Penmaen Rhos, Colwyn Bay	-	
	0.04	m	BBC R 1	Wharfedale, N Yorkshire	-	
	0.03	m	BBC R 1	Ebbw Vale, Gwent	-	

	0.025	v	BBC R 1	Kenley, Surrey	-	
	0.025	v	BBC R 1	Hebden Bridge, W Yorkshire	-	
	0.052	m	Phoenix FM	Brentwood, Essex (Gibraltar House)	-	CR
	0.025	v	Ujima R	Bristol (Rawnsley House) [Afro-Caribbean]	-	CR
	0.02	m	BBC R 1	Peebles, Borders	-	
	0.01	v	BBC R 1	Porth, Mid Glamorgan	-	
	0.01	v	BBC R 1	Walsden South, West Yorkshire	-	
98.1	134	m	BBC R 1	Pontop Pike, Co.Durham	-	
	30	m	BBC R 1	Skriaig, Isle of Skye	-	
	1	m	BBC R 1	Barnstaple, Devon	-	
	0.57	m	BBC R 1	Rothestay (tx at Toward, Argyll)	-	
	0.1	m	Bro R	Barry, S Glamorgan (Awberry House) 100.2/106.1	CR	
	0.04	v	BBC R 1	Plympton, Devon	-	
	0.025	v	BBC R 1	Idle, West Yorkshire	-	
	0.01	v	BBC R 1	Cwmafan, West Glamorgan	-	
	0.01	v	BBC R 1	Blaenavon, Mid Glamorgan	-	
98.2	250	m	BBC R 1	Rowridge, Isle of Wight	-	
	10	m	BBC R 1	Bow Brickhill, Bucks.	-	
	10	m	BBC R 1	Ridge Hill, Herefordshire	-	
	4	m	BBC R 1	Winter Hill, Lancs.	-	
	0.65	v	BBC R 1	Fort Augustus, Inverness-shire	-	
	0.2	v	BBC R 1	Penicuik, Midlothian	-	
	0.025	v	BBC R 1	Berwick upon Tweed	-	
	0.01	v	BBC R 1	Llangeinor, Mid Glamorgan	-	
98.3	250	m	BBC R 1	Blaenplwyf, Aberystwyth	-	
	150	m	BBC R 1	Meldrum, Aberdeenshire	-	
	31	m	BBC R 1	Londonderry	-	
	16	m	BBC R 1	Belmont, Lincs.	-	
	4	m	BBC R 1	Camlough, Co Armagh	-	
	1	v	BBC R 1	Ben Gullipen, Callander/Stirling	-	
	0.128	m	BBC R 1	Cambret Hill, Kirkcudbrightshire	-	
	0.1	v	BBC R 1	Creteway Down, Folkestone	-	
	0.084	v	BBC R 1	Luddenden, W.Yorkshire	-	
	0.07	m	BBC R 1	Okehampton, Devon	-	
	0.05	h	BBC R 1	Ardgour, Argyll	-	
	0.04	m	BBC R 1	Abergavenny	-	
	0.04	m	BBC R 1	Kirkconnel, Dumfries-shire	-	
98.4	1	v	BBC R 1	Beacon Hill, Devon	-	
	0.2	v	BBC R 1	Penaligon Downs, Bodmin, Cornwall	-	
	0.125	v	BBC R 1	Membury, Berkshire	-	
	0.1	m	BBC R 1	Ballycastle, Co Antrim	-	
	0.06	m	BBC R 1	Isles of Scilly	-	
	0.05	v	Bro R	St Athan, S. Glam (Community Centre) 98.1etc	CR	
	0.025	v	Amber Sound	Belper, Derbyshire (King Street) 107.2		
	0.025	v	Pulse FM	Barrhead, Renfrewshire (St Lukes School)	-	CR \$\$
	0.023	m	Energy FM	Isle of Man (Ramsey) 91.2/93.4/98.6/105.2		
	0.02	v	BBC R 1	Carnmoney Hill, Co.Antrim	-	
	0.018	m	BBC R 1	Strachur, Argyll	-	
	0.01	v	BBC R 1	Chippenham, Wilts.	-	
	0.006	m	BBC R 1	Ton Pentre, M Glam.	-	
98.5	15.6	m	BBC R 1	Llangollen	-	
	4	v	BBC R 1	Crystal Palace, London	-	
	3.6	m	BBC R 1	Oban, Argyll	-	
	1	v	BBC R 1	Keighley, W.Yorks	-	
	0.26	m	BBC R 1	Madingley, Cambridge	-	
	0.123	m	BBC R 1	Northampton	-	
	0.1	v	BBC R 1	Girvan, Ayrshire	-	
	0.1	v	BBC R 1	Todmorden, W Yorkshire	-	
	0.048	m	BBC R 1	Varteg Hill, Swansea Valley	-	
	0.033	v	BBC R 1	Chard, Somerset	-	
	0.025	v	BFBS Scotland	Edinburgh (Dreghorn Barracks)[Army radio] 94.0	CR	
	0.02	m	BBC R 1	Brecon, Powys	-	
	0.007	m	BBC R 1	Carmarthen	-	
98.6	5	v	BBC R 1	Bilsdale, N Yorkshire	-	
	1.85	m	Energy FM	Isle of Man (Carnane) 91.2/93.4/98.4/105.2		
	0.964	m	BBC R 1	Kirkton Mailor, Perthshire	-	

	0.4	v	BBC R 1	Chesterfield, Derbyshire	-	
	0.2	v	BBC R 1	Blunsdon, Swindon, Wiltshire	-	
	0.1	m	BBC R 1	Kendal, Cumbria	-	
	0.082	m	BBC R 1	Bath	-	
	0.072	m	BBC R 1	Churchdown Hill, Glos	-	
	0.065	v	BBC R 1	Port Ellen, Isle of Islay	-	
	0.055	m	BBC R 1	St Thomas, Exeter	-	
	0.01	v	BBC R 1	Abertillery	-	
	0.01	v	BBC R 1	Croeserw, West Glamorgan	-	
	0.01	v	BBC R 1	Minehead, Somerset	-	
	0.2	m	Angel Radio	Havant & Portsmouth (Fort Widley) (over-60s)	-	CR
	0.05	m	The Hillz FM	Hillfields, Coventry (Pioneer House)	-	CR
98.7	50	m	BBC R 1	Melvaig, Ross-shire	-	
	50	m	BBC R 1	Ashkirk, Selkirkshire	-	
	2.8	m	BBC R 1	Llandrindod Wells, Powys	-	
	0.2	v	BBC R 1	Bridport, Dorset	-	
	0.064	m	BBC R 1	Kingussie, Inverness-shire	-	
	0.06	v	BBC R 1	Egford Hill, Frome, Somerset	-	
	0.05	v	BBC R 1	West Kilbride, Ayrshire	-	
	0.05	v	BBC R 1	Conwy	-	
	0.032	m	BBC R 1	Larne, Co Antrim	-	
	0.014	m	BBC R 1	Llanfyllin, Powys	-	
	0.004	v	BBC R 1	Combe Martin, Devon	-	
	0.032	m	New Style R CLOSED?	Birmingham (Cambridge Tower) [Afro-Caribbean]	-	CR
	0.025	v	R Cardiff	Cardiff (Nelson House)	-	CR \$\$
98.8	125	m	BBC R 1	Wrotham, Kent	-	
	0.5	h	BBC R 1	Pitlochry, Perthshire	-	
	0.1	v	BBC R 1	Chalford, Glos.	-	
	0.05	m	BBC R 1	Pontypool	-	
	0.042	m	BBC R 1	Aberdare, Mid Glamorgan	-	
	0.032	m	BBC R 1	Rosneath, Dunbartonshire	-	
	0.01	v	BBC R 1	Ogmore Vale, Mid Glamorgan	-	
	0.025	v	Lisburn's 98 FM	Lisburn, Co Down	-	CR
	0.025	v	Spice FM	Newcastle-Upon-Tyne (The Beacon)	-	CR
98.9	250	m	BBC R 1	Holme Moss, W.Yorkshire	-	
	41	m	BBC R 1	Keelylang Hill, Orkney	-	
	20	m	BBC R 1	Haverfordwest, Pembrokeshire	-	
	3	m	BBC R 1	Fort William, Inverness-shire	-	
	2.2	m	BBC R 1	South Knapdale, Argyll	-	
	1.3	m	BBC R 1	Ilchester Crescent, Bristol	-	
	1	v	BBC R 1	Daliburgh, S Uist, Western Isles	-	
	0.125	v	BBC R 1	Crieff, Perthshire	-	
	0.02	v	BBC R 1	Rhymney, Gwent	-	
	-	-	Forest FM	Ferndown relay (Leisure Centre)	92.3	CR
99.0	9.8	m	BBC R 1	Brougher Mountain, Co.Fermanagh	-	
	2.1	m	BBC R 1	Durriss, Aberdeenshire	-	
	0.2	m	BBC R 1	Machynlleth, Powys	-	
	0.2	m	BBC R 1	Kilkeel, Newry, Co Down	-	
	0.1	v	BBC R 1	Holcombe Down, Devon	-	
	0.1	v	BBC R 1	Newton, Northumberland	-	
	0.1	v	BBC R 1	Llandecwyn, Gwynedd	-	
	0.048	m	BBC R 1	Ventnor, Isle of Wight	-	
	0.04	v	BBC R 1	Hutton, Somerset	-	
	0.025	v	BBC R Guernsey	Alderney relay	93.2	R5
99.1	46	m	BBC R 1	Oxford	-	
	10	m	BBC R 1	Darvel, Ayrshire	-	
	5	m	BBC R 1	Glengorm, Isle of Mull	-	
	0.925	m	BBC R 1	Kilvey Hill, Swansea	-	
	0.2	v	BBC R 1	Salcombe, Devon	-	
	0.08	v	BBC R 1	Axe Valley, Devon	-	
	0.02	m	BBC R 1	Innerleithen, Peebles-shire	-	
	0.01	v	BBC R 1	Darwen, Lancs.	-	
	0.005	v	BBC R 1	Pennar, Gwent	-	
99.2	20	m	BBC R 1	Rosemarkie, Ross-shire	-	
	3.4	m	BBC R 1	Limavady, Co Londonderry	-	
	0.3	v	BBC R 1	Gogwell, Tiverton, Devon	-	

	0.1	v	BBC R 1	Bexhill, East Sussex	-	
	0.1	m	BBC R 1	Whitby, N.Yorks	-	
	0.05	m	BBC R 1	Long Mountain, Welshpool, Powys	-	
	0.032	v	BBC R 1	Rosemount, Tayside	-	
	0.03	h	BBC R 1	Keswick Forest, Cumbria	-	
	0.01	v	BBC R 1	Ferndale, Mid Glamorgan	-	
	0.01	v	BBC R 1	Llyswen, Powys	-	
	0.01	m	BBC R 1	Ludlow, Shropshire	-	
	0.01	v	BBC R 1	Whalley, Lancs.	-	
	0.05	m	Hermitage FM [closing 31Mar24]	Coalville, Leics. (Hoo Ash Farm)	-	CR
99.3	250	m	BBC R 1	Tacolneston, Norfolk	-	
	25	m	BBC R 1	Redruth, Cornwall	-	
	0.384	m	BBC R 1	Mynydd Pencarreg, Lampeter	-	
	0.18	m	BBC R 1	Weardale, Co.Durham	-	
	0.1	v	BBC R 1	Eymouth, Berwickshire	-	
	0.1	m	BBC R 1	Newhaven, East Sussex	-	
	0.1	v	BBC R 1	Whitehaven, Cumbria	-	
	0.095	v	BBC R 1	Saddleworth, Lancs.	-	
	0.05	v	BBC R 1	Lyme Regis, Dorset	-	
	0.031	v	BBC R 1	Stranraer, Wigtownshire	-	
	0.025	v	BBC R 1	Mickleham, Surrey	-	
	0.02	v	BBC R 1	Barnoldswick, Lancs.	-	
	0.02	v	BBC R 1	Cornholme, W Yorkshire	-	
	0.015	v	BBC R 1	Caterham, Surrey	-	
	0.01	m	BBC R 1	Kinlochleven, Argyll	-	
	0.001	v	Forest Gold R	St Margaret's Hospital, Epping	-	LRSL
99.4	21	m	BBC R 1	Llanddona, Anglesey	-	
	2	v	BBC R 1	Eitshal, Isle of Lewis	-	
	1.2	m	BBC R 1	Stanton Moor, Derbyshire	-	
	1	v	BBC R 1	Hemdean, Caversham, Berkshire	-	
	0.68	m	BBC R 1	Grantown on Spey, Morayshire	-	
	0.2	v	BBC R 1	Beecroft Hill, Leeds	-	
	0.05	m	BBC R 1	Llanrhaedr-ym-Mochnant, Powys	-	
	0.042	v	BBC R 1	Fenham, Northumberland	-	
	0.02	v	BBC R 1	Salisbury, Wilts.	-	
	0.005	v	BBC R 1	Kingswear, S Devon	-	
	0.1	m	Ambur R	Walsall (Townend House)	[Asian]	CR
99.5	250	m	BBC R 1	Black Hill, Lanarkshire	-	
	250	m	BBC R 1	Wenvoe, Cardiff	-	
	11	m	BBC R 1	Swingate, Dover	-	
	0.32	m	BBC R 1	Sheffield (Crosspool)	-	
	0.25	m	BBC R 1	Scarborough (Oliver's Mount)	-	
	0.083	v	BBC R 1	Haslingden, Lancashire	-	
	0.05	v	BBC R 1	Ivybridge, Devon	-	
99.6	10	m	BBC R 1	Morecambe Bay, Lancs.	-	
	5	v	BBC R 1	Woolmoor, N Yorkshire	-	
	0.13	v	BBC R 1	Weymouth, Dorset	-	
	0.1	m	BBC R 1	Buxton, Derbyshire	-	
	0.05	m	BBC R 1	High Wycombe, Bucks.	-	
	0.02	m	Radio Panj	Coventry (WIm Batchelor Hse)	[Panjabi] MW 1521	CR
	0.0005	v	Scout Radio	Gilwell Park, Chingford, London E4	-	LRSL
99.7	250	m	BBC R 1	Divis, Belfast	-	
	40	m	BBC R 1	Peterborough	-	
	10	m	BBC R 1	Rumster Forest, Caithness	-	
	5.6	m	BBC R 1	Chatton, Northumberland	-	
	0.6	m	BBC R 1	Whitehawk Hill, Brighton	-	
	0.2	v	BBC R 1	Basingstoke, Hampshire	-	
	0.1	v	BBC R 1	Marlborough, Wilts	-	
	0.087	m	BBC R 1	Llandyfriog, Newcastle Emlyn	-	
	0.05	m	BBC R 1	Dolgellau, Gwynedd	-	
	0.042	m	BBC R 1	Tulich, Aberdeenshire	-	
	0.035	m	BBC R 1	Llandinam, Powys	-	
	0.025	v	Oldham Community R	Oldham (Civic Centre)	-	CR
99.8	0.75	m	Capital FM - Lancashire	Burnley (Pendle Forest)	96.3/106.5/107	
	0.75	m	Nation R - East Yorkshire	Hull (Humber Bridge North Pier)	-	
	0.05	m	Awaaz FM	Southampton (Midanbury)	[South Asian]	CR

	0.025	v	KCC Live	Knowsley Community College, Liverpool	-	CR
	0.025	v	Schmu FM	Aberdeen (Stewart Park Court)	-	CR \$\$
	0.01	v	BBC R 1	Clyro, Powys	-	
99.9	250	m	Classic FM	Cumbria (Sandale)	-	
	0.5	m	Greatest Hits R - Norfolk	Norwich (Stoke Holy Cross)	-	
	0.15	v	Witney R	West Oxon (Witney West)	90.2/105.3/107.4etc	CR
100.0	160	m	Classic FM	SW England (N Hessary Tor, Devon)	-	
	4	m	Kiss	London (Croydon)	-	
	0.1	m	Heart - Scotland	Vale of Leven (Millburn Muir)	100.3/101.1	
100.1	250	m	Classic FM	West Midlands (Sutton Coldfield)	-	
	10.3	m	Classic FM	Angus	-	
	0.2	m	Smooth R - Lake District	Kendal	100.8/101.4	
100.2	2	m	Greatest Hits R - Essex	Colchester (Valley Rd, Clacton)	-	
	0.85	m	Classic FM	Isle of Man (Douglas)	-	
	0.2	m	Classic FM	Bath	-	
	0.025	v	Your FM	Portadown, Co Antrim	-	CR
	0.05	m	Cinque Ports R	Romney Marsh (Ivychurch-The Gardens)	95.1	CR
	0.05	m	Bro R.	Llantwit Major, Glamorgan (rugby club)	98.1/106.1	CR
100.3	250	m	Classic FM	S England (Rowridge, Isle of Wight)	-	
	130	m	Classic FM	NE England (Pontop Pike, Co.Durham)	-	
	20	m	Heart - Scotland	Glasgow/Edinburgh (Black Hill)	100.0/101.1	
	0.5	m	Classic FM	Bradford (Idle)	-	
100.4	10	m	Classic FM	Milton Keynes (Bow Brickhill)	-	
	5	m	Smooth R	NW England (Winter Hill)	-	
	4.9	m	Classic FM	Ridge Hill, Herefordshire	-	
	0.28	m	KM-FM Medway	Rochester (Hoo St Werbrugh)	107.9	
	0.001	v	R Redhill	East Surrey Hospital, Redhill	1431AM	LRSL
100.5	150	m	Classic FM	Aberdeen (Meldrum)	-	
	31	m	Classic FM	Londonderry	-	
	7.13	m	Classic FM	SW Wales (Preseli, Pembrokeshire)	-	
	6.2	m	Classic FM	Lincolnshire (Belmont)	-	
	1	m	Q Radio	Newry (Camlough)	101.1etc	
	0.31	m	Heart - Devon	S Devon (Totnes)	100.8/101.2/101.9etc	
	0.2	m	Digital Hits One	Cheddar, Somerset (Fry's Hill)	-	CR
100.6	2	v	Classic FM	London (Crystal Palace)	-	
	0.025	v	BFBS Lisburn	Lisburn, Co Antrim [Army radio]	101/106.5	CR
100.7	18.75	m	Classic FM	N Wales (Arfon, Lleyrn Peninsula)	-	
	11	m	Heart - West Midlands	W Midlands (Sutton Coldfield)	-	
	10	m	Heart - North East	NE England (Bilsdale)	96.2/101.2/101.8	
	0.8	m	Star FM	Cambridge (Madingley)	107.1/107.3/107.9	
	0.046	m	GTFM	Mountain Ash (Golf Course)	107.1/107.9	CR
	0.025	v	Black Diamond FM	Gorebridge, Midlothian (Halkerston Fm)	107.8	CR
100.8	0.72	m	Classic FM	Swindon (Blunsdon)	-	
	0.125	m	Smooth R - Lake District	Windermere (Bowness)	100.1/101.4	
	0.11	m	Grt Hits R - Somerset	West Somerset (Porlock)	102.4/107.4	
	0.1	v	Heart - Devon	S Devon (Dartmouth)	100.5/101.2/101.9etc	
	0.1	v	Revival FM	Cumbernauld (Corrie Farm) [Christian]	93.0	CR
	0.025	v	CHBN	Truro (Treliske)	-	CR
	0.0005	v	BFBS R	Bovington Camp, Dorset	89.3	LRSL
100.9	250	m	Classic FM	London/SE England (Wrotham, Kent)	-	
	5.4	v	Classic FM	Borders (Selkirk)	-	
101.0	40	m	Kiss	Bristol (Mendip)	97.2	
	0.05	v	Classic FM	Tyneside (Fenham)	-	
	0.025	v	RNIB Connect R	West Glasgow [for blind & partially sighted]	-	CR
	0.025	v	BFBS Holywood	Belfast (Palace Barracks) [Army]	100.6/106.5	CR
101.1	250	m	Classic FM	N England (Holme Moss, W.Yorks)	-	
	10	m	Classic FM	W Wales (Blaenplwyf, Aberystwyth)	-	
	9.6	m	Heart - Scotland	Edinburgh (Craigkelly)	100.0/100.3	
	0.2	m	Heart - Scotland	Rosneath	100.0/100.3	
	0.434	m	Q Radio	Kilkeel, Co Down	100.5	
	0.125	m	Q Radio	Newcastle, Co Down	100.5	
	0.15	m	Unity 101	Southampton (Midanbury) [multilingual]	-	CR
	0.05	v	Wey Valley R	Alton, Hants (Thedden Grange)	-	CR
101.2	6.26	m	Q Radio	Omagh/Enniskillen (Brougher Mountain)	(102.9)	
	1.374	m	Waves R [closed 1May23]	Peterhead (Mormond Hill)	-	
	1.25	m	Heart - Devon	S Devon (Kingsbridge)	100.5/100.8/101.9	

	0.2	m	Heart - North East	Hexham (Newton)	96.2/100.7/101.8	
	0.075	m	Heart - North East	Sunderland (Hendon)	96.2/100.7/101.8	
101.3	46	m	Classic FM	Oxford (Beckley)	-	
	8	m	Classic FM	Ayrshire (Darvel)	-	
	1	m	Classic FM	Swansea (Kilvey Hill)	-	
101.4	11	m	Classic FM	Inverness (Mounteagle)	-	
	0.2	m	Classic FM	Bristol (Pur Down)	-	
	0.2	m	Smooth R - E Midlands	Derby (Drum Hill)	106.6	
	0.1	m	Smooth R - Lake District	Keswick (Keswick Forest)	100.1/100.8	
	0.105	m	Flex FM	Wandsworth, SW London (Keevil Drive)	-	CR
	0.025	v	lúr FM ("Your FM")	Newry (golf club)	-	CR
	0.025	v	1Brighton	Brighton (race course)	-	CR
	0.002	v	BFBS Gurkha R	Leconfield, E Yorks (Normandy Barracks)[<i>Nepali</i>]	-	LRSL
101.5	250	m	Classic FM	Norfolk (Tacolneston)	-	
	10.1	m	Classic FM	W Cornwall (Redruth)	-	
	0.025	v	R Plus	Coventry (Mercia House)	[<i>Christian</i>]	CR
	-	v	BFBS Gurkha R	Blandford Camp, Dorset	[<i>Nepali</i>]	LRSL
101.6	2.5	m	Classic FM	NW Wales (Gt Ormes Head, Llandudno)	-	
	2	m	Classic FM	Cleveland (Bilsdale)	-	
	0.5	v	Classic FM	Leeds (Beecroft Hill)	-	
	0.4	m	KM-FM	West Kent (Wrotham)	96.2	
	0.075	m	Grt Hits R - Surrey & NE Hants	Four Marks, Hants (Medstead)	97.1/101.8/102	
	0.065	v	Grt Hits R - Surrey & NE Hants	Haslemere (Hindhead relay)	97.1/101.8/102	
	0.062	m	Capital FM - Staffs	Tamworth, Staffs (Lichfield)	102.4	
	0.025	v	Asian Star	Slough (Queensmere)	[<i>Asian</i>]	CR
101.7	250	m	Classic FM	Cardiff (Wenvoe)	-	
	250	m	Classic FM	Glasgow/Edinburgh (Black Hill)	-	
	0.5	m	Classic FM	Sheffield (Tipton Hill)	-	
	0.1	m	Heart - Essex	Harlow, Essex (Rye Hill)	96.1/96.3/102.6etc	
101.8	8.5	m	Heart - North East	NE England (Burnhope)	96.2/100.7/101.2	
	6.4	m	Classic FM	Morecambe Bay, Lancs	-	
	5.2	m	Classic FM	Dover UHF	-	
	0.5	v	Classic FM	Reading (Hemdean, Caversham)	-	
	0.1	v	Grt Hits R - Surrey & NE Hants	Petersfield (Rams Walk)	97.1/101.6/102	
	0.125	m	Cross Rhythms City R	Stoke on Trent (Bagnall)	96.6 [<i>Christian</i>]	CR
	0.045	v	Grt Hits R - Derbyshire	Ashbourne (Hardhurst Farm, Wirksworth)	96.7	CR
	0.05	v	Grt Hits R - Derbyshire	Uttoxeter, Staffs.	96.7	CR
	0.025	v	Branch FM	Dewsbury	[<i>Christian</i>]	CR
	0.025	v	Vixen FM	Yorkshire Wolds (Market Weighton)	103.1	CR
	0.025	m	WCR FM	Wolverhampton College (Mander House)	-	CR
	0.0015	v	Stoke Mandeville Hosp R	Stoke Mandeville Hospital, Aylesbury	-	LRSL
101.9	250	m	Classic FM	Belfast (Divis)	-	
	34.5	m	Classic FM	Peterborough	-	
	0.4	m	Classic FM	Brighton (Whitehawk)	-	
	0.5	m	Heart - Devon	S Devon (Ivybridge)	100.5/100.8/101.2etc	
102.0	2.58	m	Capital FM - Stratford	Stratford Upon Avon (Lark Stoke)	107.3	
	2.5	m	Nation R - Suffolk	Ipswich (Warren Heath)	-	
	1.25	m	Greatest Hits R	Salisbury (Camp Hill)	-	
	1	m	Capital FM - Manchester	Manchester (Sunley Building)	-	
	0.45	m	Greatest Hits R - S Yorks	Barnsley	97.1	
	0.2	m	Heart - Sussex & Surrey	Hastings	96.9/102.4/103.5	
	0.2	m	Original 106	Dundee (Dundee Law)	106.6	
	0.1	m	Grt Hits R - Surrey & NE Hants	Alton (Brockham Hill)	97.1/101.6	
	0.1	m	Grt Hits R - N Derbyshire	Matlock (Stanton Moor)	107.4	
	0.05	m	Isle of Wight R	Ventnor relay (St Boniface Down)	107.0	
	0.02	v	Isle of Wight R	Ryde relay (Ryde Pier)	107.0	
	0.007	v	Isle of Wight R	Cowes relay (GKN Building)	107.0	
	0.07	m	Drystone R	Ilkley (Upper Austby Farm)	103.5	CR
102.1	1.25	m	Swansea Bay R	Swansea (Kilvey Hill)	-	
	0.2	m	Sabras R	Loughborough (University)	<i>Asian</i> 91.0/1296	
	0.037	m	Q Radio	Enniskillen (Coles Hill)	101.2etc	
	0.1	m	MKFM	Bletchley (MK Stadium)	95.0/106.3	CR
102.2	6.4	m	Grt Hits R - Lincolnshire	Lincolnshire (Belmont)	96.7/97.6	
	4	m	Smooth R	London (Croydon)	-	
	2.5	m	Pirate FM	East Cornwall (Caradon Hill)	102.8	
	1	m	Capital FM	Birmingham (Metropolitan House)	-	

	0.815	m	Greatest Hits R - Cumbria	W Cumbria (Broughton Moor)	96.4/102.5/103.4	
	0.7	v	Lochbroom FM	Ullapool (Highland Council site)	96.8	
			<i>[usually relays Two Lochs Radio or Smooth, occasional local prgrs]</i>			
	0.5	m	Heart - Wiltshire	W Wiltshire (Naish Hill)	96.5/97.2	
	0.5	m	Forth 1	Edinburgh (Penicuik)	97.3/97.6	
	0.05	v	Blackburn's 102.2 FM	Blackburn (Dukes Cars)	-	CR
	0.025	v	SIBC	Shetland (Lerwick)	96.2	
102.3	2	m	Heart - South Coast	Bournemouth (Nine Barrow Down)	96.7/97.5	
	0.8	v	Nevis R	Ft William (Cnoc Malagan, Skye)	96.6/102.4	CR
	0.6	m	Clyde 1	Rothesay (Toward, Argyll)	97.0/103.3	
	0.5	m	Downtown R	Ballymena (Portglenone)	96.4/96.6/102.4/103.1	
	0.5	m	Heart - S Wales	Pontypridd (Eglwysilan)	105.4etc	
	0.45	m	Grt Hits R - W Sussex	Littlehampton (Hammerpot)	96.6/106.6	
	0.1	v	Grt Hits R - York & N Yorks	Thirsk (Calvert's Carpets)	103.5/104.7	
	0.125	m	HFM (Harborough FM)	Market Harborough (Little Oxendon Farm)	-	CR
	0.04	m	Heart - N Lancs	Morecambe (Windermere relay)	96.9/103.2	
	0.01	v	Grt Hits R - Borders	Berwick Upon Tweed	96.8/103.1/103.4	
102.4	10	m	Downtown R	Londonderry	96.4/96.6/102.3/103.1	
	8.2	m	Heart - Sussex & Surrey	Eastbourne (Heathfield)	96.9/102/103.5	
	4	v	Grt Hits R - Somerset	Minehead (Minehead North)	100.8/107.4	
	3.3	m	Heart - East Anglia	Norfolk (Stoke Holy Cross)	96.4/97.1	
	2	m	Heart - Gloucestershire	Gloucester (Churchdown Hill)	103.0	
	0.55	v	Nevis R	Loch Leven (Glenachulish)	96.6/102.3	CR
	0.33	m	Energy FM	Isle of Man (Beary Park)	91.2/93.4etc	
	0.1	m	Capital FM - Staffs	Staffordshire (Burton)	101.6	
	0.1	m	Grt Hits R - Wigan & St Helens	Wigan (Billinge Hill)	-	
	0.1	v	Grt Hits R - Yorks Coast	Bridlington (Bucton Barn)	96.2/103.1	
	0.025	v	R Hartlepool	Hartlepool	-	CR
	0.025	v	Redroad FM	Rother Valley, S Yorks (Wales, Sheffield)	-	CR
102.5	20	m	R Pembrokeshire	Pembrokeshire (Haverfordwest)	107.5	
	24.5	m	Clyde 1	Glasgow (Black Hill)	97/102.3/103.3	
	2	m	Pulse 1	Huddersfield & Halifax (Vicars Lot)	97.5	
	1.2	m	MFR	Thurso (Ben Dorrery)	96.6/97.4/102.8	
	0.2	m	Black Cat R	St Neots, Cambs. (Paxton Hill)	-	CR
	0.2	m	Môn FM	Anglesey (Gwalchmai) <i>[English & Welsh]</i>	96.8	CR
	0.25	m	Môn FM	Anglesey (Nebo, Amlwch) <i>[Eng & Welsh]</i>	96.8	CR
	0.1	m	Greatest Hits R - Cumbria	Penrith	96.4/102.2/103.4	
	0.08	m	Q Radio - Belfast	Bangor, Co Down (Bryansburn Lane)	96.7	
	0.02	v	Q Radio - Belfast	Newtownabbey (Carnmoney Hill)	96.7	
	0.05	v	Black Country R	Stourbridge (St Michaels, Brierley Hill)	92.2	CR
	0.05	v	Soundart R	Dartington College, Totnes, Devon <i>[student]</i>		CR
	0.025	v	Eava FM	Leicester (Central Leicester) <i>[East African]</i>		CR
	0.025	v	BFBS	Aldershot (Centre for Health) <i>[Army radio]</i>		CR
	0.025	v	Nova R North East	Newcastle-upon-Tyne (Westgate C'ty College)		CR
	0.025	v	Skyline Gold	Hedge End, Southampton	-	CR
	0.002	v	Reindeer Lodge	Mold (Black Meadows Farm) (Seasonal Nov-Jan)		LRSL
102.6	9	m	Heart - Thames Valley	Oxford (Beckley)	97.4/102.9etc	
	4	m	Heart - West Country	Somerset (Mendip)	96.5/97.1	
	4	m	Signal One - Staffordshire	Stoke on Trent (Alsagers Bank)	-	
	2	m	Heart - Essex	Chelmsford (Bakers Wood)	96.3/97.5	
	0.125	m	Metro R	Alnwick relay (Shilbottle)	97.1/103.0/103.2	
	0.125	m	Sine FM	Doncaster (Civic Centre) <i>[student]</i>		CR
	0.07	m	Sun FM	Richmond, N Yorks	103.2	
102.7	4.3	m	R Skye	Isle of Skye (Skriaig)	106.2/107.2	CR
	4	m	Heart - Cambridgeshire	Peterborough (Gunthorpe)	97.4/103	
	3.6	m	Heart - Sussex & Surrey	Reigate & Crawley (Reigate)	97.5/102.4etc	
	0.5	v	BBC R Leeds	Keighley	92.4/95.3/103.9	R5
	50mW	v	Albion R (The Baggies)	West Bromwich Albion FC <i>[home match days]</i>		RSL
	-	-	CRFM	Carlisle	-	CR #
102.8	10	m	Pirate FM	West Cornwall (Redruth)	102.2	
	5	m	Tay FM	Dundee (Angus)	96.4	
	1	m	Free R	Worcester (Malvern)	96.7/97.6	
	1	m	Heart - Kent	E Kent (Dunkirk)	95.9/96.1/97/103.1	
	0.925	m	Capital FM - E Midlands	Derby (Drum Hill)	96.2/96.5/102.8	
	0.91	m	MFR	Keith (Tor Sliasg)	96.6/96.7/97.4/102.5	
	0.33	m	Sun FM	Durham (Sacriston)	106.8	

	0.2	m	Heart - N Wales	Welshpool (Long Mountain)	88/107.2/107.7etc	
	0.1	m	Canalside R	Bollington, Macclesfield (Clarence Mill)	-	CR
	0.2	m	YO1 Radio	York (York Hospital)	90.0	CR
	0.05	m	Capital FM - Lancashire	Chorley, Lancs. (St George's Church)	106.5/107	
	0.225	m	Diverse FM	Luton (Farley Hill)	-	CR
	0.1	m	Hot R	Poole (Canford Heath)	-	CR
102.9	5.13	m	Q Radio	Londonderry (Foyle Hill)	97.2/101.2etc	
	3.4	m	Heart -Thames Valley	Basingstoke/Andover (Hannington)	97.0/103.4	
	3.2	m	Nation R	Carmarthenshire (Carmel)	106.8/107.1/107.3	
	0.45	m	Hallam FM	Barnsley (Ardsley)	97.4/103.4	
	0.05	m	Free R - Coventry	Leamington Spa	97.0	
103.0	5	m	Capital Cymru	Anglesey & Gwynedd Caernarfon (Arfon)	-	Eng/Welsh
	4	m	Hits R	Manchester (Saddleworth)	-	
	3.6	m	Isles FM	Stornoway, Isle of Lewis (Eitshal)	-	
			<i>[relays various stations when not carrying own programming]</i>			
	1	m	Heart - Devon	E Devon (Stockland Hill)	97.0etc	
	1	m	Heart - Cambridgeshire	Cambridge (Madingley)	97.4/102.7	
	0.7	m	Grt Hits R - Dumfries & Gal	Kirkcudbright (Cambret Hill)	96.5/97.0	
	0.174	v	Northsound 1	Peterhead (Stirling Hill)	97.6/96.9	
	0.1	v	Dales R	Ingleton	936 kHz/104.9	CR
	0.1	v	Dales R	Hawes (Hawes Creamery)	936 kHz/104.9	CR
	0.1	v	Dales R	Kirkby Stephen	936 kHz/104.9	CR
	0.1	m	Heart - Gloucestershire	Stroud	102.4	
	0.1	v	YourRadio	Dumbarton	106.9	
	0.1	m	Heart - West Country	Weston-Super-Mare (Worlebury Hill)	96.3etc	
	0.08	m	Heart - West Country	Bath	96.3etc	
	0.084	m	The Eye	Melton Mowbray (White Lodge Farm)	-	CR
	0.05	v	Metro R	Newcastle (Fenham relay)	97.1/102.6/103.2	
103.1	4	m	Heart - Kent	Maidstone (Bluebell Hill)	95.9/96.1/97/102.8	
	2.7	m	Free R - Shropshire	Shrewsbury/Telford (The Wrekin)	97.2	
	1.8	m	Downtown R	Newry (Camlough)	96.4/96.6/102.3/102.4	
	0.5	m	Central FM	Stirling (Earls Hill)	-	
	0.12	m	Grt Hits R - Yorks Coast	Scarborough (Whitby relay)	96.2/102.4	
	0.07	m	Grt Hits R - Borders	Borders (Peebles relay)	96.8/102.3/103.4	
	0.15	m	Awaz (Pendle Community R)	Nelson, Lancs (Brierfield)	<i>[Asian]</i>	CR
	0.025	v	3TFM	Saltcoats, Ayrshire	<i>[health]</i>	CR
	0.05	v	Sound Radio	Rhyl/Towyn Denbighshire (Towyn)	-	CR
	0.04	m	Vixen FM	Yorkshire Wolds (Pocklington)	101.8	CR
103.2	2	m	Capital FM - S Coast	Southampton (Chillerton Down, IOW)	-	
	2	m	Capital FM - S Wales	Cardiff (Wenallt)	97.4	
	0.5	m	Sunrise R	Bradford (Idle)	(+1458 London)	<i>[Asian]</i>
	0.365	m	Sun FM	Darlington (Harrowgate Hill)	102.6	
	0.25	v	Grt Hits R - N Norfolk	Fakenham (Bunkers Hill)	96.2	
	0.25	v	Grt Hits R - N Norfolk	Cromer (Aylmerton)	96.2	
	0.12	m	Metro R	Hexham relay (Newton)	97.1/102.6/103.0	
	0.1	m	Heart - N Lancs	Morecambe Bay (Kendal relay)	96.9/102.3	
	0.1	v	Mansfield 103.2	Mansfield, Notts (Fishpond Hill)	-	
	0.025	v	Juice Radio	Preston (Sandown Court)	-	CR
	0.025	v	Insanity R	Royal Holloway Univ, Egham	-	CR
	0.1	m	PCR FM	Peterborough (Cumberland House)	-	CR
103.3	5.8	m	Nation R - Ceredigion	Aberystwyth (Blaenplwyf)	96.6/97.4	<i>[Welsh]</i>
	2	m	Heart - Four Counties	Milton Keynes (Bow Brickhill)	96.6/96.9/97.6etc	
	0.5	m	Heart - Scotland	Penicuik, Midlothian	100/100.3/101.1	
	0.4	m	Oban FM	Oban, Argyll (Pulpit Hill)	<i>[+relays Clyde 2 at times]</i>	
	0.2	m	LGR (London Greek R)	N London (Cholmely Lodge, N6)	<i>[Greek]</i>	
	0.2	v	Grt Hits R - Derbyshire	High Peak (Buxworth-Hawkhurst Fm)	106.4/106.6	
	0.035	v	Grt Hits R - Derbyshire	Hope Valley	106.4/106.6	
	0.1	m	Clyde 1	Glasgow (Rosneath)	97.0/102.3/102.5	
	0.05	m	RWSfm	Bury St Edmunds (West Suffolk Hospital)	-	CR
	0.025	v	R Ninesprings	Yeovil (Wincanton relay)	104.5/107.6	CR
103.4	15	m	BBC R Devon	Devon (North Hessary Tor)	94.8/95.8/96.0	R5
	2	m	Greatest Hits R - Norfolk	Lowestoft (Oulton)	97.4	
	1.6	m	Hallam FM	Doncaster (Clifton)	97.4/102.9	
	1.4	m	Capital FM - NW & Wales	Wrexham (Rhos)	96.3/97.1 etc	
	0.5	v	Grt Hits R - Borders	Borders (Eyemouth relay)	96.8/102.3/103.1	
	0.4	m	Greatest Hits R - Cumbria	W Cumbria (Whitehaven)	96.4/102.2/102.5	

	0.3	m	Sun FM	Sunderland (Haining)	-	
	0.2	m	Downtown R	Belfast (Newcastle, Co Down relay)	96.4etc	
	0.01	v	Downtown R	Newtownabbey (Carnmoney Hill)	96.4etc	
	0.1	m	Heart - Thames Valley	Henley-on-Thames relay	97/102.6/102.9	
	0.1	m	Susy R	Reigate & Redhill (The Cattery, Reigate)	-	CR
	0.025	v	Bradley Stoke R	Bradley Stoke, South Gloucestershire	-	CR
103.5	12	m	BBC Essex	Essex (Gt Braxted)	95.3	R5
	5	m	BBC R Nan Gaidheal/Scot	Glengorm, Isle of Mull	-	R5
	1	v	BBC R Wiltshire	Salisbury (Newton Barrow)	103.6/104.3/104.9	R5
	0.9	m	Heart - Sussex & Surrey	Brighton (Whitehawk)	96.9/102/102.4	
	0.2	v	Grt Hits R - York & N Yorks	Northallerton	102.3/104.7	
	0.18	m	BBC R 4	Ffestiniog, Gwynedd	-	WS
	0.15	m	Drystone R	Sutton-in-Craven, Yorks (Valley Farm)	102	CR
	0.08	v	Seaside FM	Hornsea, E Yorks	104.4/105.3	CR
	0.05	v	BBC R 4	West Kilbride, Ayrshire	-	WS
	0.048	m	BBC R 4	Varteg Hill, Swansea Valley	-	WS
	0.04	m	BBC R Cymru	Abergavenny	-	WS
	0.032	m	BBC R 4	Larne, Co Antrim	-	WS
	0.025	v	Beyond R	Lancaster (Ashton Memorial)	107.5	CR
	0.054	m	Erewash Sound	Long Eaton, Derbyshire (Risley)	96.8	CR
	0.025	v	Sunny Govan R	Govan, Glasgow	-	CR
103.6	21	m	BBC R 4	Llanddona, Anglesey	-	WS
	20	m	BBC R 4	Rosemarkie, Ross-shire	-	WS
	0.8	m	BBC R Northampton	Northampton (Geddington)	104.2	R5
	0.5	m	BBC R Wiltshire	Swindon (Blunsdon)	103.5/104.3/104.9	R5
	0.2	m	BBC R 4	Machynlleth, Powys	-	WS
	0.1	v	BBC R Bristol	Weston-Super-Mare (Hutton)	94.9/104.6(95.5)	R5
	0.08	v	BBC R Nan Gaidheal/Scot	Bowmore, Isle of Islay	-	R5
	0.05	m	BBC R Cymru	Long Mountain, Welshpool, Powys	-	WS
	0.05	m	BBC R 4	Dolgellau, Gwynedd	-	WS
	0.031	v	BBC R 4	Stranraer, Wigtownshire	-	WS
	0.01	v	BBC R 4	Croeserw, West Glamorgan	-	WS
	0.05	v	Tameside R	Ashton-Under-Lyne (Harrop Edge)	-	CR
	0.023	v	The Beat	Harlesden, NW London (Stonebridge)	-	CR
	0.013	v	Lincoln City R	Lincoln (Lincoln Cathedral)	-	CR
103.7	17	m	BBC R Nan G/Scotland	Forfar, Angus	-	R5
	3.9	m	Manx R	Isle of Man (Jurby)	89.0/97.2	
	4	m	Channel 103FM	Jersey (Fremont Point)	-	
	2.2	m	BBC R Nan Gaidheal/Scot	S.Knapdale, Argyll	-	R5
	2	v	BBC R Nan Gaidheal/Scot	Cletraval, N.Uist	-	R5
	2	v	BBC R York	York (Acklam Wold)	95.5/104.3	R5
	1.4	m	BBC CWR	Warwickshire (Lark Stoke)	94.8/104.0	R5
	0.384	m	BBC R 4	Mynydd Pencarreg, Lampeter	-	WS
	0.1	v	BBC R Newcastle	Hexham relay (Newton)	95.4/96.0/104.4	R5
	0.05	v	SWU.FM	Bristol (Croydon House)	[student]	CR
	0.05	m	BBC R Nan Gaidheal/Scot	Ballachulish, Argyll	-	R5
	0.05	m	Moorlands R	Leek, Staffs (Rails Farm, Biddulph)	93.7	CR
	0.025	v	Funky SX	Southend-on-Sea (University Hospital)	[youth]	CR
103.8	0.025	v	Kane FM	Guildford	-	CR
	2.8	m	BBC R 4	Llandrindod Wells, Powys	-	WS
	1	m	BBC R Nottingham	Mapperley Ridge	95.1/95.5	R5
	0.5	v	BBC R Solent	Dorset (Bincombe Hill)	(96.1)	R5
			[Dorset opt-out Mon-Fri 0630-1000]			
	0.5	m	BBC Three Counties R	Zouches Farm	94.7/95.5/104.5etc	R5
	0.05	m	BBC R Cymru	Llanrhaedr-ym-Mochnant, Powys	-	WS
	0.032	m	BBC R 4	Rosneath, Dunbartonshire	-	WS
	0.25	v	Mid Sussex R	Burgess Hill (Tower House)	-	CR
	0.025	v	Juice 103.8	Belfast (Conway Mill)	[LGBT]	CR
103.9	50	m	BBC R 4	Ashkirk, Selkirkshire	-	WS
	50	m	BBC R Nan Gaidheal/Scot	Melvaig, Ross-shire	-	R5
	40	m	BBC R Wales	Cardiff (Wenvoe)	90.2-103.9	R5
	18	m	BBC R Cornwall	Redruth	95.2/96.0	R5
	5	m	BBC R Suffolk	Manningtree	95.5/95.9/104.6	R5
	2	m	BBC R Lancashire	Lancashire (Winter Hill)	95.5/104.5	R5
	0.5	h	BBC R 4	Pitlochry, Perthshire	-	WS
	0.2	m	BBC R 4	Kilkeel, Newry, Co Down	-	WS

	0.1	v	BBC R Leeds	Beecroft Hill, W Yorks.	92.4/95.3/102.7	R5
	0.1	m	Voice FM	Southampton (Solent University)	-	CR
	0.04	m	BBC R 4	Rostrevor Forest, Co Down	-	WS
104.0	250	m	BBC R 4	Blaenplwyf, Aberystwyth	-	WS
	3.8	m	BBC R Surrey	Reigate	104.6	R5
	2	m	BBC Hereford & Worcester	Great Malvern	94.7/104.6	R5
	0.57	v	BBC R Nan G/Scotland	Rothsay (Tx at Toward, Argyll)	-	R5
	0.064	m	BBC R Nan G/Scotland	Kingussie, Inverness-shire	-	R5
	0.325	m	BBC R Tees [temp svc]	Darlington (Beaumont Hill)	95.0	R5
	0.05	v	BBC CWR	Nuneaton	94.8/103.7	R5
	0.05	m	HCR	Huntingdon	-	CR
104.1	4.4	m	BBC R Sheffield	Holme Moss	88.6/94.7	R5
	5	m	BBC R Nan G/Scotland	Craigkelly, Fife	-	R5
	3	m	BBC R Berkshire	Hannington	94.6/95.4/104.4	R5
	1	v	BBC R Cumbria	Whitehaven	95.2/95.6/96.1/104.2	R5
	0.075	v	BBC R Stoke	Stafford relay	94.6	R5
	0.08	v	BBC R Shropshire	(Clun)	90.0/95.0/96.0	R5
	0.06	h	BBC R Cumbria	Keswick (Keswick Forest)	95.2/95.6/96.1/104.2	R5
	0.05	m	BBC R 4	Millburn Muir, Dunbartonshire	-	WS
	0.05	v	BBC R 4	Deiniolen, Gwynedd	-	WS
	0.01	v	BBC R Cymru	Blaenavon, Gwent	-	WS
104.2	150	m	BBC R Nan G/Scotland	Meldrum, Aberdeenshire	-	R5
	10	m	BBC R Kent	Dover (Swingate)	96.7/97.6	R5
	4	m	BBC R Northampton	Northampton	103.6	R5
	3	m	BBC R Nan G/Scotland	Ft. William, Inverness-shire	-	R5
	1	v	BBC R Nan G/Scotland	Daliburgh, S.Uist	-	R5
	0.925	m	BBC R Cymru	Kilvey Hill, Swansea	-	WS
	0.17	m	Sedgemoor FM	Bridgwater, Somerset (Westfield House)	-	CR
	0.065	m	BBC R Cumbria	Windermere	95.2/95.6/96.1/104.1	R5
	0.018	m	BBC R Nan G/Scotland	Strachur, Argyll	-	R5
	0.05	v	3FM	Isle of Man (Ramsey)	105.0/106.2/106.6	
	0.05	v	3FM	Isle of Man (Cronk Ny Arrey)	105.0/106.2/106.6	
104.3	50mW	v	Coagh Baptist Drive-in	Cookstown		LRSL
	15.6	m	BBC R Cymru	Llangollen	-	WS
	10	m	BBC R 4	Darvel, Ayrshire	-	WS
	2	v	BBC R Nan G/Scotland	Eitshal, Isle of Lewis	-	R5
	1	v	BBC R Devon	Torbay (Beacon Hill)	94.8/95.8/103.4 etc	R5
	0.6	m	BBC R Wiltshire	Naish Hill	103.5/103.6/104.9	R5
	0.5	v	BBC R York	(Woolmoor)	95.5/103.7	R5
			<i>[may carry occasional North Yorkshire opt-outs]</i>			
	0.04	m	BBC R Nan G/Scotland	Mallaig, Inverness-shire		R5
	0.01	m	BBC R Nan G/Scotland	Penifiler, Isle of Skye	-	R5
	0.01	v	BBC R Cymru	Abertillery	-	WS
	0.006	m	BBC R 4	Ton Pentre, Mid Glamorgan	-	WS
104.4	4.2	m	BBC R Norfolk	Gt. Massingham	95.1/95.6	R5
	1	m	BBC R Berkshire	Reading (Fountain Hse)	94.6/95.4/104.1	R5
	0.2	v	BBC R Nan G/Scotland	Penicuik, Midlothian	-	R5
	0.1	m	BBC Hereford & Worcester	Redditch (Headless Cross)	94.7/104.0/104.6	R5
	0.087	m	BBC R 4	Llandyfriog, Newcastle Emlyn	-	WS
	0.05	v	BBC R 4	Conwy	-	WS
	0.042	v	BBC R Newcastle	Fenham relay	95.4/96.0/103.7	R5
	0.01	v	BBC R 4	Llyswen, Powys	-	WS
	0.01	m	BBC R Nan G/Scotland	Kinlochleven, Argyll	-	R5
	0.2	m	Chelmsford Community R	Chelmsford (Soax House)	-	CR
	0.05	m	Resonance FM	C London (Guys Hosp.) [musicians cooperative]		CR
	0.05	m	West Somerset R	Minehead (Minehead North)	-	CR
	0.08	v	Seaside FM	Garton relay, E Yorks	103.5/105.3	CR
	0.002	v	BFBS Gurkha R	Hollywood, Belfast (Palace Barracks) [Nepali]		LRSL
104.5	10	m	BBC R Nan G/Scotland	Rumster Forest, Caithness	-	R5
	10	m	BBC R Sussex	Heathfield	95.0/95.3/104.8	R5
	5.4	m	BBC R Derby	Derby (Drum Hill)	95.3/96.0	R5
	2.2	m	BBC Three Counties R	Milton Keynes (Bow Brickhill)	95.5/103.8etc	R5
	2	m	BBC R Lancashire	Lancaster	95.5/103.9	R5
	0.1	v	R Ninesprings	Yeovil (Huish Park)	103.3/107.6	CR
	0.964	m	BBC R Nan G/Scotland	Kirkton Mailer, Perthshire	-	R5
	0.042	m	BBC R 4	Tullich, Aberdeenshire	-	WS

	0.025	v	CVFM Radio	Middlesbrough	-	CR
	0.01	v	BBC R Cymru	Porth, Mid Glamorgan	-	WS
	0.01	v	BBC R Cymru	Cwmafan, W.Glamorgan	-	WS
104.6	4	m	BBC R 4	Camlough, Co Armagh	-	WS
	3.6	m	BBC R Nan G/Scotland	Oban, Argyll	-	R5
	3.2	m	BBC R Cymru	Carmel, Carmarthenshire	-	WS
	3	m	BBC R Surrey	Guildford	104.0	WS
	2	m	BBC R Suffolk	Suffolk (Gt.Barton)	95.5/95.9/103.9	R5
	0.5	m	BBC Hereford & Worcester	Kidderminster	94.7/104.0	R5
	0.1	v	BBC R Manchester	Manchester (Saddleworth relay)	95.1	R5
	0.1	v	BBC R 4	Eyemouth, Berwickshire	-	WS
	0.1	v	BBC R 4	Penmaen Rhos, Colwyn Bay	-	WS
	0.082	m	BBC R Bristol	Bath relay	94.9/103.6(95.5)	R5
	0.03	m	BBC R Cymru	Ebbw Vale, Gwent	-	WS
	0.01	v	BBC R Cymru	Llangeinor, Mid Glamorgan	-	WS
	0.095	m	Vectis R	Newport, Isle of Wight (Golf Course)	-	CR
104.7	30	m	BBC R Nan G/Scotland	Skriaig, Isle of Skye	-	R5
	10	m	BBC R Nan G/Scotland	Black Hill, Lanarkshire	-	R5
	2.5	m	Grt Hits R - York & N Yorks	York (Acklam Wold)	102.3/103.5	
	2	m	BBC R Gloucestershire	Churchdown Hill	95.0/95.8	R5
	1.25	m	Island FM	Guernsey (Les Touillets)	93.7	
	0.68	m	BBC R Nan G/Scotland	Grantown on Spey, Morayshire	-	R5
	0.65	v	BBC R Nan G/Scotland	Fort Augustus, Inverness-shire	-	R5
	0.25	v	BBC R Cymru	Treffynnon/Holywell, Flintshire	-	WS
	0.042	m	BBC R 4	Aberdare, Mid Glamorgan	-	WS
	0.035	v	BBC R Lincolnshire	Grantham	94.9	R5
	0.02	m	BBC R 4	Brecon, Powys	-	WS
	0.1	m	Embrace	Northampton (Fire Station)	-	CR
	0.05	m	Abbey 104	Sherborne, Dorset	-	CR
	0.075	v	Caroline Community R	Burnham-on-Crouch (Althorne)	94.7	CR
	0.05	v	Rosendale R	Rosendale, Lancs (Rawtenstall)	-	CR
	0.05	v	Castledown FM	Ludgershall, Wilts	107.6	CR
104.8	50mW	v	Brill Oldies	Brill, Bucks (Sports & Social Club)	-	LRSL
	2	v	BBC R Sussex	Burton Down	95/95.3/104.5	R5
	0.2	v	BBC R 4	Llwyn-Onn Gwynedd	-	WS
	0.05	m	BBC R 4	Pontypool	-	WS
	0.05	m	BBC R 4	Llanidloes, Powys	-	WS
	0.01	v	BBC R 4	Rheola, Mid Glamorgan	-	WS
	0.1	m	Biggles FM	Potton/Sandy, Beds. (Potton)	-	CR
	0.05	v	R Leyland	Leyland, Lancs. (Farington)	-	CR
104.9	20	m	BBC R 4	Haverfordwest, Pembrokeshire	-	WS
	20	m	BBC R Nan G/Scotland	Rosemarkie, Ross-shire	-	R5
	8	m	BBC R Leicester	Leicester (Copt Oak)	-	R5
	3.9	m	Radio X	London (Crystal Palace)	-	
	1	v	BBC R 4	Ben Gullipen, Callander/Stirling	-	WS
	0.32	v	Grt Hits R – Manchester	Stockport (Ratcliffe Towers)	96.2/107.4	
	0.2	v	BBC R Nan G/Scotland	Ness of Lewis, Lewis	-	R5
	0.1	v	BBC R Wiltshire	Marlborough	103.5/103.6/104.3	R5
	0.1	v	BBC R 4	Llandecwyn, Gwynedd	-	WS
	0.065	v	BBC R Nan G/Scotland	Port Ellen, Islay	-	R5
	0.05	v	BBC R Nan G/Scotland	Ullapool, Ross-shire	-	R5
	0.05	h	BBC R Nan G/Scotland	Ardgour, Argyll	-	R5
	0.05	v	Dales R	Settle (Giggleswick)	936 kHz+103	CR
	0.05	v	Dales R	Grassington (Spring House)	936 kHz+103	CR
	0.05	v	Dales R	Leyburn, Yorkshire Dales	936 kHz+103	CR
	0.05	v	Dales R	Sedburgh Town	936 kHz+103	CR
	0.05	v	Dover Community R (DCR)	Dover (Guston)	-	CR
	0.05	m	BBC R 4	Betws-y-Coed, Conwy	-	WS
	0.025	v	Sunshine 1049	East Belfast (Lower Braniel Rd)	[Christian]	CR
	0.02	v	BBC R Cymru	Rhymney, Gwent	-	WS
	0.01	v	BBC R Cymru	Ferndale, Mid Glamorgan	-	WS
	0.01	v	BBC R 4	Clyro, Powys	-	WS
105.0	2.09	m	3FM	Isle of Man (Carnane)	104.2/106.2/106.6	
	0.25	m	Ashdown R	Uckfield, E Sussex (Birdineye Farm)	94.7	CR
	0.025	v	Calon FM	Wrexham (Ty Pawb)	-	CR
	0.025	v	Cambridge 105	Cambridge	-	CR

	0.025	v	FM105 (Down Community Radio)	Downpatrick, Co Down	-	CR
	0.026	v	Zetland FM	Redcar (Park Farm, Dunsdale)	-	CR
105.1	3.12	m	Capital FM - Yorkshire	Leeds (Emley Moor)	105.6/105.8	
	2.5	m	Heart - Cornwall	E Cornwall (Caradon Hill)	107.0	
	0.5	m	Radio Essex	Southend-on-Sea (North Rd)	107.7	
	0.3	m	First FM	Oxford (Windrush Tower)	-	CR
	0.048	v	Mearns FM	Stonehaven (Porthlethen)	105.7etc	CR
	0.12	m	Inspire FM	Luton (Felpersham Court)	[muslim]	CR
	0.025	v	Thornbury R	Thornbury, Glos.	107.5	CR
105.2	30	m	Smooth R - Scotland	Glasgow (Black Hill)	-	
	11	m	Greatest Hits R	W Midlands (Sutton Coldfield)	-	
	10	m	Wave 105	Solent (Chillerton Down, Isle of Wight)	-	
	2.9	m	Heart - S Wales	Carmarthenshire (Carmel)	105.4/105.9/106etc	
	0.04	m	Heart - S Wales	Abergavenny	105.4/105.9/106etc	
	0.05	m	Energy FM	Isle of Man (Ballasaig)	91.2/93.4/98.4/98.6	
	0.04	m	Energy FM	Isle of Man (Mull Hill)	98.6etc	
	0.024	v	Park R	Diss, Norfolk (Harleston)	107.6	CR \$\$
105.3	8.4	m	Capital FM - North East	NE England (Burnhope)	105.6/105.8/106.4	
	0.2	m	Seaside FM	Withernsea, E Yorks	103.5/104.4	CR
	0.1	v	Drive 105	Londonderry (Corrody Rd)	-	CR
	0.1	m	Zack FM	Mildenhall, Suffolk (St Mary's Church)	-	CR
	0.025	m	10radio	Wiveliscombe, Somerset (Milverton)	-	CR
	0.025	v	Witney R	West Oxon (Eynsham relay)	99.9/107.4	CR
	0.025	v	Witney R	West Oxon (Ascott-Under Wychwood)	-	CR
	0.025	v	Deveron FM	Banff (Turriff relay)	105.9/107.4	CR
105.4	4.25	m	Capital FM - E Midlands	Leicester (Skeffington)	96.5/102.8	
	5	m	Heart - North West	NW England (Winter Hill)	-	
	0.002	m	Heart - North West	Mersey Tunnel relay	-	
	5	m	Heart - S Wales	Cardiff (St Hilary)	105.2/105.7/105.9/106.0etc	
	4	m	Magic 105.4	London (Croydon)	-	
	0.1	v	Kingdom FM	St Andrews, Fife (Alanhill Fm)	95.2/96.1/106.3	
	0.025	v	BFBS Gurkha R	Folkestone (Tower Theatre, Shorncliffe)	[Nepali] 90.8	CR
105.5	1.6	m	Greatest Hits R - Torbay	Torbay (Beacon Hill)	-	
	0.05	m	Swindon 105.5	Swindon (Brunel Tower)	-	CR
	0.05	m	WCR FM	Warminster, Wiltshire (Warminster Town)	-	CR
	0.054	m	The Point	Milton Keynes (Saxon Gate)	-	CR
	0.05	m	Platform B	Brighton (Sussex Heights)	-	CR
	0.025	v	Coast & County R	Whitby (Football Club)	97.4	CR
105.6	1	m	Grt Hits R – Cambridgesh.	Cambridge (Madingley)	107.7	
	0.5	m	Capital FM - Yorkshire	Bradford (Idle)	105.1/105.8	
	0.25	m	Capital FM - Yorkshire	Sheffield (Tupton Hill)	105.1/105.8	
	0.43	v	Grt Hits R - Somerset	Yeovil (Charlock Hill)	106.6	
	0.1	v	Grt Hits R - Berks & N Hants	Newbury	107.4/107.6etc	
	0.15	m	KM-FM	Maidstone (Coxheath Water Tower)	-	
	0.05	v	Capital FM - North East	NE England (Fenham)	105.3/105.8/106.4	
	0.025	v	Chaos	St Austell (Scredde)	-	CR
	0.025	v	Dean R	Cinderford, Forest of Dean (Belle Vue)	95.7	CR
105.7	11	m	Smooth R	West Midlands (Sutton Coldfield)	-	
	10	m	Capital FM - Scotland	Edinburgh (Craigkelly)	106.1	
	9.4	m	Heart - S Wales	Pembrokeshire (Preseli)	105.2/105.9/106etc	
	1.25	m	Heart - N Wales	Colwyn Bay (Gt Ormes Head)	88/107.2etc	
	0.15	v	Mearns FM	Stonehaven	105.1/106.2/107.3	CR
	0.025	v	ICR	Ipswich (Chantry High School)	-	CR
105.8	9.6	m	Capital FM - Yorkshire	Hull (High Hunsley)	105.1/105.6	
	3.73	m	Greatest Hits R	London (Crystal Palace)	-	
	1.92	m	U105	Belfast (Black Mountain)	-	
	0.625	m	Greatest Hits R - Dorset	Solent region (Poole)	96.6etc	
	0.2	m	Capital FM - North East	NE England (Newton, Hexham)	105.3/105.6/106.4	
	0.2	m	Skylark	Dartmoor (Princetown)	107.6	CR
	0.025	v	KCTR FM	Keynsham, Somerset (Burnett Business Park)	-	CR
105.9	7.6	m	Greatest Hits R	Liverpool (Allerton Park)	-	
	1	m	Sunshine R	Ludlow (Woofferton)	106.2/107/107.8	
	1	m	Heart - S Wales	Newport (Christchurch)	105.2/105.4/105.7etc	
	0.025	v	Heart - S Wales	Aberdare (Heolgerrig)	105.2/105.4/105.7etc	
	0.1	m	Bishop FM	Bishop Auckland (High Etherley)	-	CR
	0.025	m	Academy FM	Folkestone (Folkestone Academy)	[school]	CR

	0.025	v	Deveron FM	Banff (Portsoy relay)	105.3/107.4	CR
	0.025	v	RNA (R North Angus)	Monifieth High School, Monifieth	96.6/107.5	
106.0	8	m	Grt Hits R - East Midlands	East Midlands (Copt Oak)	-	
	4	m	Nation R - South	Solent Region (Chillerton Down)	106.6	
	1	m	Heart - S Wales	Swansea (Kilvey Hill)	105.4/105.7etc	
	0.6	v	Two Lochs R	Gairloch (Port Henderson)	106.6	
	0.5	m	Q Radio	Mid Ulster (Tulnagee Quarry, Cookstown)	107.2	
	0.23	m	KM-FM	Canterbury (Rough Common)	-	
	0.04	m	Heart - N Wales	Llandimam, Powys	88/105.7etc	
	0.02	m	Heart - S Wales	Carmarthen	105.4/105.7etc	
106.1	20	m	Capital FM - Scotland	Glasgow (Black Hill)	105.7	
	4	m	Kiss	Norfolk (Stoke Holy Cross)	-	
	1	m	XS Manchester	Manchester (Sunley Building)	-	
	0.2	m	R Newquay	Newquay (Lane Theatre)	-	CR
	0.05	v	The Voice	Barnstaple	107.8	CR
	0.03	m	Bro R.	Penarth	98.1/100.2etc	CR
	0.025	v	Rhondda R	Rhondda (Nant-y Gwyddon, Ystrad)	97.5	CR
	0.025	v	BFBS Brize Norton	RAF Brize Norton, Carterton, Oxon	[Army]	CR
	0.024	m	Heart - S Wales	Ebbw Vale	105.2/105.4/105.7etc	
	0.025	v	DevonAir R	Ottery St Mary (Finnimore Ind. Est)	94.6/95//106.4	CR
106.2	4	m	Heart - London	London (Croydon)	-	
	3.12	m	Heart - Yorkshire	W Yorkshire (Emley Moor)	107.6/107.7	
	0.5	v	Heart - S Wales	Pembrokeshire (Fishguard)	105.2/105.4etc	
	1.6	m	Sunshine R	Herefordshire (Ridge Hill)	105.9/107/107.8	
	0.313	m	3FM	Isle of Man (Beary, Peel)	104.2/105/106.6	
	0.1	v	Mearns FM	Inverbervie, Kincardineshire	105.7/107.3	CR
	0.05	m	Salaam R	Peterborough (Cumberland House)	[Muslim]	CR
	0.03	v	R Skye	Isle of Skye (Portree)	102.7/107.2	CR
	0.1	v	R Skye	Isle of Skye (Sleat- Sabhal Mòr Ostaig)	102.7/107.2	CR
106.3	0.9	m	Bridge FM	Bridgend, Mid Glam. (Mynydd Baedan)	-	
	0.175	v	Original 106	Peterhead (Peterhead FC)	106.8	
	0.025	v	Original 106	Aberdeen (Balgownie)	106.8	
	0.15	v	Kingdom FM	Fife (East Neuk)	95.2/96.1/105.4	
	0.2	m	Dee 106.3	Chester (Steam Mill)	-	
	0.031	m	Q Radio	Maghera (Seefin Hill)	106/107.2	
	0.096	m	Keep 106	Dorchester, Dorset (Bincombe Barn)	-	CR
	0.05	v	MKFM	Milton Keynes (Saxon Gate)	95/102.1	CR
	0.015	v	Cando FM	Barrow-in-Furness	107.3	CR
	0.01	v	Vanny R	Coventry (William Batchelor House)	[multi-ethnic]	CR
106.4	20	m	Grt Hits R – Suffolk	Suffolk (Mendlesham)	-	
	9.5	m	Capital FM - North East	NE England (Bilsdale)	105.3/105.6/105.8	
	0.4	m	More R	Mid Sussex (Haywards Heath)	106.8/107.5etc	
	0.25	v	Grt Hits R - Derbyshire	Buxton & Glossop (2 txs)	103.3/106.6	
	0.1	v	Grt Hits R - Berks & N Hants	Andover	107.6etc	
	0.03	v	Grt Hits R - Oxfordshire	Bicester	106.8	
	0.03	v	Grt Hits R - Oxfordshire	Wantage	106.8	
	0.03	v	Grt Hits R - Oxfordshire	Wallingford (Howbery Park, Crowmarsh)	106.8	
	0.023	v	Grt Hits R - Oxfordshire	Witney	106.8	
	0.1	v	DevonAir R	Exmouth (Withycombe Raleigh Common)	94.6/95.0	CR
	0.05	m	Blast 106	Belfast (Europa Hotel)	[student radio]	CR \$\$
	0.1	v	Blast 106 Causeway Coast	Coleraine, Co Londonderry (Beresford Centre)	-	CR
	-	-	Coast FM	Hayle/St Ives relay	96.5/97.2	CR #
106.5	1.2	m	Caithness FM	Caithness (Ben Dorrey)	-	CR
	1	m	Hits R	Bristol (East Dundry)	-	
	0.5	v	Argyll FM	Campbeltown	107.1/107.3/107.7	
	0.5	m	Grt Hits R - BC & Shrop	Shrewsbury (Shelton)	107.1/107.4	
	0.13	m	Capital FM - Lancashire	Preston (Bee Lane)	96.3/99.8/107	
	0.2	m	B Radio	Farnborough College (Westmead House)	-	CR
	0.025	v	R Tircoed	Tircoed, Swansea	-	CR
	0.04	m	TD1 R	Galashiels (Galashiels Golf Club)	-	CR \$\$
	0.025	v	BFBS Aldergrove/Antrim	RAF Aldergrove [Army radio]	100.6/101	CR
	0.05	v	In2Beats	Bedford (Murdock Rd)	[urban music]	CR
106.6	10.8	m	Smooth R	E Midlands (Waltham)	101.4	
	2	v	Two Lochs R	Gairloch (Cliff Hill, Poolewe)	101.8/106.0	
	0.05	v	Two Lochs R	Aultgrishan relay	101.8/106.0	
	0.4	m	Greatest Hits R - W Sussex	West Sussex (Midhurst)	96.6/102.3	

	0.5	m	Nation R – South	Poole (West Howe)	106.0	
	0.02	m	Nation R – South	Winchester (Crabwood Farm)	106.0	
	0.3	m	Koast R	Ashington, Northumberland	-	CR
	0.25	m	3FM	Isle of Man (Snaefell)	104.2/105/106.2	
	0.25	v	Greatest Hits R - Somerset	Chard (Windwhistle Hill, Cricket St Tom.)	105.6	
	0.25	m	Original 106	Perth (Kirkton Mailer)	102.0	
	0.2	m	BCB	Bradford (Idle)	-	CR
	0.1	m	North Manchester FM	Manchester (Kentmere Court)	-	CR
	0.1	m	Wycombe Sound	High Wycombe (Cressex Business Park)	-	CR
	0.04	v	Grt Hits R - Derbyshire	Buxton (Chapel-en-le-Frith)	103.3/106.4	
	0.025	v	Colne R	Wivenhoe, Essex	-	CR
106.7	0.625	m	Greatest Hits R	Plymouth (Fort Staddon)	-	
	0.6	m	West FM	Rothsay (Toward, Argyll)	96.7/97.5	
	0.2	m	LCR	Kensington, Liverpool (Hold Road)	-	CR
	0.2	m	R Wyvern	Worcester (Perry Wood School)	-	CR
	0.17	m	Kennet R	Newbury (Turnpike Road)	-	CR
	0.1	v	Heart - Hertfordshire	Stevenage (Old Knebworth)	96.6/106.9	
	0.05	m	R Saltaire	Musselburgh (Hillhead Farm)	107.2	CR
	0.05	v	Ribble FM	Clitheroe, Lancs	-	CR
	0.075	v	West Kent R	Tunbridge Wells (Sankeys)	95.5/107.2	CR
	-	-	Coast & County R	Ravenscar	97.4/105.5	CR #
106.8	19	m	Original 106	Aberdeen (Durriss)	106.3	
	4.54	m	Nation R	Cardiff (Wenvoe)	102.9/107.1/107.3	
	0.5	m	Greatest Hits R - W Yorks	Wakefield (Wakefield House Flats)	96.3	
	0.3	m	Grt Hits R - Oxfordshire	Oxford (Boars Hill)	106.4	
	0.2	m	Smooth R	Peterborough (Gunthorpe)	97.2/106.6/107.4	
	0.1	v	KM-FM	Dover (Guston)	96.4	
	0.1	m	More R	Lewes (County Hall)	106.4/107.5etc	
	0.025	v	Sun FM	Durham (Middlestone)	102.8	
	0.025	v	BFBS	Salisbury Plain (Bulford Camp)	[Army radio]	CR
	0.025	v	Phonic FM	Exeter	-	CR \$\$
	0.038	m	Rinse FM	C London (Peregrine House)	[dance/urban]	CR
	0.025	v	R Tamworth	Tamworth, Staffs (Strode House)	-	CR \$\$
	0.03	v	Cumbernauld FM	Cumbernauld, Lanarkshire (Tay Walk)	-	CR
106.9	50mW	v	Moonbeamers Drive-in	Billericay, Essex (Barleylands)	drive-in movies	LRLS
	0.445	v	Heart - N Wales	Moel-y-Parc, Flintshire	88/105.7/107.2etc	
	0.3	m	Silk FM	Macclesfield (Sutton Common)	-	
	0.28	m	Heart - Hertfordshire	Hertford (Cole Green)	96.6/106.7	
	0.05	v	Heart - Hertfordshire	Letchworth (Briar Patch Lane)	96.6/106.7	
	0.05	m	YourRadio	Helensburgh (East Princess Street)	103.0	
	0.2	m	SFM	Sittingbourne, Kent (Demelza House)	-	CR
	0.025	v	BFBS	Catterick Garrison	[Army radio]	CR
	0.041	v	Gulshan R	Wolverhampton (Blackenhall)	[Asian]	CR
	0.05	m	N-Live R	Northampton (Fire Station)	-	CR
	0.025	v	Takeover R	Sutton-in-Ashfield, Notts	[youth]	CR
	0.1	m	West Hull FM	West Hull (Royal Infirmary)	-	CR
107.0	0.02	v	R Winchcombe	Winchcombe, Glos (Bishops Cleeve)	107.1	CR
	10.69	m	Heart - Cornwall	W Cornwall (Redruth)	105.1	
	1	m	Sunshine R	Monmouthshire (Monmouth)	106.2/107.8	
	0.625	m	Q Radio	Ballymena (Portglenone)	107.6	
	0.5	m	Capital FM - Lancashire	Blackburn	96.3/99.8/106.5	
	0.2	m	Grt Hits R - Berks & N Hants	Reading (Tilehurst Water Tower)	107.6etc	
	0.1	m	Fosse 107	Loughborough (L'boro University)	107.9	
	0.1	m	Isle of Wight R	Isle of Wight (Chillerton Down)	102.0	
	0.05	m	K107 FM	Kirkcaldy (Glamis Rd)	-	CR
	0.05	v	Endeavour FM	Boston, Lincs. (Blackfriars Theatre)	-	CR \$\$
	0.025	v	BFBS	Colchester Garrison	[Army radio]	CR
	0.025	v	Meridian FM	East Grinstead	-	CR
	0.025	v	Spark FM	Sunderland (Monksewearmouth)	[student]	CR
107.1	2.51	m	Nation R	Pembrokeshire (Preseli)	102.9/106.8/107.3	
	0.625	v	Argyll FM	Argyll (Ballygroggan)	106.5/107.7	
	0.5	m	Greatest Hits R - S Yorks	Doncaster	107.9	
	0.2	m	Star R	Ely, Cambs (Ely Cathedral)	100.7/107.3/107.9	
	0.29	v	R Fáilte	Belfast (Divis Flats)	[Irish language]	CR
	0.2	m	Capital FM - Rugby	Rugby (Art Gallery)	-	
	0.128	m	Capital Xtra	N London (Alexandra Palace)	96.9	

	0.136	m	Speysound R	Aviemore (Cairngorm Summit) [+ relays MFR]	CR
	0.1	m	Grt Hits R - BC & Shrop	Oswestry (Selattyn) 106.5/107.4	
	0.1	m	Grt Hits R - H'gate & Dales	Ilkley (Windsover Fm, Middleton) 97.2/107.1/107.8	
	0.1	m	Grt Hits R - H'gate & Dales	Pateley Bridge 97.2/107.1/107.8	
	0.015	v	Grt Hits R - H'gate & Dales	Skipton (town centre) 97.2/107.8	
	0.1	m	GTFM	Aberdare (Leisure Centre) 100.7/107.9	CR
	0.02	v	R Ashford (AHBS)	Ashford, Kent (William Harvey Hospital) -	CR \$\$
	0.05	m	Glastonbury FM (GFM)	Glastonbury, Somerset -	CR
	0.05	m	Quay FM	Alderney (Fort Albert) -	CR
	0.025	v	R Winchcombe	Winchcombe, Glos. (Encounter Church) 106.9	CR
	0.025	v	R MAC	Bradford (Richmond Building) [Muslim]	CR
	0.02	v	Witney R	W Oxon (Faringdon Leisure Cntr) 99.9/107.4etc	CR
107.2	3.125	m	Heart - N Wales	Arfon, Gwynedd 88/105.7/107.7etc	
	0.66	m	Grt Hits R - Bristol & SW	Bristol (Pur Down) 107.7etc	
	0.25	v	Q Radio	Dungannon 106.0	
	0.2	m	Capital FM	Brighton (Whitehawk Hill) (95.8/103.2etc)	
	0.2	m	Easy R - South	Winchester (Crabwood Farm) 107.4/107.8	
	0.2	m	Great Driffield R	Driffield, E Yorks (Wold Farm) 95.2	CR
	0.2	m	Grt Hits R - Heref & Worcs	Kidderminster 107.7etc	
	0.2	m	Grt Hits R - L'pool & NW	Warrington (Fairclough Mill) -	
	0.1	v	KM-FM	Thanet, Kent (Broadstairs) -	
	0.064	v	Grt Hits R - Stamford & Rutland	Oakham (Burley Water Tower) 97.4	
	0.1	v	AIR 107.2	Weymouth (Wyke) -	CR
	0.08	m	Red Kite R	Haddenham, Bucks (garden centre) -	CR
	0.05	m	R Saltire	Tranent, East Lothian 106.7	CR
	0.025	v	Amber Sound	Ripley, Derbyshire 98.4	CR
	0.025	v	Awaz FM	Glasgow (Dundasvale Court-Block 2) [Asian]	CR
	0.025	v	Irvine Beat FM	Irvine, Ayrshire (Cunninghame House) -	CR \$\$
	0.1	v	R Skye	Isle of Skye (Staffin camp site) 106.2/107.2	
	0.015	v	West Kent R	Bidborough 106.7/95.5	CR
107.3	2	m	R Exe	Exeter (St Thomas) -	
	1.25	m	Nation R	Swansea (Kilvey Hill) 102.9/106.8/107.1	
	0.5	m	Argyll FM	Rhustafinish 106.5/107.1/107.7	#
	0.2	m	Capital FM	Warwick (Leamington Spa) 102.0	
	0.18	m	Reprezent	Lewisham, S London (Honor Oak Park)[youth]	CR
	0.15	m	Heart - S Wales	Bargoed, Gwent 105.4etc	
	0.07	m	Heart - N Wales	Rhyl (Gwaenysgor, Prestatyn) 88/105.7etc	
	0.16	m	Alive R	Dumfries -	CR
	0.105	m	Heartland FM	Crieff, Perthshire (Hydro Hotel) 97.5	
	0.1	v	Mearns FM	Laurencekirk, Kincardineshire 105.7/106.2	CR
	0.05	m	Cando FM	Ulverston 106.1	CR
	0.05	m	Stafford FM	Stafford (Guildhall Shopping Centre) -	CR \$\$
	0.02	m	Star R	Saffron Walden 100.7/107.1/107.9	
	0.025	v	Alfred	Shaftesbury (Trinity Centre) [speech]	CR
	0.025	v	Wallingford R	Wallingford, Oxon (Ayres Ind Est) -	CR
	0.025	v	R Asian Fever	Leeds (Potternewton Lane) [Asian]	CR
	0.025	v	Siren R [closing?]	Lincoln (Lincoln University) [student]	CR
	0.022	v	Lionheart R	Alnwick (Alnwick Moor) -	CR
	0.001	v	Hospital R Plymouth	Derriford Hospital, Plymouth	LRSL
	0.002	v	Snetterton FM	Snetterton Circuit, Norwich race days	LRSL
107.4	0.2	v	Smooth R - Northants	Kettering/Corby (Geddington) 97.2/106.6	
	0.2	m	Grt Hits R - N Derbyshire	Chesterfield 102	
	0.2	m	Easy R - South	Portsmouth (Fort Southwick) 107.2/107.8	
	0.18	m	Grt Hits R - Manchester	Bolton (Old Holts Farm, Tottington) 96.2/104.9	
	0.1	v	Grt Hits R - Somerset	Bridgwater (Westfield House) 100.8	
	0.1	v	Grt Hits R - BC & Shrop	Telford (Heath Hill) 106.5/107.1	
	0.1	v	Chiltern Voice	Amersham (Beacon School) -	CR
	0.075	v	Deveron FM	Banff 105.3/105.9	CR
	0.05	m	107FM	East Hull (Muswell Court) -	CR
	0.04	m	Crystal FM	Penicuik, Midlothian (Penicuik Cricket Club)-	CR
	0.032	m	Harbour R	Great Yarmouth (King St) -	CR
	0.025	v	Tempo FM	Wetherby (Collingham) -	CR
	0.025	v	Witney R	West Oxon (Chipping Norton) 90.2/99.9/105.3	CR
	0.015	v	Grt Hits R - Berks & N Hants	Hungerford 105.6	
107.5	0.4	v	Time 107.5	Romford (Mercury House) -	
	0.15	m	More R	Eastbourne (Butts Brow) 106.4/107.8etc	

	0.1	v	Grt Hits R - Gloucestershire	Cheltenham (Eagle Star Building)	-	
	0.1	v	Grt Hits R - Bath & SW	Warminster, Wilts (Arc Hill Down)	107.9etc	
	0.14	m	Quality R	Paisley (Oliphant Court)	-	CR
	0.09	v	R Pembrokeshire	Pembrokeshire (Fishguard)	102.5	
	0.07	v	R Pembrokeshire	Pembrokeshire (Tenby VHF)	102.5	
	0.05	v	Smooth R - NE	Newcastle-Upon-Tyne (Fenham)	97.5/107.7	
	0.05	v	Eden FM	Penrith (Newton Rigg)	-	CR
	0.06	m	HitMix	Newcastle-Under-Lyme (High Lane)	-	CR
	0.025	v	Felixstowe R	Felixstowe (Felixstowe Academy)	-	CR
	0.025	v	Fuse FM	Ballymoney (Baptist Church)	[Ulster Scots]	CR
	0.025	v	RNA - R North Angus	Carnoustie (High School)	87.7/96.6	
	0.025	v	Switch R	Castle Vale, NE Birmingham	-	CR
	0.06	v	TMCR	Thorne/Moorends, Doncaster(Epworth)	95.3	CR
	0.02	m	Beyond R	Lancaster (Carnforth relay)	103.5	CR
	0.016	m	Thornbury R	Thornbury, Glos (Olveston)	105.1	CR
107.6	1	m	Hits R	Bournemouth (West Howe)	-	
	0.5	m	KM-FM	Ashford, Kent (Charter House)	-	
	0.4	m	Capital FM	Liverpool (Anglican Cathedral)(+Mersey Tunnel relay)		
	0.2	m	Heart - Yorkshire	Bradford (Idle)	106.2/107.7	
	0.2	m	Capital FM - North Oxon	Banbury (Farthinghoe)	95.9	
	0.19	m	Q Radio	Armagh (City Hotel)	107 etc	
	0.15	v	Q Radio	Larne (Cross Hill)	107 etc	
	0.1	v	Grt Hits R - Berks & N Hants	Basingstoke (Fanum House-AA Bldg)	106.4etc	
	0.2	m	Skylark	Buckfastleigh, Devon (Holne)	105.8	CR
	0.2	m	Vibe 107.6	Watford (YMCA Charter Place)	-	CR
	0.2	v	Park R	Diss, Norfolk	105.2	CR
	0.05	v	R Dawn	Nottingham (Mapperley)	[Muslim]	CR
	0.025	v	East Coast FM	Haddington, East Lothian (Garleton Hills)	-	CR
	0.042	m	R Ninesprings	Chard relay (Cricket St Thomas)	103.3/104.5	CR
	0.025	v	Castledown FM	Tidworth, Wilts (Beech Hill Rd)	104.7	CR
	0.025	v	R Scarborough	Scarborough (Oliver's Mount)	-	CR
107.7	12.5	m	Heart - N Wales	Blaenplwyf	88/105.7/107.2etc	
	5	m	Smooth R - NE	NE England (Eston Nab)	97.5/107.5	
	0.85	m	KCR	Keith, Banffshire (Tor Sliasg)	-	CR
	0.5	v	Argyll FM	Argyll (South Knapdale)	106.5/107.1	
	0.25	m	More R	Worthing (Findon)	106.4etc	
	0.2	m	Greatest Hits R	Swindon (Blunsdon)	-	
	0.2	m	Grt Hits R – Cambridgesh.	Peterborough (Gunthorpe)	105.6	
	0.2	m	Heart - Yorkshire	Sheffield (Tapton Hill)	106.2/107.6	
	0.17	m	Grt Hits R - Black Country	Wolverhampton (Mander House)	107.2etc	
	0.1	v	Radio Essex	Chelmsford (Church Green)	105.1	
	0.1	v	Grt Hits R - Bristol & SW	Weston-Super-Mare (Worlebury Hill)	107.2etc	
	0.2	m	Soleil R	St Helier, Jersey (Bath Street)	-	
	0.035	v	Listen Lanarkshire	North Lanarkshire (Shotts)	-	CR
107.8	1	m	Grt Hits R - H'gate & Dales	Skipton (Proctor Height Hill)	97.2/107.1	
	0.5	v	Easy R - South	Southampton (Chilworth)	107.2/107.4	
	0.8	m	R Jackie	Kingston Upon Thames (Tolworth Tower)	-	
	0.2	m	More R	Hastings	107.5etc	
	0.25	m	Sunshine R	Shropshire (Clee Hill)	105.9	
	0.036	m	Sunshine R	Monmouthshire (Abergavenny)	106.2/107	
	0.1	m	Future R	Norwich (Markham Tower)	-	CR
	0.1	m	The Voice	Bideford (Homlacott)	106.1	CR
	0.068	m	The Voice	Ilfracombe (Holiday Park)	106.1	CR
	0.05	m	Beverley FM	Beverley (Race Course)	-	CR \$\$
	0.05	m	Black Diamond FM	Newtongrange, Midlothian (Newbattle MC)	100.7	CR
	0.05	v	Academy FM - Thanet	Ramsgate (Royal Harbour Academy)	[school]	CR
	0.025	v	R Iklhas	Derby (Normanton)	[Muslim]	CR
	0.02	v	Inspiration FM	Northampton (Fire Station)	-	CR
	0.025	v	R Newark	Newark-on-Trent (St Mary Magdalene)	-	CR
	0.025	v	Your FM	Stockport (Ratcliffe Towers)	-	CR \$\$
	0.025	v	Tone FM	Taunton (Market House)	-	CR \$\$
	0.025	v	Tudno FM	Llandudno (Ty Llewelyn CC)	-	CR
107.9	0.474	m	KM-FM Medway	Rochester (Hoo St Werburgh)	100.4	
	0.34	m	Riviera FM	Torbay (Torquay Town)	-	CR \$\$
	0.2	m	Grt Hits R - Bath & SW	Bath	107.5etc	
	0.2	m	Fosse 107	Hinckley	107.0	

0.125	m	Hits R	Oxford (Boars Hill)	-	
0.1	v	Greatest Hits R - S Yorks	Worksop, Notts (Worksop Golf Course)	107.1	
0.1	m	The Cat	Crewe & Nantwich (Cheshire College)	-	CR \$\$
0.1	m	GTFM	Pontypridd (Bryn Tail Farm)	100.7/107.1	CR
0.1	v	Islands FM	Isles of Scilly (Coastguard Agency mast)	-	CR
0.02	m	Star R	Cambridge (Haverhill relay)	100.7/107.1/107.3	
0.04	m	R Sangam	Huddersfield (Royal Infirmary)	[S Asian]	CR
0.025	v	Bangor FM	Bangor, Co Down (Clandeboyne GC)	-	CR
0.025	v	Camglen R	Rutherglen, Glasgow	-	CR
0.025	v	Mighty R	Southport (Holy Trinity Church)	-	CR \$\$
0.0005	v	RNA (R North Angus)	Kirriemuir (Webster's High School)	96.6etc	LRSL