

# Station/Group

102 Capital FM Manchester  
102.2 Capital FM Birmingham  
102.8 Capital FM East Midlands  
103.2 Capital FM South Coast  
105 Capital FM Yorkshire  
105-106 Capital FM North East  
105.4 Capital FM East Midlands  
107.2 Capital FM Brighton  
95.8 Capital Radio London  
96.2 Capital FM East Midlands  
Capital Lancashire  
Capital Liverpool  
Capital North West & Wales  
Classic FM  
Gold East Midlands (Coventry & Warwickshire)  
Gold London  
Heart Cambridgeshire  
Heart Devon (Exeter & Torquay, Barnstaple, Plymouth, South Hams))  
Heart East Anglia (Ipswich/Bury/Norfolk)  
Heart Essex  
Heart Four Counties  
Heart Gloucestershire  
Heart Kent  
Heart London  
Heart North East  
Heart North Lancs & Cumbria  
Heart North Wales (Anglesey & Gwynedd)  
Heart North West  
Heart Scotland  
Heart Solent (Dorset, Hampshire))  
Heart South Wales  
Heart South West (Cornwall)  
Heart Sussex & Surrey  
Heart Thames Valley  
Heart West Country  
Heart West Midlands  
Heart Wiltshire  
LBC  
LBC London News  
Radio X  
Radio X  
Smooth Radio (Glasgow)  
Smooth Radio (London)  
Smooth Radio (West Midlands)  
Smooth Radio Cambridgeshire

Smooth Radio Devon  
Smooth Radio Devon  
Smooth Radio East Anglia  
Smooth Radio East Anglia  
Smooth Radio Essex  
Smooth Radio Four Counties (Herts, Beds & Bucks  
Smooth Radio Four Counties (Northamptonshire)  
Smooth Radio Gloucester  
Smooth Radio Kent  
Smooth Radio Lake District  
Smooth Radio North West & Wales  
Smooth Radio Solent (Dorset)  
Smooth Radio Solent (Hampshire)  
Smooth Radio South Wales  
Smooth Radio Sussex  
Smooth Radio Thames Valley  
Smooth Radio West Country  
Smooth Radio Wiltshire

Capital Scotland  
Capital South Wales (97.4 & 103.2 Capital FM South Wales (was Red Dragon)  
Heart Hertfordshire  
Heart Hertfordshire North  
Heart North Wales  
Heart Yorkshire  
Real XS Manchester  
Smooth East Midlands (Northants)  
Smooth East Midlands (Peterborough)  
Smooth Radio (East Midlands)  
Smooth Radio (North East)  
Smooth Radio (North West)

96.4 FM The Wave  
96.9 Viking FM  
Absolute 00's  
Absolute 60s  
Absolute 80's  
Absolute 90's  
Absolute Classic Rock  
Absolute Radio - National  
Absolute Radio – Greater London  
Absolute Xtra  
CFM (Carlisle)  
CFM (W. Cumbria)  
Clyde 1 FM  
Clyde 2  
Cool FM  
Country Hits Radio  
Downtown Country  
Downtown Radio  
Eagle 90s

FM 107.6 The Fire  
Forth 2  
Forth One  
Free Radio – Birmingham  
Free Radio – Black Country & Shropshire  
Free Radio – Coventry & Warwickshire  
Free Radio – Herefordshire & Worcestershire  
Gem 106  
Greatest Hits Radio - Coventry & Warwick  
Greatest Hits Radio - Hereford & Worcestershire  
Greatest Hits Radio - Lancashire  
Greatest Hits Radio - Liverpool, North West & North Wales  
Greatest Hits Radio - Manchester  
Greatest Hits Radio - North East  
Greatest Hits Radio - South Yorks  
Greatest Hits Radio - Teesside  
Greatest Hits Radio - West Yorks  
Greatest Hits Radio ( Harrogate & Yorkshire Dales)  
Greatest Hits Radio ( West Norfolk)  
Greatest Hits Radio (Barnsley)  
Greatest Hits Radio (Bath & The South West)  
Greatest Hits Radio (Berkshire & North Hampshire)  
Greatest Hits Radio (Berkshire & North Hampshire)  
Greatest Hits Radio (Black Country & Shropshire)  
Greatest Hits Radio (Blackpool)  
Greatest Hits Radio (Bolton)  
Greatest Hits Radio (Bradford & West Yorkshire)  
Greatest Hits Radio (Bristol & The South West)  
Greatest Hits Radio (Bucks Beds & Herts)  
Greatest Hits Radio (Cornwall)  
Greatest Hits Radio (Devon)  
Greatest Hits Radio (Doncaster)  
Greatest Hits Radio (Dorset)  
Greatest Hits Radio (Essex)  
Greatest Hits Radio (Gloucestershire)  
Greatest Hits Radio (Great Yarmouth)  
Greatest Hits Radio (Grimsby)  
Greatest Hits Radio (Ipswich)  
Greatest Hits Radio (Manchester)  
Greatest Hits Radio (North Norfolk)  
Greatest Hits Radio (North Norfolk)  
Greatest Hits Radio (Plymouth)  
Greatest Hits Radio (Rotherham)  
Greatest Hits Radio (Salisbury)  
Greatest Hits Radio (Somerset)  
Greatest Hits Radio (South Wales)  
Greatest Hits Radio (Staffordshire & Cheshire)  
Greatest Hits Radio (Stamford & Rutland)  
Greatest Hits Radio (Surrey & East Hampshire)  
Greatest Hits Radio (Swindon)  
Greatest Hits Radio (Wakefield)

Greatest Hits Radio (Warrington)  
Greatest Hits Radio (West Sussex)  
Greatest Hits Radio (Wigan & St Helens)  
Greatest Hits Radio (York & North Yorkshire)  
Greatest Hits Radio (Yorkshire Coast)  
Greatest Hits Radio (Yorkshire Coast)  
Hallam FM  
Heat Radio  
Jazz FM  
Kerrang! Radio  
Kiss 100 FM  
Kiss 101 FM  
Kiss 105-108 FM  
Kiss Fresh  
Lincs FM  
Magic 105.4 FM  
Magic Chilled  
Magic Soul  
Mellow Magic  
Metro FM  
Moray Firth  
NorthSound One  
NorthSound Two  
Pirate FM  
Planet Rock  
Radio Borders  
Radio City 96.7  
Radio Tay AM  
Rock FM  
Sam FM Bristol  
Scala Radio  
Signal 1  
South West Sound  
Star Northallerton  
TFM  
The Greatest Hits Radio (North Derbyshire)  
The Hits Radio Manchester  
The Hits UK  
The Pulse  
Trax FM  
Wave 105 FM  
West FM  
West Sound AM

Breeze Portsmouth  
Breeze Southampton  
Breeze Winchester  
Bridge FM  
Dragon Radio  
Greatest Hits Radio (Hull & East Yorkshire)  
Nation Radio

Nation Radio London  
Nation Radio Scotland  
Radio Carmarthenshire and Scarlet FM  
Radio Ceredigion  
Radio Pembrokeshire  
Sam FM South  
Sun FM  
Swansea Bay Radio

kmfm Ashford  
kmfm Canterbury  
kmfm Dover & Folkestone  
kmfm Maidstone  
kmfm Medway  
kmfm Thanet  
kmfm West Kent

Capital Coventry  
Capital North Oxfordshire  
Capital Rugby  
Capital South East Staffs  
Capital Stratford  
Capital Warwick

Q  
Q100.5  
Q101.2 FM  
Q102.9 FM  
Q106  
Q107  
Q97.2 FM

JACK 3  
Jack FM (Oxford)  
JACK Radio  
JACKfm 2  
Union Jack  
Union Jack Rock

Isle of Wight Radio  
More Radio Eastbourne  
More Radio Hastings  
More Radio Mid Sussex  
More Radio Worthing

Cheshire's Silk FM  
Chester's Dee 106.3 FM  
Love 80s Liverpool  
Love 80s Manchester

talkRADIO

talkSPORT  
talkSPORT2  
U105

Lyca Dilse 1035  
Lyca Radio 1458  
Time 107.5

Kingdom FM  
Original 106 (Aberdeen)

Premier Christian Radio  
Premier Gospel

Sunrise Radio  
Sunrise Radio London

3FM Radio  
Asian FX Radio  
Asian Sound Radio  
Central 103.1 FM  
Colourful  
Fosse 107  
Great Yorkshire Radio  
Mansfield 103.2  
Nevis Radio  
Panjab Radio  
Radio Essex  
Radio XL  
Sabras Sound  
Star Radio Cambridge  
Sunrise Radio (Bradford)  
Sunshine FM  
Sunshine Radio  
Waves Radio