

Television Transmitters

	ITV	BBC1	BBC2
101 (T)	23	26	33
102 (A)	43	46	40
103 (Ga)	59	55	62
104 (Y)	47	44	51
105 (Sc)	43	40	46
105.10 (Sc)	25	22	28
106 (H)	41	44	51
107 (U)	24	31	27
108 (S)	27	31	24
109 (TT)	61	58	64
110 (H)	61	58	64
111 (A)	61	58	64
112 (Gn)	25	22	28
113 (S)	66	50	56
114 (Aa)	59	62	55
115 (Aa)	41	51	44
116 (TT)	29	33	26
117 (A)	60	57	63
118 (H)	60	57	63
119 (H)	60	57	63
120 (Y)	25	22	28
121 (A)	23	26	33
123 (Gn)	60	57	63
124 (Aa)	24	31	27
125 (S)	58	61	55
126 (S)	42	39	45
129 (H)	43	46	40
130 (U)	59	55	62
131 (W)	25	22	28

	ITV	BBC1	BBC2
132 (W)	23	33	26
134 (Gn)	43	40	46
135 (H)	24	31	27
136 (W)	60	57	63
137 (B)	28	30	34
138 (W)	59	55	62
139 (S)	64	49	52
141 (W)	41	51	44
145 (H)	49	52	45
147 (Sc)	24	31	27
148 (Gn)	24	31	27
149 (A)	25	22	28
151 (U)	25	22	28
152 (Sc)	23	33	26
153 (Gn)	23	33	26
154 (Gn)	23	33	26
155 (TT)	49	39	45
156 (Gn)	49	39	45
158 (T)	43	40	46
161 (B)	59	55	62

Programme Areas:

Border (B)	Grampian (Gn)
Scottish (Sc)	Ulster (U)
Anglia (Aa)	Southern (S)
Granada (Ga)	Westward (W)
Thames (T)	HTV (H)
ATV (A)	Yorkshire (Y)
Tyne Tees (TT)	

National v.h.f. stations

	Radio 2/1 MHz	Radio 3 MHz	Radio 4 MHz
Oxford	89.5	91.7	93.9
Swingate	90.0	92.4	94.4
Wrotham	89.1	91.3	93.5
Sutton			
Coldfield	88.3	90.5	92.7
Peterborough	90.1	92.3	94.5
Tacolneston	89.7	91.9	94.1
Rowridge	88.5	90.7	92.9
N. Hessary Tor	88.1	90.3	92.5
Redruth	89.7	91.9	94.1
Belmont	88.8	90.9	93.1
Holme Moss	89.3	91.5	93.7
Douglas (I. of M.)	88.4	90.6	92.8
Morecambe			
Bay	90.0	92.2	94.4
Pontop Pike	88.5	90.7	92.9
Sandale	88.1	90.3	94.7
Kirk O' Shotts	89.9	92.1	94.3
Ashkirk	89.1	91.3	93.5

	Radio 2/1 MHz	Radio 3 MHz	Radio 4 MHz
Forfar	88.3	90.5	92.7
Orkney	89.3	91.5	93.7
Rosemarkie	89.6	91.8	94.0
Fort William	89.3	91.5	93.7
Melvaig	89.1	91.3	93.5
Meldrum	88.7	90.9	93.1
Oban	88.9	91.1	93.3
Skriraig	88.5	90.7	92.9
Blaenplwyf	88.7	90.9	93.1
Haverford W.	89.3	91.5	93.7
Llanddona	89.6	91.8	94.0
Llangollen	88.85	91.05	93.25
Wenvoe	89.95	96.8	94.3
Llandrindod Wells	89.1	91.3	93.5
Divis	90.1	92.3	94.5
Brougher			
Mountain	88.9	91.1	93.3
Londonderry	88.3	90.55	92.7

**special
pull-out feature
Practical Wireless
september 1979**



radio & tv guide

Contents

South and West

Map	2
Local Radio	3

South and East

Map	7
Local Radio	4

Notes on using the Guide	6
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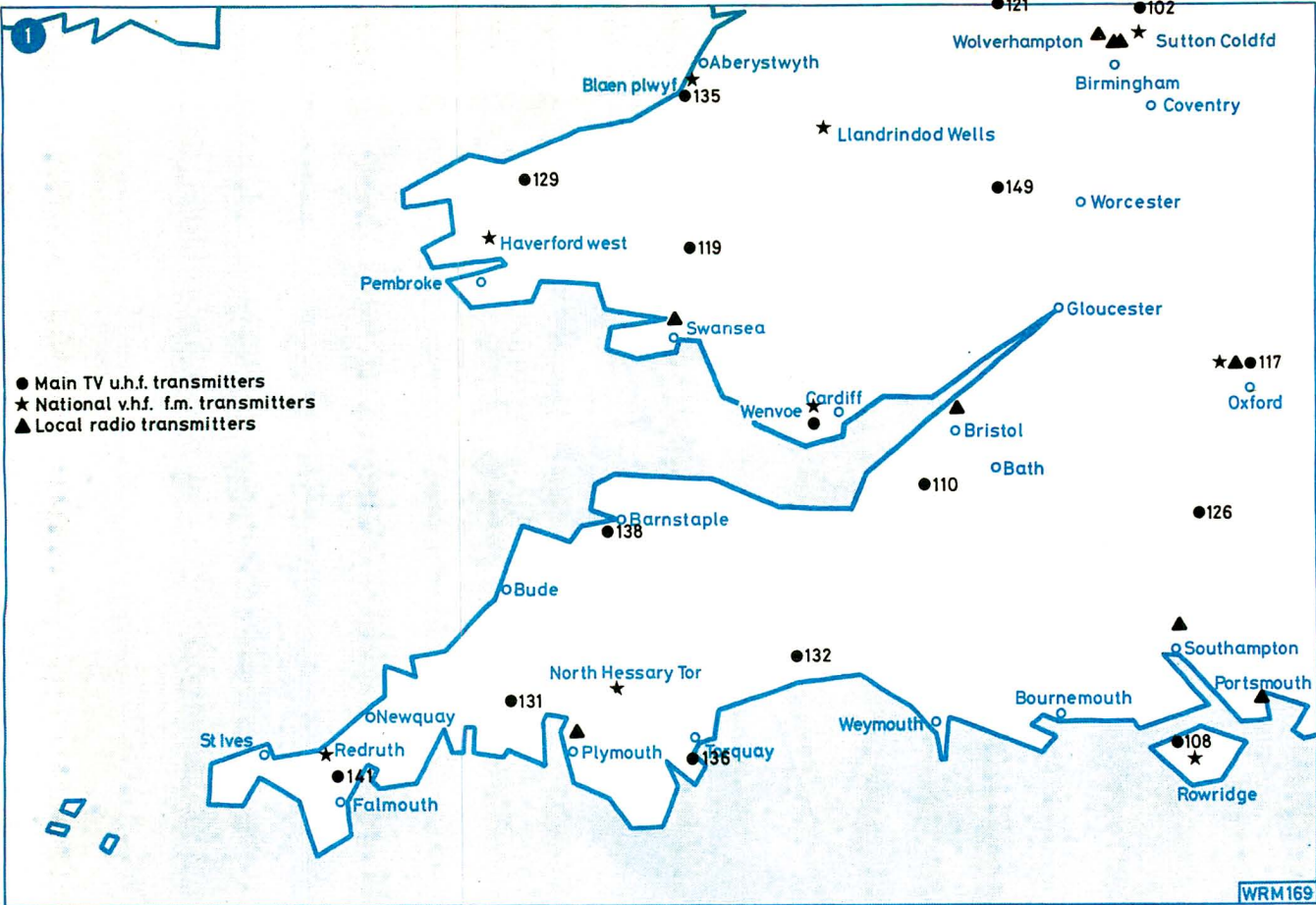
North and Ulster

Map	10
Local Radio	11

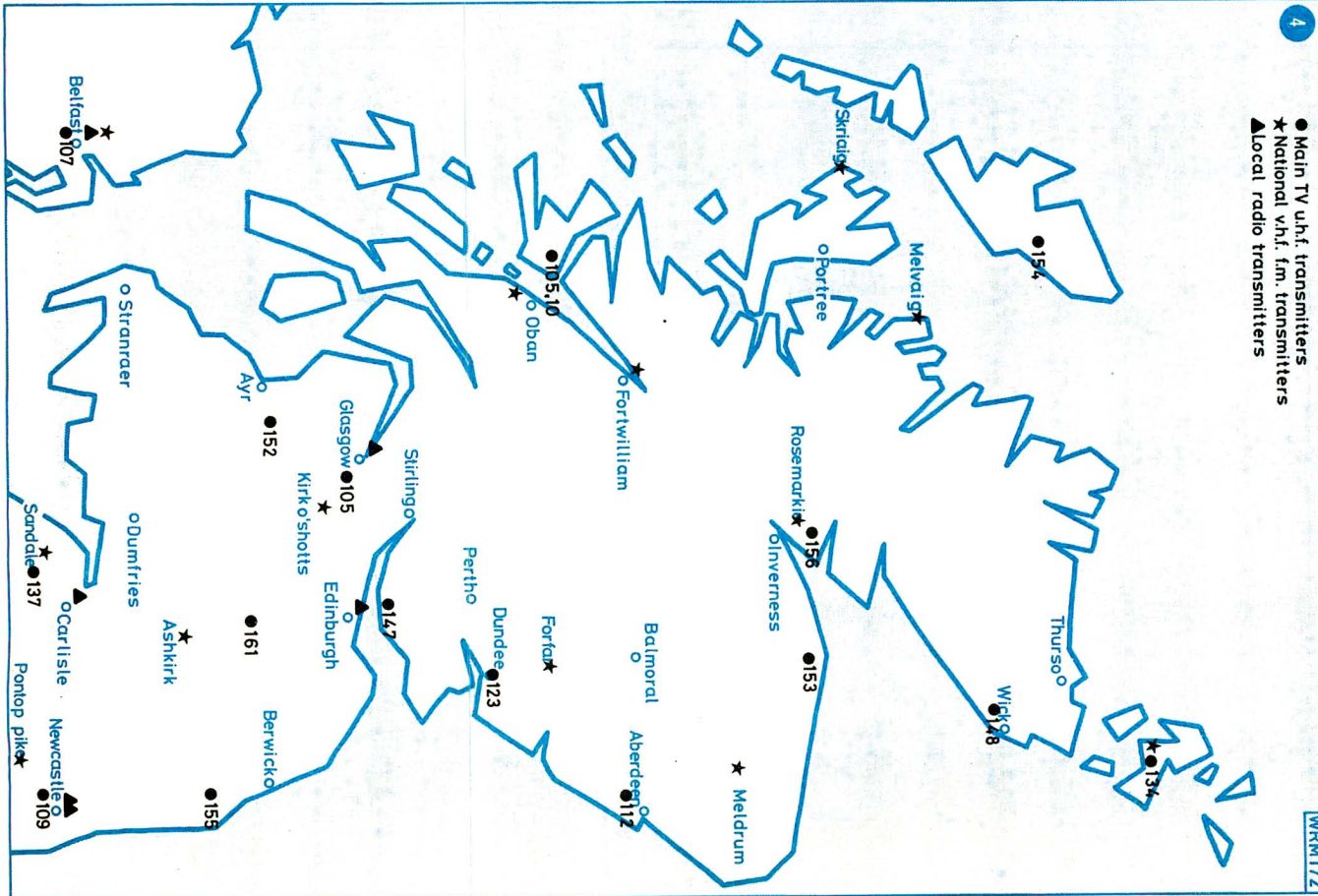
Scotland and Borders

Map	15
Local Radio	14

National TV and v.h.f. transmitters	16
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WRM169



WRM172

SCOTLAND **MAP 4** & BORDERS

RADIO CARLISLE

Programme Information: Carlisle 31661

Frequencies:

397m/757kHz, 206m/1459kHz;
95.6MHz v.h.f.

News: 0700, 0730, 0800, 0830, 0900,
1000, 1100, 1200, 1245, 1500,
1600, 1700, 1757

Traffic: With News and 0655, 0725,
0755, 0825, 1745

Weather: With News and 1900

RADIO CLYDE (Glasgow)

Programme Information: 041-204 2555

Frequencies: 261m/1151kHz;

95.1MHz Stereo v.h.f.

National News: On-the-hour 0400 to
0200 (23hrs)

RADIO FORTH (Edinburgh)

Programme Information: 031-556 9255

Frequencies: 194m/1546kHz;

96.8MHz Stereo v.h.f.

National News: On-the-hour and 0630,
0730, 0830, 1230, 1730

Local News: 1730

DOWNTOWN RADIO (Belfast)

Programme Information: Newtownards
815555

Frequencies: 293m/1025kHz;
96MHz Stereo v.h.f.

National News: On-the-hour

Local News: 0600-0900

Traffic: 1705

Weather: After Morning News, Lunch and
Teatime

RADIO NEWCASTLE

Programme Information: Newcastle
814243

Frequencies: 206m/1457kHz;
97.4MHz v.h.f.

News: 0600-0900, 1245, 1745

Traffic: 0600-0900 and as received

Weather: 0600-0900

METRO RADIO (Newcastle)

Programme Information: Newcastle
884121

Frequencies: 261m/1151kHz;
97MHz Stereo v.h.f.

News: On-the-hour (24hrs)

Traffic: As necessary

Weather: With News

SOUTH **MAP 1** & WEST

BEACON RADIO (Wolverhampton)

Programme Information: Wolverhampton
757211

Frequencies: 303m/989kHz;
97.2MHz Stereo v.h.f.

News: On-the-hour (24hrs)

Traffic: 20 minutes past the hour

Weather: After News

BRMB RADIO (Birmingham)

Programme Information: 021-359 4481

Frequencies: 261m/1151kHz;
94.8MHz Stereo v.h.f.

News: On-the-hour (24hrs)

Traffic: 0720, 0750, 0820, 0850, 1650,
1720, 1750

Weather: 0600-0930

RADIO BIRMINGHAM

Programme Information: 021-472 5141

Frequencies: 206m/1458kHz;
95.6MHz v.h.f.

News: On-the-hour

Traffic: 0700, 0800 and as received

Weather: 0700, 0800

RADIO BRISTOL

Programme Information: Bristol 311111

Frequencies: 194m/1549kHz;
95.5MHz v.h.f.

National News: As Radio 2

Local News: 0600-2030

Traffic: 0745-0900, 1630-1800

RADIO OXFORD

Programme Information: Oxford 53411

Frequencies: 202m/1484kHz;
95.5MHz v.h.f.

News: 0900, 1100, 1230, 1400, 1500,
1600, 1730

Traffic: With News and 0600-0900,
1600-1900

Weather: 0600-0900, 1240, 1650

SWANSEA SOUND

Programme Information: Gorseinon
893751

Frequencies: 257m/1170kHz;
95.1MHz Stereo v.h.f.

National News: On-the-hour

Local News: 1200

Traffic: 0645 and 1600

Weather: 0820, 0920

SOUTH cont. & WEST

RADIO SOLENT *(Southampton)*

Programme Information: Southampton
31311

Frequencies:

300m/1002kHz, 221m/1360kHz;
96MHz v.h.f.

News: 0600–0900, 1000, 1100, 1200,
1255, 1400, 1500, 1600, 1700,
1750, 1900 then as Radio 2

Traffic: 0635, 0735, 0835, 1600, 1700

Weather: 0600–0900, 1000, 1100,
1200, 1259, 1400, 1500, 1600,
1700, 1730, 1900

PLYMOUTH SOUND

Programme Information: Plymouth 27272

Frequencies: 261m/1151kHz;
96MHz v.h.f.

News: 0600–2400 (On-the-hour)

Traffic: 0745, 1245, 1645, 1745

RADIO VICTORY *(Portsmouth)*

Programme Information: Portsmouth
27799

Frequencies: 257m/1169kHz;
95MHz v.h.f.

News: On-the-hour

Traffic: 0600–0900

Weather: 0600–0900 and with the News

PICCADILLY RADIO *(Manchester)*

Programme Information: 061-236 9913

Frequencies: 261m/1152kHz;
97MHz Stereo v.h.f.

News: On-the-hour (24hrs)

Traffic: With News

Weather: With News

PENNINE RADIO *(Bradford)*

Programme Information: Bradford 31521

Frequencies: 235m/1277kHz;
96MHz Stereo v.h.f.

News: 0600–0900, 1000, 1100, 1200,
1300, 1400, 1500, 1600, 1630,
1700, 1730, 1800

Traffic: With News

Weather: With News

RADIO STOKE

Programme Information: Stoke 24827

Frequencies: 200m/1503kHz;
96.1MHz v.h.f.

News: On-the-hour (24hrs)

Traffic: 0730, 0830, 1650

Weather: With News and 0730, 0830,
0930, 1630

RADIO TRENT

Programme Information: Nottingham
581731

Frequencies: 301m/998kHz;
96.2MHz Stereo v.h.f.

News: 0530–0900 (On-the-hour)

Traffic: 0530–0900, 1900

Weather: 0530–0900

RADIO SHEFFIELD

Programme Information: Sheffield
686185

Frequencies: 290m/1037kHz;
88.6MHz, 97.4MHz v.h.f.

National News: 0600–0900, 1100,
1700 as Radio 2 from 2000

Local News: 0600–0900, 1250

RADIO TEES

Programme Information: Stockton
615111

Frequencies: 257m/1170kHz;
95MHz Stereo v.h.f.

News: On-the-hour (24hrs)

Traffic: As necessary

Weather: As necessary

METRO RADIO *(Newcastle)*

Programme Information: Newcastle
884121

Frequencies: 261m/1151kHz;
97MHz Stereo v.h.f.

News: On-the-hour (24hrs)

Traffic: As necessary

Weather: With News

BEACON RADIO *(Wolverhampton)*

Programme Information: Wolverhampton
757211

Frequencies: 303m/989kHz;
97.2MHz Stereo v.h.f.

News: On-the-hour (24hrs)

Traffic: 20 minutes past the hour

Weather: After News

SOUTH & EAST MAP 2

RADIO BRIGHTON

Programme Information: Brighton
680231

Frequencies: 202m/1484kHz;
95.3MHz v.h.f.

National News: 0630, 0655, 0730,
0755, 0830, 0900, 1000, 1100,
1200, 1300, 1400, 1500, 1600,
1700, 1745, 1855, 2300

Local News: 0630–0900, 1300, 1745

Traffic: 0730, 0830, 1630, 1730

Weather: After News

RADIO SOLENT *(Southampton) see above*

RADIO 210 THAMES VALLEY (Reading)

Programme Information: Reading 413131

Frequencies: 210m/1430kHz;
97MHz v.h.f.

National News: 0600–0100 (Hourly)

Local News: 0630, 0730, 0830, 0930,
1630, 1730

Traffic: 0630–0930, 1630–1900

RADIO LEEDS

Programme Information: Leeds 42131
Frequencies: 388m/774kHz;
92.4MHz v.h.f.
News: 0635, 0700, 0800, 0900, 1300,
1730 after 2000 as Radio 2
Weather: 0655, 0755, 0855, 1255

RADIO MERSEYSIDE (Liverpool)

Programme Information: 051-236 3355
Frequencies: 203m/1484kHz;
95.2MHz v.h.f.
News: On-the-hour
Traffic: 0600-0833 and with News
Weather: 0600-0833 and with News

RADIO MANCHESTER

Programme Information: 061-228 3434
Frequencies: 206m/1459kHz;
95.1MHz v.h.f.
News: 0630-0900, 1000, 1100, 1200,
1300, 1400, 1500, 1600, 1700,
1800, 2200, 2300, 2345
Traffic: 0640, 0720, 0740, 0750, 0820,
0845, 1645

RADIO NEWCASTLE

Programme Information: Newcastle
814243
Frequencies: 206m/1457kHz;
97.4MHz v.h.f.
News: 0600-0900, 1245, 1745
Traffic: 0600-0900 and as received
Weather: 0600-0900

RADIO DERBY

Programme Information: Derby 361111
Frequencies:
269m/1117kHz;
94.2MHz and 96.5MHz v.h.f.
News: On-the-hour
Traffic: 0630-0900, 1640-1720
Weather: With News and Early Morning
Programmes

RADIO BLACKBURN

Programme Information: Blackburn
62411
Frequencies: 351m/855kHz;
96.4MHz v.h.f.
National News: 0630-0900, 1100,
1500, 1600, 1700, 1843, 1845 then
as Radio 2
Local News: 0630-0900, 1240
Traffic: 0630-0900, 1605
Weather: 0630-0900, 1605

RADIO CARLISLE

Programme Information: Carlisle 31661
Frequencies:
397m/757kHz, 206m/1459kHz;
95.6MHz v.h.f.
News: 0700, 0730, 0800, 0830, 0900,
1000, 1100, 1200, 1245, 1500,
1600, 1700, 1757
Traffic: With News and 0655, 0725,
0755, 0825, 1745
Weather: With News and 1900

RADIO HALLAM (Sheffield)

Programme Information: Sheffield 71188
Frequencies: 194m/1546kHz;
95.9MHz v.h.f.

BRMB RADIO (Birmingham)

Programme Information: 021-359 4481
Frequencies: 261m/1151kHz;
94.8MHz Stereo v.h.f.
News: On-the-hour (24hrs)
Traffic: 0720, 0750, 0820, 0850, 1650,
1720, 1750
Weather: 0600-0930

RADIO BIRMINGHAM

Programme Information: 021-472 5141
Frequencies: 206m/1458kHz;
95.6MHz v.h.f.
News: On-the-hour
Traffic: 0700, 0800 and as received
Weather: 0700, 0800

BEACON RADIO (Wolverhampton)

Programme Information: Wolverhampton
757211
Frequencies: 303m/989kHz;
97.2MHz Stereo v.h.f.
News: On-the-hour (24hrs)
Traffic: 20 minutes past the hour
Weather: After News

CAPITAL RADIO (London)

Programme Information: 01-388 1288
Frequencies: 194m/1548kHz;
95.8MHz Stereo v.h.f.
News: On-the-hour (24hrs)
Traffic: 0600-0900, 1500-1900
Weather: After News

RADIO BRISTOL

Programme Information: Bristol 311111
Frequencies: 194m/1549kHz;
95.5MHz v.h.f.
National News: As Radio 2
Local News: 0600-2030
Traffic: 0745-0900, 1630-1800

RADIO DERBY

Programme Information: Derby 361111
Frequencies:
269m/1117kHz;
94.2MHz and 96.5MHz v.h.f.
News: On-the-hour
Traffic: 0630-0900, 1640-1720
Weather: With News and Early Morning
Programmes

RADIO MEDWAY (Chatham)

Programme Information: Medway 46284
Frequencies: 290m/1034kHz;
96.7MHz v.h.f.
National News: 0500, 0700, 0800,
1000, 1100, 1200, 1800, 2400
Local News: 0700, 0800, 1000, 1500,
1600, 1730, 1915
Traffic: 0630-0930, 0930-1100,
1630, 1700
Weather: 0500

RADIO TRENT

Programme Information: Nottingham
581731
Frequencies: 301m/998kHz;
96.2MHz Stereo v.h.f.
News: 0530-0900 (On-the-hour)
Traffic: 0530-0900, 1900
Weather: 0530-0900

LBC (London)

Programme Information: 01-353 1010
Frequencies: 261m/1151kHz;
97.3MHz Stereo v.h.f.
News: Every 30 minutes
Traffic: Every hour
Weather: With News

RADIO LONDON

Programme Information: 01-486 7611
Frequencies: 206m/1457kHz;
94.9MHz v.h.f.
News: Every 30 minutes 0630-1800,
2200, 2300, 2400
Traffic: 0745, 0845, 0900-1130 then
after the News
Weather: 0700, 0800 then after the
News.

RADIO LEICESTER

Programme Information: Leicester 27113
Frequencies: 189m/1590kHz;
95.1MHz v.h.f.
News: 0630, 0645, 0745, 0900, 1000,
1100, 1230, 1500, 1600, 1700,
1730, 1830
Traffic: As received
Weather: Follows News

RADIO OXFORD

Programme Information: Oxford 53411
Frequencies: 202m/1484kHz;
95.5MHz v.h.f.
News: 0900, 1100, 1230, 1400, 1500,
1600, 1730
Traffic: With News and 0600-0900,
1600-1900
Weather: 0600-0900, 1240, 1650

RADIO ORWELL (Ipswich)

Programme Information: Ipswich 216971
Frequencies: 257m/1169kHz;
97.1MHz Stereo v.h.f.
National News: 0600 to 2400 (On-the-
hour)
Local News: 0700 to 1800 weekdays;
0900, 1200, 1500, 1800 weekends
Traffic: 0720, 0750, 0820, 0850, 0930,
1615, 1645, 1715
Weather: 2400

RADIO VICTORY (Portsmouth)

Programme Information: Portsmouth
27799
Frequencies: 257m/1169kHz;
95MHz v.h.f.
News: On-the-hour
Traffic: 0600-0900
Weather: 0600-0900 and with the News

Using this Guide

The aim of this guide is to help you to enjoy radio and TV programmes while you are on holiday. To find details of local radio in your holiday area locate where you are staying on the map of the UK and then turn to the appropriate area map to find details of local radio, v.h.f. and TV transmitters. Remember that programmes will be different from your home area and you should obtain the appropriate regional edition of Radio Times and TV Times from the nearest newsagent in your holiday area. Some holiday resorts have local v.h.f. and TV repeater stations to give better reception. The local TV dealer should be able to give you details of channels and aerial directions.

NORTH & ULSTER MAP 3

BRMB RADIO (Birmingham)

Programme Information: 021-359 4481
Frequencies: 261m/1151kHz;
94.8MHz Stereo v.h.f.
News: On-the-hour (24hrs)
Traffic: 0720, 0750, 0820, 0850, 1650,
1720, 1750
Weather: 0600-0930

RADIO BIRMINGHAM

Programme Information: 021-472 5141
Frequencies: 206m/1458kHz;
95.6MHz v.h.f.
News: On-the-hour
Traffic: 0700, 0800 and as received
Weather: 0700, 0800

DOWNTOWN RADIO (Belfast)

Programme Information: Newtownards
815555
Frequencies: 293m/1025kHz;
96MHz Stereo v.h.f.
National News: On-the-hour
Local News: 0600-0900
Traffic: 1705
Weather: After Morning News, Lunch and
Teatime

RADIO CLEVELAND

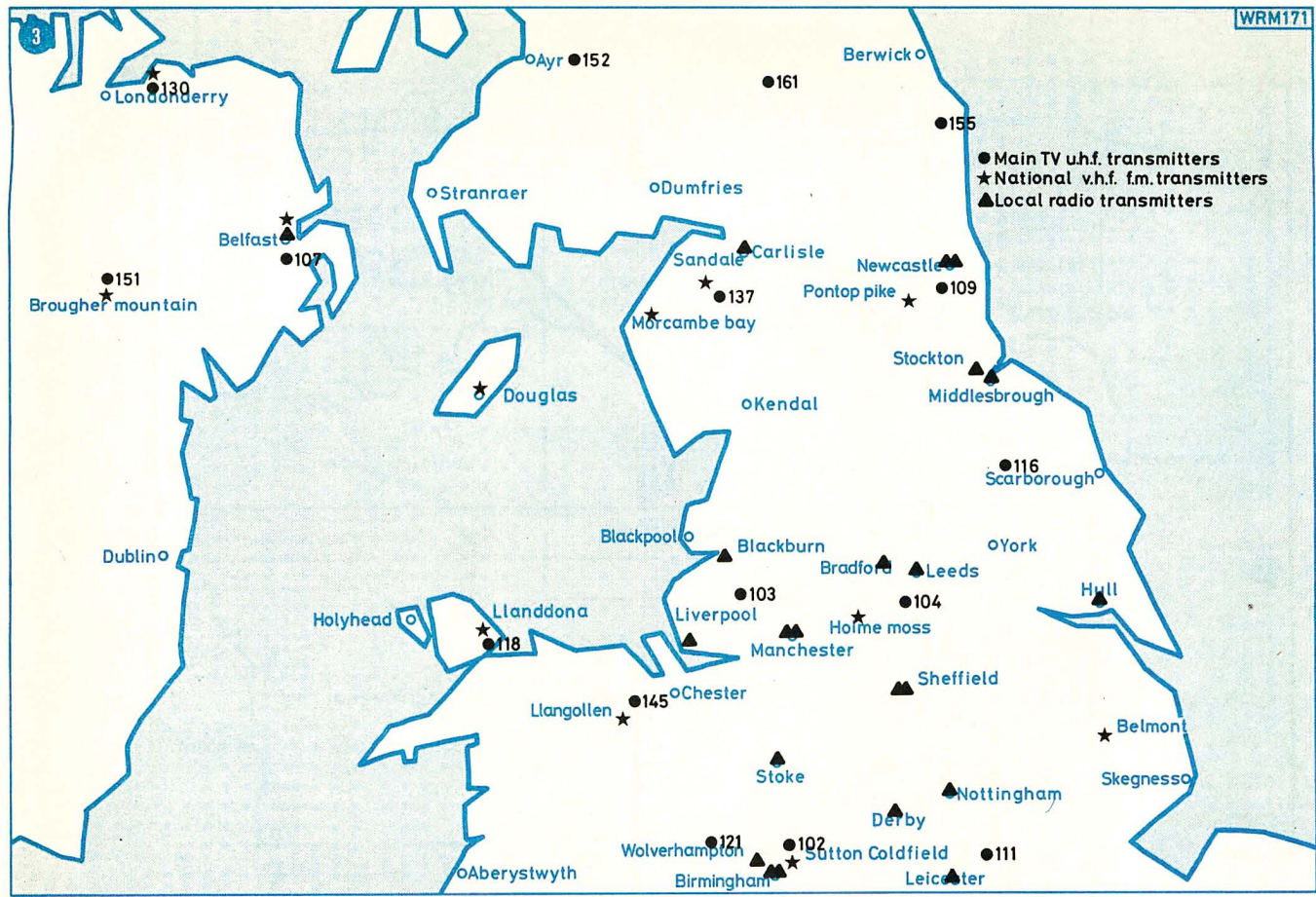
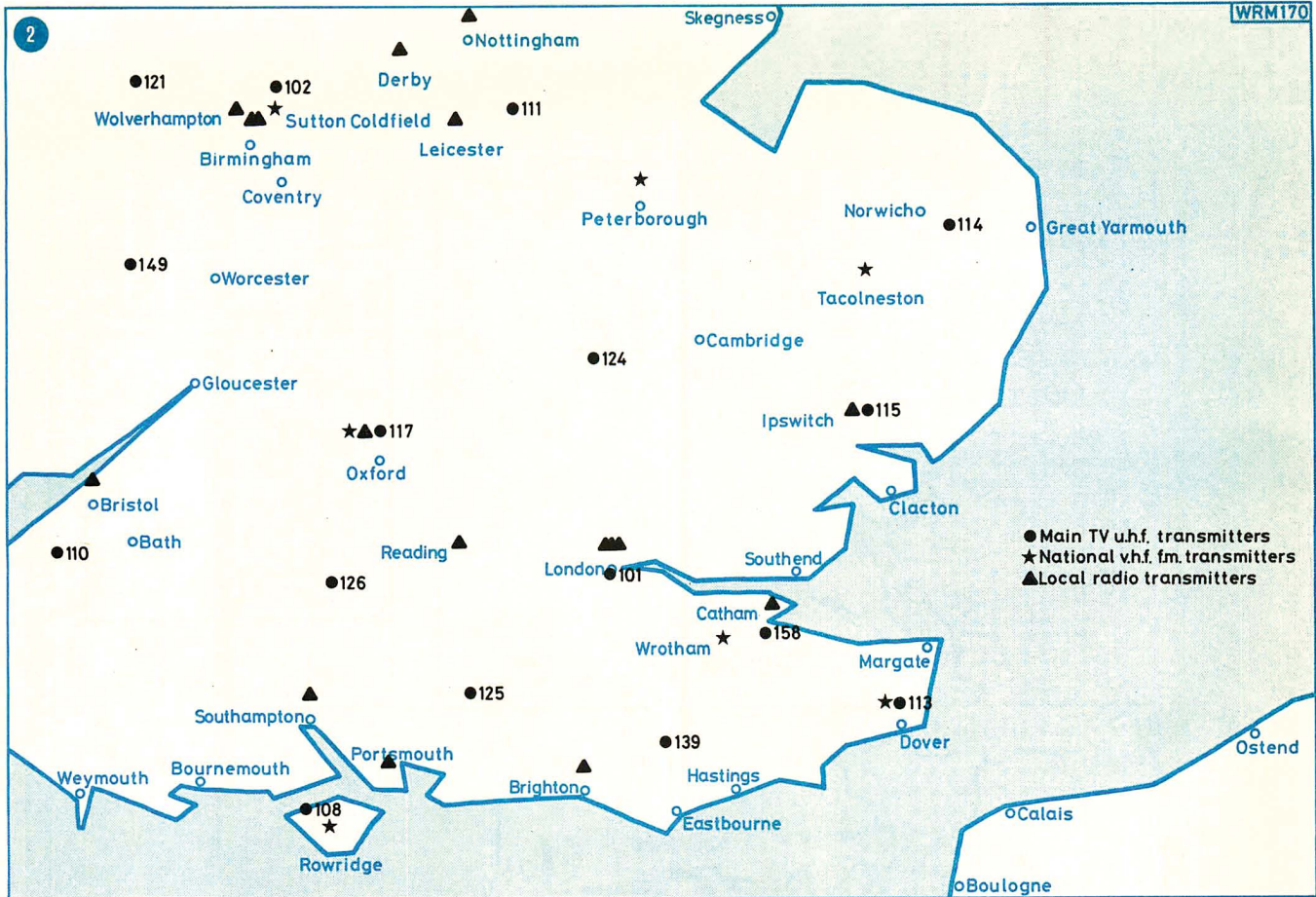
Programme Information: Middlesbrough
248491
Frequencies: 194m/1546kHz;
96.6MHz v.h.f.
News: 0600-1800 (On-the-hour)
Traffic: With News and at 0830 and
1615, 1715
Weather: With News

RADIO HUMBERSIDE

Programme Information: Kingston upon
Hull 23232
Frequencies: 203m/1484kHz;
96.9MHz v.h.f.
News: 0750, 0850, 1250, 1650, 1750
Traffic: 0632, 0732, 0832, 1530, 1630,
1730
Weather: With News and 0635, 0710,
0735, 0810

RADIO LEICESTER

Programme Information: Leicester 27113
Frequencies: 189m/1590kHz;
95.1MHz v.h.f.
News: 0630, 0645, 0745, 0900, 1000,
1100, 1230, 1500, 1600, 1700,
1730, 1830
Traffic: As received
Weather: Follows News



★ National Radio Stations

	Radio 1	2	3	4
(a) Burchhead	285m	433m	247m	1500m
(b) Westerglen	275m	330m	247m	370m
(c) Stagshaw	285m	433m	—	—
(d) Linnagarvey	275m	330m	247m	224m
(e) Moorside Edge	275m	330m	247m	417m
(f) Droitwich	285m	433m	247m	1500m
(g) Brookmans Park	275m	330m	247m	—
(h) Washford	275m	—	247m	340m
(j) Start Point	285m	—	—	—

