

QUARTERLY SUMMARY OF RADIO LISTENING



SURVEY PERIOD ENDING
18th December 2022

PART 1 - UNITED KINGDOM
(INCLUDING CHANNEL ISLANDS AND ISLE OF MAN)



ADULTS AGED 15 AND OVER:
55,964,000



Embargoed
until 00.01 am
2nd February 2023

	Survey Period	Weekly Reach '000	Index Reach Q4 22 / Q4 21	Average Hours per listener	Index Avg Hours Q4 22 / Q4 21	Total Hours '000	Index Total Hours Q4 22 / Q4 21
All Radio	Q	49696	100	20.3	100	1009624	101
All BBC Radio	Q	33233	96	14.3	99	475951	95
All BBC Radio 15-44	Q	12380	96	8.3	94	102458	90
All BBC Radio 45+	Q	20853	96	17.9	100	373493	96
All BBC Network Radio ¹	Q	30510	97	13.8	99	421268	96
BBC Local Radio	Q	7779	86	7.0	99	54684	86
All Commercial Radio	Q	38080	104	13.3	102	507152	105
All Commercial Radio 15-44	Q	18026	103	11.7	101	210834	104
All Commercial Radio 45+	Q	20054	104	14.8	103	296318	107
All National Commercial ¹	Q	26249	107	9.6	100	250968	107
All Local Commercial (National TSA)	Q	25364	104	10.1	100	256183	104
Other Radio	Q	6436	185	4.1	67	26521	124

(1) See note on back cover.

For survey periods and other definitions please see back cover.

Please note that the information contained within this quarterly data release has yet to be announced or otherwise made public and as such could constitute relevant information for the purposes of section 118 of FSMA and non-public price sensitive information for the purposes of the Criminal Justice Act 1993. Failure to comply with this embargo could result in prosecution.

Source: "RAJAR/Ipsos/RSMB."

QUARTERLY SUMMARY OF RADIO LISTENING



SURVEY PERIOD ENDING
18th December 2022

PART 2 - NATIONAL SERVICES



Embargoed
until 00.01 am
2nd February 2023

	Survey Period	Weekly Reach '000	Index Reach Q4 22 / Q4 21	Average Hours per listener	Index Avg Hours Q4 22 / Q4 21	Total Hours '000	Index Total Hours Q4 22 / Q4 21
All BBC Network Radio ¹	Q	30510	97	13.8	99	421268	96
BBC Radio 1	Q	7795	95	6.1	92	47690	88
BBC Radio 2	Q	14287	96	11.0	99	156703	95
BBC Radio 3	Q	1867	94	7.4	101	13868	96
BBC Radio 4 (including 4 Extra)	Q	10557	96	12.1	102	128199	98
BBC Radio 4	Q	10081	96	11.3	102	114360	98
BBC Radio 4 Extra	Q	1790	95	7.7	103	13838	98
BBC Radio 5 live (inc. sports extra)	Q	6220	99	6.0	102	37579	101
BBC Radio 5 live	Q	5565	95	5.9	102	32948	97
BBC Radio 5 live sports extra	Q	1644	135	2.8	112	4631	151
BBC 6 Music	Q	2504	96	10.3	105	25676	100
1Xtra from the BBC	H	756	102	3.8	103	2855	105
BBC Asian Network UK	H	460	94	6.0	128	2737	118
BBC World Service	Q	1308	105	4.9	98	6439	104
All National Commercial ¹	Q	26249	107	9.6	100	250968	107
Absolute Radio Network ²	H	5217	98	7.0	103	36281	101
Absolute Radio	Q	2125	95	6.9	105	14655	100
Absolute Radio 60s	H	133	106	5.2	144	694	153
Absolute Radio 70s	H	295	70	2.8	90	828	64

(1-11) See note on back cover.

Source: "RAJAR/Ipsos/RSMB."

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SURVEY PERIOD ENDING
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PART 2 - NATIONAL SERVICES



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	Survey Period	Weekly Reach '000	Index Reach Q4 22 / Q4 21	Average Hours per listener	Index Avg Hours Q4 22 / Q4 21	Total Hours '000	Index Total Hours Q4 22 / Q4 21
Absolute 80s	Q	1524	95	4.6	102	7049	98
Absolute Radio 90s	H	991	97	4.2	88	4126	83
Absolute Radio 00s	H	305	188	2.9	97	892	187
Absolute Radio 10s	H	143	953	1.6	64	224	605
Absolute Classic Rock	H	887	91	5.5	115	4862	104
Absolute Radio Country	H	281	137	5.0	104	1392	140
Boom Radio	Q	531	219	11.0	109	5817	237
Capital Brand (UK) ⁶	H	7672	101	5.4	113	41096	112
Capital Network (UK) ²	H	5914	93	5.1	111	30172	103
Capital XTRA Brand UK ²	H	1699	113	3.8	103	6429	114
Capital XTRA (UK) ²	H	1485	109	3.5	97	5146	106
Capital XTRA Reloaded	Q	412	149	3.4	121	1418	185
Capital Dance	Q	912	154	4.7	138	4278	215
Classic FM	Q	4970	98	8.1	95	40175	93
GB News Radio	Q	306	*	7.0	*	2136	*
Gold Network (UK) ²	H	1684	125	8.2	95	13742	119
Greatest Hits Network ²	H	4368	131	7.5	96	32572	125
Greatest Hits Radio ²	H	3977	131	7.1	91	28319	120
Heart Brand (UK) ⁹	H	10860	106	6.7	106	73261	114

(1-11) See note on back cover.

Source: "RAJAR/Ipsos/RSMB."

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	Survey Period	Weekly Reach '000	Index Reach Q4 22 / Q4 21	Average Hours per listener	Index Avg Hours Q4 22 / Q4 21	Total Hours '000	Index Total Hours Q4 22 / Q4 21
Heart 70s	Q	591	185	3.8	100	2225	183
Heart 80s	Q	1265	95	3.9	100	4881	93
Heart 90s	Q	861	158	3.5	83	2986	131
Heart 00s	Q	326	*	5.0	*	1626	*
Heart Dance	Q	742	213	3.7	109	2752	230
Heart Network (UK) ²	H	8655	101	6.7	108	57887	109
Heat	H	502	139	3.9	87	1981	121
Hits Radio Brand ¹¹	H	10077	120	8.5	98	85223	116
Hits Radio Network ²	H	6637	117	7.9	95	52652	112
Hits Radio ²	H	1341	168	3.3	66	4397	111
Jazz FM	H	511	121	3.9	98	2001	118
Kerrang!	H	327	70	4.9	107	1596	74
KISS Network ⁵	H	4249	94	5.2	108	22056	101
KISS Fresh	H	241	79	2.9	97	705	78
KISSTORY	Q	2265	98	4.1	95	9323	95
LBC Brand (UK) ²	H	3140	98	9.7	105	30389	103
Magic Network ⁸	H	3779	93	5.9	102	22148	94
Magic at the Musicals	H	136	68	3.6	95	492	65
Magic Chilled	H	448	170	3.6	78	1618	132

(1-11) See note on back cover.

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	Survey Period	Weekly Reach '000	Index Reach Q4 22 / Q4 21	Average Hours per listener	Index Avg Hours Q4 22 / Q4 21	Total Hours '000	Index Total Hours Q4 22 / Q4 21
Magic Soul	H	418	146	4.8	104	2015	152
Mellow Magic	H	556	138	5.2	95	2864	129
Planet Rock	Q	1248	89	9.1	120	11360	107
Scala Radio	H	233	58	8.8	135	2053	79
Smooth Brand (UK) ⁷	H	5828	97	7.3	109	42309	105
Smooth Radio Chill	Q	460	102	5.4	117	2464	119
Smooth Radio Country	Q	304	141	6.8	155	2077	220
Smooth Radio Network (UK) ²	H	5143	95	7.3	107	37300	101
Sunrise Radio National	Y	313	86	4.3	102	1345	89
TalkRadio	H	608	112	7.7	90	4692	101
talkSPORT Network ²	H	3146	102	6.0	105	18998	108
Times Radio	H	563	112	6.1	98	3410	109
Tomorrowland One World Radio	Q	19	*	1.6	*	31	*
Virgin Radio Network	H	1927	89	5.7	104	11041	94
Radio X Network (UK) ²	H	1986	94	8.5	99	16879	93

(1-11) See note on back cover.

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QUARTERLY SUMMARY OF RADIO LISTENING



SURVEY PERIOD ENDING
18th December 2022

PART 3 - INDIVIDUAL BBC SERVICES



Embargoed
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2nd February 2023

	Survey Period	Weekly Reach '000	Index Reach Q4 22 / Q4 21	Average Hours per listener	Index Avg Hours Q4 22 / Q4 21	Total Hours '000	Index Total Hours Q4 22 / Q4 21
BBC NETWORK RADIO							
BBC Radio 1	Q	7795	95	6.1	92	47690	88
BBC Radio 2	Q	14287	96	11.0	99	156703	95
BBC Radio 3	Q	1867	94	7.4	101	13868	96
BBC Radio 4 (including 4 Extra)	Q	10557	96	12.1	102	128199	98
BBC Radio 4	Q	10081	96	11.3	102	114360	98
BBC Radio 4 Extra	Q	1790	95	7.7	103	13838	98
BBC Radio 5 live (inc. sports extra)	Q	6220	99	6.0	102	37579	101
BBC Radio 5 live	Q	5565	95	5.9	102	32948	97
BBC Radio 5 live sports extra	Q	1644	135	2.8	112	4631	151
BBC 6 Music	Q	2504	96	10.3	105	25676	100
1Xtra from the BBC	H	756	102	3.8	103	2855	105
BBC Asian Network UK	H	460	94	6.0	128	2737	118
BBC World Service	Q	1308	105	4.9	98	6439	104
NATIONAL REGIONAL							
BBC Radio Scotland	H	780	80	6.4	103	4975	82
BBC Radio Ulster ³	H	475	92	11.1	99	5269	91
BBC Radio Wales	H	309	83	8.6	108	2668	90
BBC Radio Cymru ³	H	135	82	13.5	115	1825	95

(1-11) See note on back cover.

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LOCAL							
BBC Local Radio in England	Q	5657	85	6.8	103	38618	88
BBC Radio Berkshire	H	118	99	5.4	89	643	89
BBC Radio Bristol	H	107	105	4.9	102	524	107
BBC Radio Cambridgeshire	H	77	82	12.2	94	939	77
BBC Radio Cornwall	H	116	88	16.6	90	1923	79
BBC CWR	H	57	127	8.8	180	503	231
BBC Radio Cumbria	H	82	96	7.8	126	637	122
BBC Radio Derby	H	128	103	9.9	93	1271	96
BBC Radio Devon	H	150	85	9.7	105	1449	89
BBC Essex	H	134	71	11.2	135	1510	96
BBC Radio Gloucestershire	H	74	112	7.8	85	574	95
BBC Hereford & Worcester	H	92	112	13.0	194	1199	216
BBC Radio Humberside	H	122	82	9.0	125	1092	102
BBC Radio Kent	H	175	85	5.1	102	896	88
BBC Radio Lancashire	H	163	99	6.5	97	1054	96
BBC Radio Leeds	H	172	79	5.1	134	873	106
BBC Radio Leicester	H	117	75	5.6	89	659	67
BBC Radio Lincolnshire	H	70	81	8.2	90	573	73

(1-11) See note on back cover.

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	Survey Period	Weekly Reach '000	Index Reach Q4 22 / Q4 21	Average Hours per listener	Index Avg Hours Q4 22 / Q4 21	Total Hours '000	Index Total Hours Q4 22 / Q4 21
BBC Radio London	Q	625	71	3.4	97	2154	70
BBC Radio Manchester	H	194	76	6.2	124	1203	94
BBC Radio Merseyside	H	240	95	11.2	115	2698	111
BBC Radio Newcastle	H	192	70	6.7	140	1296	100
BBC Radio Norfolk	H	158	115	6.8	91	1071	105
BBC Radio Northampton	H	68	77	9.2	93	627	72
BBC Radio Nottingham	H	131	92	5.4	79	701	72
BBC Radio Oxford	H	79	107	6.7	126	532	135
BBC Radio Sheffield	H	160	90	5.7	73	914	66
BBC Radio Shropshire	H	67	86	5.9	63	392	54
Total BBC Radio Solent	Y	209	80	8.5	110	1771	87
BBC Somerset	H	55	87	7.5	101	408	89
BBC Radio Stoke	H	117	84	8.6	98	1004	81
BBC Radio Suffolk	H	89	81	9.8	113	871	91
BBC Sussex and BBC Surrey	H	210	84	5.9	109	1241	92
BBC Radio Tees	H	109	81	4.5	71	492	58
BBC Three Counties Radio	H	101	81	11.6	147	1172	120
BBC WM 95.6	H	239	103	7.3	197	1750	203
BBC Radio Wiltshire/Swindon	H	64	108	3.3	51	214	56

(1-11) See note on back cover.

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	Survey Period	Weekly Reach '000	Index Reach Q4 22 / Q4 21	Average Hours per listener	Index Avg Hours Q4 22 / Q4 21	Total Hours '000	Index Total Hours Q4 22 / Q4 21
BBC Radio York	H	59	87	6.8	113	398	98
BBC Radio Guernsey	Y	18	106	7.6	100	133	101
BBC Radio Jersey	Y	23	105	8.8	91	199	91

(1-11) See note on back cover.

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QUARTERLY SUMMARY OF RADIO LISTENING



SURVEY PERIOD ENDING
18th December 2022

PART 4 - NATIONAL COMMERCIAL GROUPS



Embargoed
until 00.01 am
2nd February 2023

	Survey Period	Weekly Reach '000	Index Reach Q4 22 / Q4 21	Average Hours per listener	Index Avg Hours Q4 22 / Q4 21	Total Hours '000	Index Total Hours Q4 22 / Q4 21
Bauer Media Audio UK - Total	H	20026	103	9.2	103	184317	106
Absolute Radio Network ²	H	5217	98	7.0	103	36281	101
Absolute Radio	Q	2125	95	6.9	105	14655	100
Absolute Radio 60s	H	133	106	5.2	144	694	153
Absolute Radio 70s	H	295	70	2.8	90	828	64
Absolute Radio 80s	Q	1524	95	4.6	102	7049	98
Absolute Radio 90s	H	991	97	4.2	88	4126	83
Absolute Radio 00s	H	305	188	2.9	97	892	187
Absolute Radio 10s	H	143	953	1.6	64	224	605
Absolute Classic Rock	H	887	91	5.5	115	4862	104
Absolute Radio Country	H	281	137	5.0	104	1392	140
Hits Radio Brand ¹¹	H	10077	120	8.5	98	85223	116
Greatest Hits Network ²	H	4368	131	7.5	96	32572	125
Greatest Hits Radio	H	3977	131	7.1	91	28319	120
Greatest Hits Radio (Barnsley)	Y	47	102	13.6	140	639	142
Greatest Hits Radio (Bath & South West)	Y	26	32	10.4	125	267	39
Greatest Hits Radio (Berkshire & North Hampshire)	H	60	115	7.4	112	441	129
Greatest Hits Radio (Black Country & Shropshire)	H	58	123	5.7	66	332	83
Greatest Hits Radio (Blackpool)	Y	34	83	8.3	97	281	79

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18th December 2022

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	Survey Period	Weekly Reach '000	Index Reach Q4 22 / Q4 21	Average Hours per listener	Index Avg Hours Q4 22 / Q4 21	Total Hours '000	Index Total Hours Q4 22 / Q4 21
Greatest Hits Radio (Bolton)	Y	18	75	6.3	76	113	57
Greatest Hits Radio (Bradford & West Yorkshire)	H	78	163	7.8	120	609	194
Greatest Hits Radio (Bristol & South West)	H	107	*	7.7	*	819	*
Greatest Hits Radio (Bucks Beds & Herts)	Y	13	41	6.3	100	84	41
Greatest Hits Radio (Cornwall)	Y	26	163	8.4	124	223	208
Greatest Hits Radio (Coventry & Warwickshire)	H	39	150	7.7	126	298	185
Greatest Hits Radio (Cumbria)	Y	6	*	2.9	*	17	*
Greatest Hits Radio (Devon)	Y	37	109	9.3	116	343	125
Greatest Hits Radio (Doncaster)	Y	46	77	11.4	141	521	107
Greatest Hits Radio (Dorset East)	Y	1	*	9.7	*	14	*
Greatest Hits Radio (Dorset West)	Y	39	105	11.0	139	428	145
Greatest Hits Radio (East Midlands)	H	57	100	8.1	147	465	150
Greatest Hits Radio (East Yorkshire & Northern Lincolnshire)	H	38	*	10.4	*	393	*
Greatest Hits Radio (Essex)	H	49	107	7.6	117	372	124
Greatest Hits Radio (Gloucestershire)	Y	19	173	9.5	130	182	219
Greatest Hits Radio (Greater Manchester)	H	175	167	11.9	165	2085	275
Greatest Hits Radio (Great Yarmouth)	Y	39	98	8.7	110	340	108
Greatest Hits Radio (Harrogate & Yorkshire Dales)	Y	30	77	6.9	85	209	67
Greatest Hits Radio (Herefordshire & Worcestershire)	Y	29	171	9.4	119	271	196

(1-11) See note on back cover.

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	Survey Period	Weekly Reach '000	Index Reach Q4 22 / Q4 21	Average Hours per listener	Index Avg Hours Q4 22 / Q4 21	Total Hours '000	Index Total Hours Q4 22 / Q4 21
Greatest Hits Radio (Lancashire)	H	28	175	2.8	29	79	49
Greatest Hits Radio (Leeds & West Yorkshire)	H	94	125	12.3	113	1151	142
Greatest Hits Radio (Lincolnshire Stamford & Rutland)	H	36	72	13.1	149	469	107
Greatest Hits Radio (Liverpool)	H	213	103	8.3	70	1767	72
Greatest Hits Radio (London)	Q	937	115	4.9	80	4559	91
Greatest Hits Radio (North Derbyshire)	Y	39	83	9.1	107	354	89
Greatest Hits Radio (North Norfolk)	Y	14	100	8.7	113	121	110
Greatest Hits Radio (Norwich)	Y	64	173	8.7	85	559	149
Greatest Hits Radio (Plymouth)	Y	29	83	7.6	109	220	89
Greatest Hits Radio (Rotherham)	Y	40	125	14.9	118	596	146
Greatest Hits Radio (Salisbury)	Y	23	70	8.9	144	203	100
Greatest Hits Radio (Somerset)	Y	50	88	10.7	127	536	113
Greatest Hits Radio (South Coast)	H	26	*	4.2	*	110	*
Greatest Hits Radio (South Derbyshire)	H	26	*	5.9	*	154	*
Greatest Hits Radio (South Wales)	H	86	374	3.2	44	276	167
Greatest Hits Radio (South Yorkshire)	H	61	191	6.4	67	396	131
Greatest Hits Radio (Staffordshire & Cheshire)	H	41	132	9.2	82	376	109
Greatest Hits Radio (Suffolk) (was Hits Radio (Suffolk))	Y	6	86	8.9	91	56	88
Greatest Hits Radio (Surrey & East Hampshire)	H	44	110	7.5	153	331	169

(1-11) See note on back cover.

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Greatest Hits Radio (Swindon)	Y	23	96	7.2	150	163	139
Greatest Hits Radio (Teesside)	H	38	90	6.5	148	245	131
Greatest Hits Radio (Tyne & Wear)	H	74	130	7.2	126	535	165
Greatest Hits Radio (Wakefield)	Y	44	98	10.3	126	457	124
Greatest Hits Radio (Warrington)	Y	20	67	5.5	85	112	58
Greatest Hits Radio (West Midlands)	H	289	144	8.0	114	2324	165
Greatest Hits Radio (West Norfolk)	Y	37	84	9.5	117	351	99
Greatest Hits Radio (West Sussex)	Y	37	95	12.5	130	461	123
Greatest Hits Radio (Wigan & St Helens)	Y	20	41	4.9	91	96	36
Greatest Hits Radio (York & North Yorkshire)	Y	49	82	5.8	85	281	68
Greatest Hits Radio (Yorkshire Coast)	Y	30	79	9.4	103	286	83
Clyde 2	H	166	143	7.9	99	1309	141
Downtown Country	H	114	105	8.7	98	995	102
Forth 2	H	74	231	9.7	131	717	305
Northsound 2	Y	22	105	7.2	106	162	113
Tay 2	Y	18	58	9.9	105	183	63
West Sound	Y	69	*	11.2	*	765	*
Hits Radio Network ²	H	6637	117	7.9	95	52652	112
Hits Radio ²	H	1341	168	3.3	66	4397	111

(1-11) See note on back cover.

Source. "RAJAR/Ipsos/RSMB."

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Hits Radio (Bournemouth & Poole)	Y	20	47	6.6	127	133	59
Hits Radio (Bristol & South West) (was SAMfm)	H	22	67	5.4	68	119	45
Hits Radio (Manchester)	H	261	109	5.7	83	1478	89
Hits Radio (South Coast)	H	7	*	1.8	*	13	*
96.4 FM The Wave	Y	99	109	9.3	115	920	125
Radio Borders	Y	45	102	9.6	71	431	73
CFM	Y	72	94	7.7	94	554	88
Radio City	H	303	101	7.1	118	2141	120
Clyde 1	H	664	106	9.8	110	6504	116
Cool FM	H	470	105	6.4	90	3017	95
Downtown Radio	H	305	109	7.8	92	2379	99
Forth 1	H	331	108	10.5	105	3466	113
Free Radio (Birmingham)	H	190	165	6.8	91	1295	151
Free Radio (Black Country & Shropshire)	H	83	130	5.1	80	427	105
Free Radio (Coventry & Warwickshire)	H	115	129	7.0	90	808	116
Free Radio (Herefordshire & Worcestershire)	Y	65	96	7.6	127	498	122
Gem	H	269	84	8.0	108	2155	90
Hallam FM	H	251	75	8.0	92	2005	69
Lincs FM	H	239	117	12.9	103	3087	121

(1-11) See note on back cover.

Source. "RAJAR/Ipsos/RSMB."

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until 00.01 am
2nd February 2023

	Survey Period	Weekly Reach '000	Index Reach Q4 22 / Q4 21	Average Hours per listener	Index Avg Hours Q4 22 / Q4 21	Total Hours '000	Index Total Hours Q4 22 / Q4 21
Metro Radio	H	330	103	8.5	139	2812	144
MFR	Y	119	117	10.3	87	1228	102
Northsound 1	Y	105	79	6.3	76	662	60
Pirate FM	Y	138	99	9.4	119	1298	119
Pulse 1	H	138	216	6.3	150	874	320
Rock FM	H	196	108	8.5	79	1669	85
Signal One	H	176	124	7.8	92	1377	114
Tay FM	Y	122	97	8.7	114	1061	110
TFM	H	137	163	5.1	69	700	113
Viking FM	H	184	117	7.1	104	1298	122
Wave 105	H	395	172	13.5	124	5337	213
West FM	Y	96	*	7.5	*	715	*
Heat	H	502	139	3.9	87	1981	121
Jazz FM	H	511	121	3.9	98	2001	118
Kerrang!	H	327	70	4.9	107	1596	74
KISS Network ⁵	H	4249	94	5.2	108	22056	101
KISS	Q	2438	88	4.5	118	10908	104
KISS (East)	H	189	104	4.4	98	827	102
KISS (London)	Q	893	79	4.1	95	3654	76

(1-11) See note on back cover.

Source: "RAJAR/Ipsos/RSMB."

QUARTERLY SUMMARY OF RADIO LISTENING



SURVEY PERIOD ENDING
18th December 2022

PART 4 - NATIONAL COMMERCIAL GROUPS



Embargoed
until 00.01 am
2nd February 2023

	Survey Period	Weekly Reach '000	Index Reach Q4 22 / Q4 21	Average Hours per listener	Index Avg Hours Q4 22 / Q4 21	Total Hours '000	Index Total Hours Q4 22 / Q4 21
KISS (West)	H	282	97	6.9	164	1948	160
KISS Fresh	H	241	79	2.9	97	705	78
KISSTORY	Q	2265	98	4.1	95	9323	95
Magic Network ⁸	H	3779	93	5.9	102	22148	94
Magic ²	Q	2895	89	5.3	95	15335	84
Magic (London)	Q	1311	90	6.0	109	7887	98
Magic at the Musicals	H	136	68	3.6	95	492	65
Magic Chilled	H	448	170	3.6	78	1618	132
Magic Soul	H	418	146	4.8	104	2015	152
Mellow Magic	H	556	138	5.2	95	2864	129
Planet Rock	Q	1248	89	9.1	120	11360	107
Scala Radio	H	233	58	8.8	135	2053	79
Total Global Radio (UK)	H	24816	102	9.5	106	235483	107
Capital Brand (UK) ⁶	H	7672	101	5.4	113	41096	112
Capital Dance	Q	912	154	4.7	138	4278	215
Capital Network (UK) ²	H	5914	93	5.1	111	30172	103
Capital Liverpool ¹⁰	H	171	110	5.4	129	922	141
Capital London ¹⁰	Q	1631	96	4.4	116	7219	112
Capital Mid Counties	Y	149	149	6.6	135	975	200

(1-11) See note on back cover.

Source. "RAJAR/Ipsos/RSMB."

QUARTERLY SUMMARY OF RADIO LISTENING



SURVEY PERIOD ENDING
18th December 2022

PART 4 - NATIONAL COMMERCIAL GROUPS



Embargoed
until 00.01 am
2nd February 2023

	Survey Period	Weekly Reach '000	Index Reach Q4 22 / Q4 21	Average Hours per listener	Index Avg Hours Q4 22 / Q4 21	Total Hours '000	Index Total Hours Q4 22 / Q4 21
Capital Mid Counties - North ¹⁰	Y	30	188	6.3	103	190	192
Capital Mid Counties - South ¹⁰	H	129	128	5.3	90	682	114
Capital Midlands	H	801	102	5.5	115	4415	116
Capital Birmingham ¹⁰	H	284	80	4.5	113	1270	90
Capital East Midlands ¹⁰	H	358	83	6.2	113	2227	93
Capital East Midlands - Derbyshire	H	60	73	6.1	105	368	78
Capital East Midlands - Leicestershire	H	146	88	6.2	129	908	115
Capital East Midlands - Nottinghamshire	H	154	83	6.3	103	964	85
Capital North East ¹⁰	H	419	99	7.0	127	2929	127
Capital North West	H	373	81	4.9	117	1830	94
Capital Lancashire ¹⁰	H	50	139	4.2	76	213	108
Capital Manchester ¹⁰	H	322	76	5.0	122	1618	92
Capital North West and Wales ¹⁰	H	90	64	6.9	153	619	98
Capital Scotland ⁴	H	389	94	3.8	86	1494	83
Capital South	H	174	79	4.6	118	805	94
Capital Brighton ¹⁰	Y	22	116	3.8	73	85	87
Capital South Coast ¹⁰	H	153	78	4.9	132	748	104
Capital South Wales ⁴	H	175	112	3.4	49	602	56
Capital Yorkshire ¹⁰	H	842	109	6.3	124	5299	134

(1-11) See note on back cover.

Source. "RAJAR/Ipsos/RSMB."

QUARTERLY SUMMARY OF RADIO LISTENING



SURVEY PERIOD ENDING
18th December 2022

PART 4 - NATIONAL COMMERCIAL GROUPS



Embargoed
until 00.01 am
2nd February 2023

	Survey Period	Weekly Reach '000	Index Reach Q4 22 / Q4 21	Average Hours per listener	Index Avg Hours Q4 22 / Q4 21	Total Hours '000	Index Total Hours Q4 22 / Q4 21
Capital XTRA Brand UK ²	H	1699	113	3.8	103	6429	114
Capital XTRA (UK) ²	H	1485	109	3.5	97	5146	106
Capital XTRA (London)	Q	663	138	3.7	90	2437	124
Capital XTRA Reloaded	Q	412	149	3.4	121	1418	185
Classic FM	Q	4970	98	8.1	95	40175	93
Gold Network (UK) ²	H	1684	125	8.2	95	13742	119
Gold Cambridgeshire	H	46	100	7.0	60	320	60
Gold East Midlands	H	125	104	8.2	70	1020	73
Gold London	Q	336	122	6.8	67	2280	82
Gold Manchester	H	92	83	7.7	96	705	79
Heart Brand (UK) ⁹	H	10860	106	6.7	106	73261	114
Heart 70s	Q	591	185	3.8	100	2225	183
Heart 80s	Q	1265	95	3.9	100	4881	93
Heart 90s	Q	861	158	3.5	83	2986	131
Heart 00s	Q	326	*	5.0	*	1626	*
Heart Dance	Q	742	213	3.7	109	2752	230
Heart Network (UK) ²	H	8655	101	6.7	108	57887	109
Heart East	H	1154	98	7.7	103	8841	101
Heart Cambridgeshire ¹⁰	H	171	89	10.4	130	1780	117

(1-11) See note on back cover.

Source: "RAJAR/Ipsos/RSMB."

QUARTERLY SUMMARY OF RADIO LISTENING



SURVEY PERIOD ENDING
18th December 2022

PART 4 - NATIONAL COMMERCIAL GROUPS



Embargoed
until 00.01 am
2nd February 2023

	Survey Period	Weekly Reach '000	Index Reach Q4 22 / Q4 21	Average Hours per listener	Index Avg Hours Q4 22 / Q4 21	Total Hours '000	Index Total Hours Q4 22 / Q4 21
Heart East Anglia	H	329	125	7.0	88	2290	109
Heart East Anglia - Norfolk ¹⁰	H	194	123	7.6	90	1483	113
Heart East Anglia - Suffolk ¹⁰	H	135	127	6.0	82	807	104
Heart Essex	H	183	79	8.1	113	1485	88
Heart Essex - Chelmsford & Southend ¹⁰	H	147	77	8.5	108	1254	84
Heart Essex - Colchester ¹⁰	Y	28	97	5.7	104	158	98
Heart Essex - Harlow ¹⁰	Y	9	50	6.4	100	58	50
Heart Four Counties	H	471	96	7.0	99	3287	95
Heart Four Counties - Bedfordshire ¹⁰	Y	74	87	7.0	113	519	98
Heart Four Counties - Beds/Bucks/Herts ¹⁰	H	148	86	6.0	87	883	75
Heart Four Counties - 96.6 FM Hertfordshire ⁴	H	34	76	7.7	112	263	83
Heart Four Counties - Milton Keynes ¹⁰	Y	48	87	5.1	85	244	73
Heart Four Counties - Northamptonshire ¹⁰	H	164	112	7.5	85	1230	95
Heart London ¹⁰	Q	1807	96	5.3	102	9561	97
Heart North East ¹⁰	H	344	102	6.3	91	2166	93
Heart North Wales ⁴	H	114	103	8.2	171	937	176
Heart North West Group	H	737	103	6.8	103	5000	106
Heart North Lancs & Cumbria	Y	57	79	6.3	66	360	53
Heart North West ¹⁰	H	672	102	6.9	113	4628	116

(1-11) See note on back cover.

Source. "RAJAR/Ipsos/RSMB."

QUARTERLY SUMMARY OF RADIO LISTENING



SURVEY PERIOD ENDING
18th December 2022

PART 4 - NATIONAL COMMERCIAL GROUPS



Embargoed
until 00.01 am
2nd February 2023

	Survey Period	Weekly Reach '000	Index Reach Q4 22 / Q4 21	Average Hours per listener	Index Avg Hours Q4 22 / Q4 21	Total Hours '000	Index Total Hours Q4 22 / Q4 21
Heart Scotland	H	358	87	4.6	102	1628	87
Heart Scotland East ¹⁰	H	105	77	4.8	96	499	73
Heart Scotland West ¹⁰	H	253	92	4.5	105	1129	96
Heart South	H	1155	95	6.8	110	7809	103
Heart Kent ¹⁰	H	256	110	6.2	81	1602	89
Heart Solent	H	295	80	7.3	152	2145	122
Heart Solent - Dorset ¹⁰	H	109	107	7.3	126	794	135
Heart Solent - Hampshire ¹⁰	H	186	70	7.3	166	1351	115
Heart Sussex	H	277	96	6.3	100	1738	96
Heart Sussex - North ¹⁰	Y	28	78	5.6	93	157	72
Heart Sussex - South ¹⁰	H	255	98	6.3	98	1616	96
Heart Thames Valley	H	326	100	7.1	104	2324	106
Heart Thames Valley - Berks & N.Hants ¹⁰	H	197	99	7.3	114	1439	114
Heart Thames Valley - Oxfordshire ¹⁰	H	129	101	6.8	93	885	95
Heart South Wales ¹⁰	H	439	109	7.6	83	3329	90
Heart West	H	894	104	6.6	93	5918	98
Heart South West	H	379	107	5.7	84	2176	91
Heart South West - Cornwall ¹⁰	Y	107	102	6.5	97	694	99
Heart South West - Exeter ¹⁰	Y	56	89	5.4	104	306	93

(1-11) See note on back cover.

Source. "RAJAR/Ipsos/RSMB."

QUARTERLY SUMMARY OF RADIO LISTENING



SURVEY PERIOD ENDING
18th December 2022

PART 4 - NATIONAL COMMERCIAL GROUPS



Embargoed
until 00.01 am
2nd February 2023

	Survey Period	Weekly Reach '000	Index Reach Q4 22 / Q4 21	Average Hours per listener	Index Avg Hours Q4 22 / Q4 21	Total Hours '000	Index Total Hours Q4 22 / Q4 21
Heart South West - North Devon ¹⁰	Y	35	103	10.2	157	352	159
Heart South West - Plymouth & South Hams ¹⁰	Y	95	104	6.8	97	644	101
Heart South West - Torbay ¹⁰	Y	47	96	6.4	98	300	93
Heart West Country	H	515	102	7.3	100	3742	102
Heart West Country - Bristol/Weston & Bath ¹⁰	H	214	99	6.6	92	1411	90
Heart West Country - Gloucestershire ¹⁰	Y	96	104	7.3	111	698	115
Heart West Country - Somerset ¹⁰	Y	99	102	8.0	108	789	110
Heart West Country - Wiltshire ¹⁰	Y	108	96	7.8	118	842	112
Heart West Midlands ¹⁰	H	597	111	6.8	113	4047	125
Heart Yorkshire ⁴	H	431	93	6.5	133	2791	123
LBC Brand (UK) ²	H	3140	98	9.7	105	30389	103
LBC (UK)	H	2543	97	11.0	107	27912	104
LBC London	Q	1445	100	11.0	99	15854	98
LBC News (UK)	H	872	99	2.8	93	2478	92
LBC News (London) ¹⁰	Q	423	104	3.3	103	1385	108
Smooth Brand (UK) ⁷	H	5828	97	7.3	109	42309	105
Smooth Radio Chill	Q	460	102	5.4	117	2464	119
Smooth Radio Country	Q	304	141	6.8	155	2077	220
Smooth Radio Network (UK) ²	H	5143	95	7.3	107	37300	101

(1-11) See note on back cover.

Source. "RAJAR/Ipsos/RSMB."

QUARTERLY SUMMARY OF RADIO LISTENING



SURVEY PERIOD ENDING
18th December 2022

PART 4 - NATIONAL COMMERCIAL GROUPS



Embargoed
until 00.01 am
2nd February 2023

	Survey Period	Weekly Reach '000	Index Reach Q4 22 / Q4 21	Average Hours per listener	Index Avg Hours Q4 22 / Q4 21	Total Hours '000	Index Total Hours Q4 22 / Q4 21
Smooth Radio Devon	H	52	121	6.6	73	347	90
Smooth Radio East Anglia	H	67	91	9.8	136	658	125
Smooth Radio East Midlands ⁴	H	455	91	7.7	92	3493	83
Smooth Radio Essex	H	59	105	4.2	42	250	44
Smooth Radio Kent	H	81	113	6.5	78	529	89
Smooth Radio Lake District ¹⁰	Y	8	114	6.1	94	51	104
Smooth Radio London ¹⁰	Q	907	96	5.2	104	4735	100
Smooth Radio North East ⁴	H	563	104	9.9	121	5571	126
Smooth Radio North West ⁴	H	980	99	7.7	103	7504	101
Smooth Radio North West and Wales	H	72	57	8.1	111	580	63
Smooth Radio Scotland ⁴	H	333	98	6.7	99	2228	96
Smooth Radio Solent	H	78	72	4.3	108	338	78
Smooth Radio South Wales	H	91	106	6.8	108	615	113
Smooth Radio Sussex	H	59	87	9.0	257	527	220
Smooth Radio Thames Valley	H	36	69	4.1	85	149	60
Smooth Radio Three Counties	H	60	81	6.1	73	366	59
Smooth Radio West Country	H	113	111	8.2	122	922	134
Smooth Radio West Midlands ⁴	H	523	103	9.2	131	4835	136
Radio X Network (UK) ²	H	1986	94	8.5	99	16879	93

(1-11) See note on back cover.

Source. "RAJAR/Ipsos/RSMB."

QUARTERLY SUMMARY OF RADIO LISTENING



SURVEY PERIOD ENDING
18th December 2022

PART 4 - NATIONAL COMMERCIAL GROUPS



Embargoed
until 00.01 am
2nd February 2023

	Survey Period	Weekly Reach '000	Index Reach Q4 22 / Q4 21	Average Hours per listener	Index Avg Hours Q4 22 / Q4 21	Total Hours '000	Index Total Hours Q4 22 / Q4 21
Radio X London	Q	431	82	7.2	101	3085	83
Radio X Manchester	H	226	107	7.7	108	1747	116
Total News Broadcasting	H	6017	96	6.6	100	39964	97
News Broadcasting National Network	H	5814	96	6.6	103	38140	98
News Broadcasting Speech Network	H	4103	98	6.6	102	27099	100
TalkRadio	H	608	112	7.7	90	4692	101
talkSPORT Network ²	H	3146	102	6.0	105	18998	108
talkSPORT	H	2946	104	6.2	105	18159	108
talkSPORT2	H	344	88	2.4	114	839	103
Times Radio	H	563	112	6.1	98	3410	109
Virgin Radio Network	H	1927	89	5.7	104	11041	94
Virgin Radio	H	1380	85	6.4	107	8856	91
Virgin Radio 80s Plus	H	196	332	1.0	24	195	80
Virgin Radio Anthems	H	274	89	4.2	140	1154	125
Virgin Radio Chilled	H	335	82	2.5	114	836	92
U105 (Greater Belfast)	H	202	109	8.3	79	1679	86
U105 (Outside Belfast)	Y	29	126	5.8	81	169	102
Sunrise Radio National	Y	313	86	4.3	102	1345	89
Sunrise Radio London	Y	164	101	4.2	131	689	131

(1-11) See note on back cover.

Source. "RAJAR/Ipsos/RSMB."

QUARTERLY SUMMARY OF RADIO LISTENING



SURVEY PERIOD ENDING
18th December 2022

PART 5 - LOCAL COMMERCIAL GROUPS AND INDIVIDUAL SERVICES



Embargoed
until 00.01 am
2nd February 2023

	Survey Period	Weekly Reach '000	Index Reach Q4 22 / Q4 21	Average Hours per listener	Index Avg Hours Q4 22 / Q4 21	Total Hours '000	Index Total Hours Q4 22 / Q4 21
All Local Commercial Radio (ILR)	Q	25352	104	10.1	100	256101	104
Boom Radio	Q	531	219	11.0	109	5817	237
Central FM	Y	32	84	7.9	86	255	73
Communicorp UK	H	3215	98	7.2	104	23090	103
Capital Scotland	H	389	94	3.8	86	1494	83
Capital South Wales	H	175	112	3.4	49	602	56
Heart Four Counties - 96.6 FM Hertfordshire	H	34	76	7.7	112	263	83
Heart North Wales	H	114	103	8.2	171	937	176
Heart Yorkshire	H	431	93	6.5	133	2791	123
Smooth Radio East Midlands	H	455	91	7.7	92	3493	83
Smooth Radio North East	H	563	104	9.9	121	5571	126
Smooth Radio North West	H	980	99	7.7	103	7504	101
XS Manchester	H	104	124	4.2	93	436	116
CountryLine Radio (was Chris Country Radio)	H	43	126	3.8	88	165	115
Total Dee Radio Group	Y	56	127	4.4	69	248	89
Cheshire's Silk 106.9	Y	9	69	8.7	161	74	107
Chester's Dee 106.3 (Dee on DAB)	Y	20	83	4.7	58	94	48
Love 80s Liverpool	Y	9	225	3.4	110	30	273
Love 80s Manchester	Y	18	450	2.7	169	50	833

(1-11) See note on back cover.

Source: "RAJAR/Ipsos/RSMB."

QUARTERLY SUMMARY OF RADIO LISTENING



SURVEY PERIOD ENDING
18th December 2022

PART 5 - LOCAL COMMERCIAL GROUPS AND INDIVIDUAL SERVICES



Embargoed
until 00.01 am
2nd February 2023

	Survey Period	Weekly Reach '000	Index Reach Q4 22 / Q4 21	Average Hours per listener	Index Avg Hours Q4 22 / Q4 21	Total Hours '000	Index Total Hours Q4 22 / Q4 21
Total Radio Essex	H	108	150	7.5	78	811	119
Radio Essex	H	39	108	10.6	141	413	154
Radio Essex DAB	Y	69	138	5.3	72	365	99
3FM	Y	23	105	8.3	126	192	135
Fosse 107	Y	7	47	6.6	116	44	53
Fun Kids (London)	H	59	105	2.7	113	159	119
GB News Radio	Q	306	*	7.0	*	2136	*
IOW Radio	Y	33	92	6.2	84	206	77
Total JACK	H	53	77	4.1	91	216	70
JACK 2 Hits	Y	15	68	3.5	125	51	81
106 JACKfm (Oxford)	H	39	70	4.3	100	168	70
JACK 3 Chill	H	13	130	2.8	74	35	90
Kingdom FM	Y	54	115	6.6	122	357	139
KMFM Group	H	198	125	5.9	91	1174	114
KMFM East	H	99	134	6.6	127	650	168
KMFM West	H	99	118	5.3	69	524	81
Total Lyca	Y	130	87	5.9	100	761	86
1458 Lyca Radio	Y	68	93	4.4	183	294	168
Lyca Gold (surveyed as 1035 Dilse Radio)	Y	52	76	4.9	60	253	45

(1-11) See note on back cover.

Source. "RAJAR/Ipsos/RSMB."

QUARTERLY SUMMARY OF RADIO LISTENING



SURVEY PERIOD ENDING
18th December 2022

PART 5 - LOCAL COMMERCIAL GROUPS AND INDIVIDUAL SERVICES



Embargoed
until 00.01 am
2nd February 2023

	Survey Period	Weekly Reach '000	Index Reach Q4 22 / Q4 21	Average Hours per listener	Index Avg Hours Q4 22 / Q4 21	Total Hours '000	Index Total Hours Q4 22 / Q4 21
Time FM 107.5	Y	24	92	9.0	105	214	96
Radio Mansfield 103.2	Y	28	108	9.7	124	268	131
Manx Radio	Y	28	104	11.3	119	320	125
Mi-Soul	H	145	426	2.9	25	416	105
More Radio Total	H	49	100	12.9	179	633	181
More Radio East	Y	36	*	14.6	*	530	*
More Radio West	Y	8	*	8.4	*	71	*
Nation Broadcasting Group	H	791	124	6.7	92	5263	113
106.3 Bridge FM	Y	16	76	11.6	171	190	134
Radio Carmarthenshire	Y	18	95	6.3	80	111	74
Dragon Radio Wales	Y	57	124	4.9	86	279	105
Easy Radio South (was Hits Radio South Coast)	H	46	177	4.4	69	201	120
Easy Radio Wales Total	H	13	*	12.1	*	162	*
Easy Radio SE Wales	H	1	*	1.1	*	1	*
Easy Radio Wales (was Breezy / Swansea Bay Radio)	H	12	57	13.3	459	161	256
Nation Radio East Yorkshire (was GHR Hull and East Yorkshire)	Y	59	109	11.0	122	648	132
Nation Radio Scotland Total	H	102	*	6.8	*	690	*
Nation Radio Scotland (East)	H	16	*	5.0	*	79	*
Nation Radio Scotland (West)	H	86	187	7.1	62	612	115

(1-11) See note on back cover.

Source: "RAJAR/Ipsos/RSMB."

QUARTERLY SUMMARY OF RADIO LISTENING



SURVEY PERIOD ENDING
18th December 2022

PART 5 - LOCAL COMMERCIAL GROUPS AND INDIVIDUAL SERVICES



Embargoed
until 00.01 am
2nd February 2023

	Survey Period	Weekly Reach '000	Index Reach Q4 22 / Q4 21	Average Hours per listener	Index Avg Hours Q4 22 / Q4 21	Total Hours '000	Index Total Hours Q4 22 / Q4 21
Nation Radio South (was GHR South Coast)	H	136	68	6.1	97	823	66
Nation Radio Suffolk (was GHR Ipswich)	Y	27	113	11.8	236	325	264
Nation Radio UK	H	127	508	2.0	100	259	508
Nation Radio Wales	H	173	113	7.9	114	1358	129
102.5 Radio Pembrokeshire	Y	19	70	10.3	215	196	154
Sun FM Radio	Y	30	81	8.2	91	249	75
Original 106 (Aberdeen)	Y	63	75	7.2	63	453	47
Panjab Radio	H	111	188	10.8	270	1193	506
Premier Christian Radio	Q	79	53	3.8	53	300	28
Pure Radio Scotland	Y	3	*	5.7	*	18	*
Pure Radio Scotland (Central)	H	27	300	5.3	57	142	167
Pure Radio Scotland (Tayside)	Y	14	127	5.9	113	81	140
Q Radio	H	226	89	6.7	120	1523	107
Radio Exe	Y	31	97	5.2	85	159	82
Star Radio Cambridge	H	35	*	7.3	*	252	*
Tindle Radio Group	Y	77	92	11.0	99	844	90
Channel 103 FM	Y	52	93	11.2	101	577	92
Island FM 104.7	Y	25	89	10.6	95	266	85
Tomorrowland One World Radio	Q	19	*	1.6	*	31	*
The Voice	Y	15	115	11.4	113	172	128

(1-11) See note on back cover.

Source: "RAJAR/Ipsos/RSMB."

QUARTERLY SUMMARY OF RADIO LISTENING



SURVEY PERIOD ENDING
18th December 2022

PART 6 - DEMOGRAPHIC ANALYSIS



Embargoed
until 00.01 am
2nd February 2023

	Survey Period	Weekly Reach '000	Index Reach Q4 22 / Q4 21	Average Hours per listener	Index Avg Hours Q4 22 / Q4 21	Total Hours '000	Index Total Hours Q4 22 / Q4 21
ALL COMMERCIAL 15+	Q	38080	104	13.3	102	507152	105
Children 10-14	Q	2858	93	5.4	76	15426	71
15-24	Q	4833	102	8.8	96	42524	97
25-44	Q	13193	103	12.8	102	168310	105
45-64	Q	12714	104	15.1	103	192350	107
65+	Q	7341	105	14.2	101	103968	106
Main Shoppers	Q	33634	104	13.6	101	458221	105
Main Shoppers with children	Q	9871	110	13.6	99	134575	110
ABC1	Q	21080	105	11.7	101	247240	106
C2DE	Q	17000	102	15.3	103	259912	105
ALL BBC 15+	Q	33233	96	14.3	99	475951	95
Children 10-14	Q	1659	75	3.4	97	5598	72
15-24	Q	3338	99	6.8	94	22591	93
25-44	Q	9042	95	8.8	94	79867	90
45-64	Q	11451	96	16.0	100	183715	97
65+	Q	9402	96	20.2	100	189779	96
Main Shoppers	Q	29875	97	14.8	99	441474	95
Main Shoppers with children	Q	6999	102	10.3	96	71881	98
ABC1	Q	20597	99	14.3	99	295508	99
C2DE	Q	12636	92	14.3	97	180443	89

(1-11) See note on back cover.

QUARTERLY SUMMARY OF RADIO LISTENING

DEFINITIONS	
(1)	Audiences in local analogue areas excluded from 'All BBC Network Radio' and 'All National Commercial' totals.
(2)	National groups that are a combination of analogue and digital broadcast.
(3)	Audience to 'Opt-out' services included.
(4)	Station owned by Communicorp Group Limited and includes listening to the national station.
(5)	Includes Kisstory and Kiss Fresh.
(6)	Includes Capital Network (UK), Capital XTRA (UK), Capital XTRA Reloaded & Capital Dance.
(7)	Includes Smooth Radio Network (UK), Smooth Radio Chill & Smooth Radio Country.
(8)	Includes Magic Chilled, Mellow Magic, Magic Soul & Magic at the Musicals.
(9)	Includes Heart Network (UK), Heart 70s, 80s, 90s & Heart Dance.
(10)	Includes listening to the national station.
(11)	Includes Greatest Hits Network and Hits Radio Network.

AREAS	
United Kingdom (Parts 1 and 6)	(including Channel Islands and Isle of Man)
Editorial Areas (Part 3)	BBC stations' defined service areas
Total Survey Areas (Parts 4 and 5)	Commercial stations' defined marketing areas
In Part 1 'BBC Local/Regional' and 'All Local Commercial' include listening to local stations outside their own Editorial/Total Survey Areas.	In Parts 3 and 5 'BBC Local Radio' and 'All Local Commercial Radio' are based on the net Editorial/Total Survey Area of the individual services making up the network.

SURVEY PERIODS		
Code	Fieldwork Dates	Sample size* (No. of diaries)
Q	19 th September 2022 – 18 th December 2022	34,993
H	27 th June 2022 – 18 th December 2022	67,037
Y	3 rd January 2022 – 18 th December 2022	155,542

UNIQUE SAMPLE		
Code	Fieldwork Dates	Unique Sample
Q	19 th September 2022 – 18 th December 2022	23,659

TERMS	
Weekly reach	The number in thousands or as a percentage of the UK/area adult population who listen to a station for at least 5 minutes in the course of an average week
Average hours	The total hours of listening to a station during the course of a week, averaged: per head – across the total adult population of the UK/area per listener – across all those listening to the station for at least 5 minutes
Total hours	The overall number of hours of adult listening to a station in the UK/area in an average week
Index	A means of presenting statistical change that uses 100 as the comparative benchmark. An index of 110 denotes a 10 increase, while an index of 90 denotes a 10 decrease

please note that Sample Sizes refer to the number of diaries rather than participants, and includes panellists who may contribute up to 3 diaries per Quarter.