

# QUARTERLY SUMMARY OF RADIO LISTENING



SURVEY PERIOD ENDING  
**17th Sept 2023**

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



ADULTS AGED 15 AND OVER:  
**56,348,000**



**Embargoed**  
until 00.01 am  
26th October 2023

	Survey Period	Weekly Reach '000	Index Reach Q3 23 / Q3 22	Average Hours per listener	Index Avg Hours Q3 23 / Q3 22	Total Hours '000	Index Total Hours Q3 23 / Q3 22
All Radio	Q	49529	100	20.5	100	1016050	99
All BBC Radio	Q	31687	96	14.1	98	445410	93
All BBC Radio 15-44	Q	11732	95	8.6	104	100899	99
All BBC Radio 45+	Q	19954	97	17.3	95	344511	92
All BBC Network Radio <sup>1</sup>	Q	29015	96	13.5	97	393127	93
BBC Local Radio	Q	7341	94	7.1	100	52283	95
All Commercial Radio	Q	39283	103	14.0	103	549193	106
All Commercial Radio 15-44	Q	18148	99	11.9	98	215636	98
All Commercial Radio 45+	Q	21135	106	15.8	105	333556	111
All National Commercial <sup>1</sup>	Q	27068	103	10.1	105	272399	108
All Local Commercial Radio (National TSA)	Q	27385	106	10.1	98	276793	103
Other Radio	Q	5041	75	4.3	113	21448	85

(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  
**17th Sept 2023**

## PART 2 - NATIONAL SERVICES



**Embargoed**  
until 00.01 am  
26th October 2023

	Survey Period	Weekly Reach '000	Index Reach Q3 23 / Q3 22	Average Hours per listener	Index Avg Hours Q3 23 / Q3 22	Total Hours '000	Index Total Hours Q3 23 / Q3 22
All BBC Network Radio <sup>1</sup>	Q	29015	96	13.5	97	393127	93
BBC Radio 1	Q	7773	95	6.3	105	48621	100
BBC Radio 1Xtra	H	644	89	4.3	98	2764	87
BBC Radio 2	Q	13473	93	9.9	87	133509	81
BBC Radio 3	Q	2002	117	6.8	86	13597	101
BBC Radio 4 (including 4 Extra)	Q	9659	94	12.5	102	120412	95
BBC Radio 4	Q	9325	95	11.8	104	109591	98
BBC Radio 4 Extra	Q	1453	84	7.4	87	10821	74
BBC Radio 5 live (inc. sports extra)	Q	6427	114	6.5	110	41487	124
BBC Radio 5 live	Q	5560	114	5.4	96	30270	111
BBC Radio 5 Sports Extra	Q	2239	128	5.0	147	11217	188
BBC 6 Music	Q	2753	112	9.4	96	25846	107
BBC Asian Network UK	H	462	97	6.9	128	3171	123
BBC World Service	Q	940	78	4.6	98	4368	78
All National Commercial <sup>1</sup>	Q	27068	103	10.1	105	272399	108
Absolute Radio Network <sup>2</sup>	H	5458	104	7.3	104	39847	108
Absolute Radio	Q	2376	95	6.9	95	16288	90
Absolute Radio 60s	H	149	99	5.2	93	783	94
Absolute Radio 70s	H	319	102	2.9	73	919	73

Source: "RAJAR/Ipsos/RSMB."

(1-12) See note on back cover.

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Absolute 80s	Q	1550	100	5.0	106	7805	108
Absolute Radio 90s	H	996	104	4.5	110	4508	114
Absolute Radio 00s	H	309	127	4.5	161	1398	203
Absolute Radio 10s	H	147	127	1.8	69	258	85
Absolute Classic Rock	H	830	96	6.0	120	4966	114
Absolute Radio Country	H	430	152	6.2	119	2658	183
Boom Radio	Q	662	149	11.7	131	7740	196
Capital Brand (UK) <sup>6</sup>	H	7994	109	5.3	102	42104	111
Capital Chill	Q	128	*	3.1	*	401	*
Capital Dance	Q	976	119	4.7	115	4550	137
Capital Network (UK) <sup>2</sup>	H	6116	107	5.0	100	30444	106
Capital XTRA Brand UK <sup>2</sup>	H	1778	109	3.7	109	6566	119
Capital XTRA (UK) <sup>2</sup>	H	1496	105	3.5	109	5239	116
Capital XTRA Reloaded	Q	472	146	2.7	100	1285	146
Classic FM	Q	4467	96	7.8	95	35011	91
GB News Radio	Q	398	96	7.6	141	3030	134
Gold Network (UK) <sup>2</sup>	H	1774	106	7.0	82	12380	87
Greatest Hits Network (exc Partners) <sup>2</sup>	H	6660	162	8.5	109	56608	176
Greatest Hits Radio <sup>2</sup>	H	6583	177	8.5	112	55909	199

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	Survey Period	Weekly Reach '000	Index Reach Q3 23 / Q3 22	Average Hours per listener	Index Avg Hours Q3 23 / Q3 22	Total Hours '000	Index Total Hours Q3 23 / Q3 22
Heart Brand (UK) <sup>9</sup>	H	11336	112	6.5	98	73440	110
Heart 70s	Q	702	111	3.9	98	2761	111
Heart 80s	Q	1679	119	3.4	85	5714	102
Heart 90s	Q	1004	120	3.2	100	3237	119
Heart 00s	Q	778	367	3.8	79	2922	285
Heart Dance	Q	896	89	4.1	89	3632	79
Heart Network (UK) <sup>2</sup>	H	8587	108	6.3	94	54191	102
Heat	H	473	104	4.0	105	1884	107
Hits Radio Brand (exc Partners) <sup>11</sup>	H	12011	123	9.0	103	108094	126
Hits Radio Network (exc Partners) <sup>2</sup>	H	6529	99	7.9	98	51486	97
Hits Radio <sup>2</sup>	H	1895	154	4.2	120	7871	185
Jazz FM	H	490	103	4.1	89	2025	92
Kerrang!	H	364	107	4.5	96	1652	104
KISS Network <sup>5</sup>	H	4479	105	4.8	92	21674	97
KISS Fresh	H	289	114	2.5	86	733	98
KISSTORY	Q	2572	112	5.0	106	12841	119
LBC Brand (UK) <sup>2</sup>	H	2920	97	9.6	96	28138	94
Magic Network <sup>8</sup>	H	4089	111	5.4	95	22084	105
Magic at the Musicals	H	168	99	6.0	158	1009	158

Source: "RAJAR/Ipsos/RSMB."

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Magic Chilled	H	427	104	2.8	93	1208	100
Magic Soul	H	495	109	6.1	139	2998	151
Mellow Magic	H	531	98	4.7	102	2494	99
Planet Rock	Q	1364	105	8.3	94	11295	99
Scala Radio	H	201	76	7.8	90	1556	68
Smooth Brand (UK) <sup>7</sup>	H	6211	111	7.1	100	44014	112
Smooth Radio Chill	Q	562	106	4.8	112	2671	118
Smooth Radio Country	Q	321	98	4.3	65	1398	65
Smooth Radio Network (UK) <sup>2</sup>	H	5475	113	7.1	100	39103	114
Sunrise Radio National	Y	333	96	5.0	139	1647	133
TalkRadio	H	690	108	7.5	109	5142	118
talkSPORT Network <sup>2</sup>	H	3227	113	6.6	103	21259	115
Times Radio	H	498	92	7.8	132	3888	122
Virgin Radio Network	H	1978	104	6.3	115	12371	118
Radio X Brand (UK) <sup>12</sup>	H	2162	*	9.0	*	19449	*
Radio X Classic Rock	Q	174	*	7.3	*	1259	*
Radio X Network (UK) <sup>2</sup>	H	1977	100	9.2	101	18183	101

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SURVEY PERIOD ENDING  
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## PART 3 - INDIVIDUAL BBC SERVICES



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	Survey Period	Weekly Reach '000	Index Reach Q3 23 / Q3 22	Average Hours per listener	Index Avg Hours Q3 23 / Q3 22	Total Hours '000	Index Total Hours Q3 23 / Q3 22
<b>BBC NETWORK RADIO</b>							
BBC Radio 1	Q	7773	95	6.3	105	48621	100
BBC Radio 1Xtra	H	644	89	4.3	98	2764	87
BBC Radio 2	Q	13473	93	9.9	87	133509	81
BBC Radio 3	Q	2002	117	6.8	86	13597	101
BBC Radio 4 (including 4 Extra)	Q	9659	94	12.5	102	120412	95
BBC Radio 4	Q	9325	95	11.8	104	109591	98
BBC Radio 4 Extra	Q	1453	84	7.4	87	10821	74
BBC Radio 5 live (inc. sports extra)	Q	6427	114	6.5	110	41487	124
BBC Radio 5 live	Q	5560	114	5.4	96	30270	111
BBC Radio 5 Sports Extra	Q	2239	128	5.0	147	11217	188
BBC 6 Music	Q	2753	112	9.4	96	25846	107
BBC Asian Network UK	H	462	97	6.9	128	3171	123
BBC World Service	Q	940	78	4.6	98	4368	78
<b>NATIONAL REGIONAL</b>							
BBC Radio Scotland	H	827	110	6.4	94	5309	104
BBC Radio Ulster <sup>3</sup>	H	499	106	9.5	95	4733	101
BBC Radio Wales	H	321	108	8.3	92	2661	99
BBC Radio Cymru <sup>3</sup>	H	102	78	9.9	84	1013	66

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<b>LOCAL</b>							
BBC Local Radio in England	Q	5289	92	7.1	104	37486	95
BBC Radio Berkshire	H	105	96	8.7	167	914	160
BBC Radio Bristol	H	84	89	6.1	124	510	112
BBC Radio Cambridgeshire	H	87	100	6.7	51	588	51
BBC Radio Cornwall	H	103	82	14.0	72	1441	59
BBC CWR	H	56	119	8.5	129	473	152
BBC Radio Cumbria	H	88	124	8.9	133	783	163
BBC Radio Derby	H	135	124	8.6	71	1160	88
BBC Radio Devon	H	155	109	8.6	86	1336	94
BBC Essex	H	132	83	12.4	148	1637	123
BBC Radio Gloucestershire	H	61	77	10.4	137	641	106
BBC Hereford & Worcester	H	96	105	9.5	110	912	117
BBC Radio Humberside	H	125	92	8.9	139	1112	128
BBC Radio Kent	H	130	68	4.2	70	549	48
BBC Radio Lancashire	H	162	117	7.9	114	1288	134
BBC Radio Leeds	H	186	121	5.4	93	1007	113
BBC Radio Leicester	H	101	78	7.2	116	733	92
BBC Radio Lincolnshire	H	67	106	6.2	51	410	54

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	Survey Period	Weekly Reach '000	Index Reach Q3 23 / Q3 22	Average Hours per listener	Index Avg Hours Q3 23 / Q3 22	Total Hours '000	Index Total Hours Q3 23 / Q3 22
BBC Radio London	Q	603	90	2.8	80	1675	72
BBC Radio Manchester	H	181	91	4.4	71	795	65
BBC Radio Merseyside	H	215	106	12.6	119	2710	126
BBC Radio Newcastle	H	206	106	7.1	120	1463	127
BBC Radio Norfolk	H	125	84	9.2	151	1152	128
BBC Radio Northampton	H	78	113	10.5	91	815	103
BBC Radio Nottingham	H	125	82	5.0	88	631	72
BBC Radio Oxford	H	79	90	4.0	70	318	63
BBC Radio Sheffield	H	171	108	7.2	97	1229	105
BBC Radio Shropshire	H	63	103	8.0	89	507	93
Total BBC Radio Solent	Y	204	80	8.0	105	1631	84
BBC Radio Somerset	H	58	123	7.8	86	455	107
BBC Radio Stoke	H	117	98	8.2	80	954	78
BBC Radio Suffolk	H	92	102	10.6	138	981	141
BBC Radio Sussex and BBC Radio Surrey	H	188	93	9.4	209	1768	194
BBC Radio Tees	H	126	110	4.8	83	603	91
BBC Three Counties Radio	H	132	126	10.8	96	1428	122
BBC Radio WM	H	184	78	4.8	63	889	50
BBC Radio Wiltshire/Swindon	H	77	120	9.8	280	755	340

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	Survey Period	Weekly Reach '000	Index Reach Q3 23 / Q3 22	Average Hours per listener	Index Avg Hours Q3 23 / Q3 22	Total Hours '000	Index Total Hours Q3 23 / Q3 22
BBC Radio York	H	58	98	7.1	104	418	103
BBC Radio Guernsey	Y	13	72	7.1	91	94	67
BBC Radio Jersey	Y	20	100	9.4	107	192	107

(1-12) See note on back cover.

Source: "RAJAR/Ipsos/RSMB."

# QUARTERLY SUMMARY OF RADIO LISTENING



SURVEY PERIOD ENDING  
**17th Sept 2023**

## PART 4 - NATIONAL COMMERCIAL GROUPS



**Embargoed**  
until 00.01 am  
26th October 2023

	Survey Period	Weekly Reach '000	Index Reach Q3 23 / Q3 22	Average Hours per listener	Index Avg Hours Q3 23 / Q3 22	Total Hours '000	Index Total Hours Q3 23 / Q3 22
Bauer Media Audio UK - Total (exc Partners)	H	22011	111	9.5	102	209584	114
Absolute Radio Network <sup>2</sup>	H	5458	104	7.3	104	39847	108
Absolute Radio	Q	2376	95	6.9	95	16288	90
Absolute Radio 60s	H	149	99	5.2	93	783	94
Absolute Radio 70s	H	319	102	2.9	73	919	73
Absolute 80s	Q	1550	100	5.0	106	7805	108
Absolute Radio 90s	H	996	104	4.5	110	4508	114
Absolute Radio 00s	H	309	127	4.5	161	1398	203
Absolute Radio 10s	H	147	127	1.8	69	258	85
Absolute Classic Rock	H	830	96	6.0	120	4966	114
Absolute Radio Country	H	430	152	6.2	119	2658	183
Hits Radio Brand (exc Partners) <sup>11</sup>	H	12011	123	9.0	103	108094	126
Greatest Hits Network (exc Partners) <sup>2</sup>	H	6660	162	8.5	109	56608	176
Downtown Country	H	91	86	7.7	104	699	90
Greatest Hits Radio	H	6583	177	8.5	112	55909	199
Greatest Hits Radio (Ayrshire & Dumfries & Galloway) (was West Sound)	Y	75	117	9.4	87	701	101
Greatest Hits Radio (Barnsley)	Y	61	122	14.2	102	865	124
Greatest Hits Radio (Bath & South West)	Y	40	125	6.5	63	262	79
Greatest Hits Radio (Berkshire & North Hampshire)	H	90	145	9.8	169	883	247

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	Survey Period	Weekly Reach '000	Index Reach Q3 23 / Q3 22	Average Hours per listener	Index Avg Hours Q3 23 / Q3 22	Total Hours '000	Index Total Hours Q3 23 / Q3 22
Greatest Hits Radio (Black Country & Shropshire)	H	71	139	9.1	120	647	166
Greatest Hits Radio (Blackpool)	Y	35	100	7.9	94	276	94
Greatest Hits Radio (Bolton)	Y	34	162	8.1	140	280	231
Greatest Hits Radio (Bradford & West Yorkshire)	H	119	127	13.1	152	1556	193
Greatest Hits Radio (Bristol & South West)	H	150	149	8.1	108	1220	160
Greatest Hits Radio (Bucks Beds & Herts)	H	60	375	8.1	116	481	445
Greatest Hits Radio (Cambridgeshire)	H	36	*	7.0	*	248	*
Greatest Hits Radio (Cornwall)	Y	44	176	9.7	183	432	320
Greatest Hits Radio (Coventry & Warwickshire)	H	56	144	6.8	83	382	118
Greatest Hits Radio (Cumbria) (was CFM)	Y	73	109	7.1	85	518	91
Greatest Hits Radio (Devon)	Y	40	114	7.3	85	291	97
Greatest Hits Radio (Doncaster)	Y	43	90	8.2	68	348	60
Greatest Hits Radio (Dorset East)	Y	37	*	7.3	*	273	*
Greatest Hits Radio (Dorset West)	Y	48	117	9.3	80	449	94
Greatest Hits Radio (East Midlands)	H	142	*	7.3	*	1029	*
Greatest Hits Radio (East Yorkshire & Northern Lincolnshire)	H	112	*	10.9	*	1217	*
Greatest Hits Radio (Edinburgh & the Lothians & Fife & Falkirk) (was Forth 2)	H	108	148	11.9	142	1293	211
Greatest Hits Radio (Essex)	H	78	223	11.1	154	865	342
Greatest Hits Radio (Glasgow & the West) (was Clyde 2)	H	256	149	6.2	79	1587	118

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Greatest Hits Radio (Gloucestershire)	Y	29	153	6.1	84	179	129
Greatest Hits Radio (Greater Manchester)	H	193	127	10.2	91	1982	117
Greatest Hits Radio (Great Yarmouth)	Y	53	151	12.2	133	641	202
Greatest Hits Radio (Harrogate & Yorkshire Dales)	Y	38	119	8.6	108	329	129
Greatest Hits Radio (Herefordshire & Worcestershire)	Y	46	159	8.7	104	398	162
Greatest Hits Radio (Kent)	H	74	*	6.5	*	477	*
Greatest Hits Radio (Lancashire)	H	94	470	7.5	136	700	642
Greatest Hits Radio (Leeds & West Yorkshire)	H	132	163	9.8	96	1302	157
Greatest Hits Radio (Lincolnshire)	H	153	268	9.7	98	1487	261
Greatest Hits Radio (Liverpool)	H	265	146	8.5	96	2245	139
Greatest Hits Radio (London)	Q	1145	131	6.0	136	6874	178
Greatest Hits Radio (Northamptonshire)	H	50	*	8.7	*	436	*
Greatest Hits Radio (North Derbyshire)	Y	56	144	8.5	85	473	123
Greatest Hits Radio (North East Scotland) (was Northsound 2)	Y	38	158	5.7	81	217	132
Greatest Hits Radio (Northern Ireland)	H	106	*	5.4	*	578	*
Greatest Hits Radio (North Norfolk)	Y	18	129	8.5	121	156	159
Greatest Hits Radio (North of Scotland)	Y	19	*	6.3	*	120	*
Greatest Hits Radio (Norwich)	Y	82	121	7.3	85	600	102
Greatest Hits Radio (Peterborough Stamford & Rutland)	H	50	*	7.1	*	357	*

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Greatest Hits Radio (Plymouth)	Y	37	106	11.1	144	414	153
Greatest Hits Radio (Rotherham)	Y	46	131	13.7	91	627	120
Greatest Hits Radio (Salisbury)	Y	32	168	10.5	154	336	263
Greatest Hits Radio (Scotland)	H	567	*	8.3	*	4698	*
Greatest Hits Radio (Scottish Borders & North Northumberland) (was Radio Borders)	Y	38	83	8.5	88	324	72
Greatest Hits Radio (Somerset)	Y	58	109	11.6	112	678	123
Greatest Hits Radio (South Coast)	H	129	*	6.3	*	813	*
Greatest Hits Radio (South Wales)	H	102	729	8.7	311	887	2218
Greatest Hits Radio (South Yorkshire)	H	90	148	7.0	104	632	153
Greatest Hits Radio (Staffordshire & Cheshire)	H	90	225	9.3	99	833	222
Greatest Hits Radio (Suffolk) (was Hits Radio (Suffolk))	Y	28	560	11.6	96	329	558
Greatest Hits Radio (Surrey & East Hampshire)	H	58	100	8.8	102	512	103
Greatest Hits Radio (Swindon)	Y	30	143	7.4	93	223	134
Greatest Hits Radio (Tayside & Fife) (was Tay 2)	Y	29	171	10.6	118	306	195
Greatest Hits Radio (Teesside)	H	114	345	6.7	129	773	457
Greatest Hits Radio (Tyne & Wear)	H	115	177	6.6	88	753	154
Greatest Hits Radio (Wakefield)	Y	68	142	7.4	70	508	102
Greatest Hits Radio (Warrington)	Y	29	138	8.0	167	230	228
Greatest Hits Radio (West Midlands)	H	368	134	7.6	100	2805	135

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Greatest Hits Radio (West Norfolk)	Y	46	139	8.3	81	386	114
Greatest Hits Radio (West Sussex)	Y	70	250	11.2	97	782	241
Greatest Hits Radio (Wigan & St Helens)	Y	40	190	13.4	285	537	542
Greatest Hits Radio (York & North Yorkshire)	Y	61	130	7.5	132	456	170
Greatest Hits Radio (Yorkshire Coast)	Y	23	79	9.8	110	229	89
Hits Radio Network (exc Partners) <sup>2</sup>	H	6529	99	7.9	98	51486	97
Hits Radio <sup>2</sup>	H	1895	154	4.2	120	7871	185
Hits Radio (Bournemouth & Poole)	Y	25	125	6.5	148	164	191
Hits Radio (Bristol & South West) (was SAMfm)	H	43	179	3.2	73	139	132
Hits Radio (Cumbria)	Y	7	*	1.7	*	12	*
Hits Radio (Manchester)	H	292	118	7.5	127	2177	148
Hits Radio (South Coast)	H	34	*	3.8	*	127	*
96.4 FM The Wave	Y	90	97	6.3	63	572	61
Radio City	H	265	83	7.9	108	2084	90
Clyde 1	H	625	92	7.4	79	4614	72
Cool FM	H	527	121	8.7	128	4590	156
Downtown Radio	H	288	95	7.8	92	2253	87
Forth 1	H	333	106	8.8	81	2924	85
Free Radio (Birmingham)	H	190	115	8.2	152	1560	174

Source: "RAJAR/Ipsos/RSMB."

(1-12) See note on back cover.

# QUARTERLY SUMMARY OF RADIO LISTENING



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## PART 4 - NATIONAL COMMERCIAL GROUPS



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	Survey Period	Weekly Reach '000	Index Reach Q3 23 / Q3 22	Average Hours per listener	Index Avg Hours Q3 23 / Q3 22	Total Hours '000	Index Total Hours Q3 23 / Q3 22
Free Radio (Black Country & Shropshire)	H	78	92	7.4	151	584	141
Free Radio (Coventry & Warwickshire)	H	109	114	9.5	114	1039	130
Free Radio (Herefordshire & Worcestershire)	Y	72	111	6.7	92	481	101
Gem	H	264	83	8.2	100	2169	83
Hallam FM	H	280	99	8.8	121	2455	119
Lincs FM	H	164	72	9.7	76	1586	54
Metro Radio	H	308	102	6.2	74	1922	76
MFR	Y	101	89	7.0	61	703	54
Northsound 1	Y	113	99	6.3	94	714	94
Pirate FM	Y	126	102	8.9	105	1127	108
Pulse 1	H	110	84	6.0	105	657	87
Rock FM	H	207	99	7.7	97	1596	97
Signal One	H	133	77	7.9	85	1056	66
Tay FM	Y	113	88	11.3	133	1277	117
TFM	H	127	86	5.8	73	741	63
Viking FM	H	168	96	4.8	71	802	68
Wave 105	H	425	112	11.8	87	5011	97
West FM	Y	93	101	9.3	106	867	108
Heat	H	473	104	4.0	105	1884	107

Source: "RAJAR/Ipsos/RSMB."

(1-12) See note on back cover.

# QUARTERLY SUMMARY OF RADIO LISTENING



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	Survey Period	Weekly Reach '000	Index Reach Q3 23 / Q3 22	Average Hours per listener	Index Avg Hours Q3 23 / Q3 22	Total Hours '000	Index Total Hours Q3 23 / Q3 22
Jazz FM	H	490	103	4.1	89	2025	92
Kerrang!	H	364	107	4.5	96	1652	104
KISS Network <sup>5</sup>	H	4479	105	4.8	92	21674	97
KISS	Q	2599	96	3.5	95	9088	92
KISS (East)	H	56	32	3.9	91	217	29
KISS (London)	Q	1022	98	3.2	82	3245	81
KISS (West)	H	309	112	5.1	100	1577	111
KISS Fresh	H	289	114	2.5	86	733	98
KISSTORY	Q	2572	112	5.0	106	12841	119
Magic Network <sup>8</sup>	H	4089	111	5.4	95	22084	105
Magic <sup>2</sup>	Q	3154	111	4.8	80	15167	89
Magic (London)	Q	1524	119	4.9	74	7424	88
Magic at the Musicals	H	168	99	6.0	158	1009	158
Magic Chilled	H	427	104	2.8	93	1208	100
Magic Soul	H	495	109	6.1	139	2998	151
Mellow Magic	H	531	98	4.7	102	2494	99
Planet Rock	Q	1364	105	8.3	94	11295	99
Scala Radio	H	201	76	7.8	90	1556	68
Total Global Radio (UK)	H	24948	104	9.4	100	234739	104

Source: "RAJAR/Ipsos/RSMB."

(1-12) See note on back cover.



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	Survey Period	Weekly Reach '000	Index Reach Q3 23 / Q3 22	Average Hours per listener	Index Avg Hours Q3 23 / Q3 22	Total Hours '000	Index Total Hours Q3 23 / Q3 22
Capital Brand (UK) <sup>6</sup>	H	7994	109	5.3	102	42104	111
Capital Chill	Q	128	*	3.1	*	401	*
Capital Dance	Q	976	119	4.7	115	4550	137
Capital Network (UK) <sup>2</sup>	H	6116	107	5.0	100	30444	106
Capital Liverpool <sup>10</sup>	H	148	77	4.6	78	674	59
Capital London <sup>10</sup>	Q	1819	120	4.1	98	7406	117
Capital Mid Counties	Y	143	106	5.4	77	780	83
Capital Mid Counties - North <sup>10</sup>	Y	31	129	4.7	98	144	126
Capital Mid Counties - South <sup>10</sup>	H	115	112	6.6	72	761	80
Capital Midlands	H	781	105	6.0	97	4693	102
Capital Birmingham <sup>10</sup>	H	304	111	4.7	92	1414	101
Capital East Midlands <sup>10</sup>	H	341	101	7.1	111	2433	113
Capital East Midlands - Derbyshire	H	66	105	5.6	93	366	98
Capital East Midlands - Leicestershire	H	94	76	8.0	127	747	96
Capital East Midlands - Nottinghamshire	H	183	119	7.2	109	1324	130
Capital North East <sup>10</sup>	H	404	99	7.1	106	2859	105
Capital North West	H	412	109	4.8	98	1966	106
Capital Lancashire <sup>10</sup>	H	61	136	5.5	117	335	158
Capital Manchester <sup>10</sup>	H	351	106	4.6	94	1630	99

Source: "RAJAR/Ipsos/RSMB."

(1-12) See note on back cover.

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	Survey Period	Weekly Reach '000	Index Reach Q3 23 / Q3 22	Average Hours per listener	Index Avg Hours Q3 23 / Q3 22	Total Hours '000	Index Total Hours Q3 23 / Q3 22
Capital North West and Wales <sup>10</sup>	H	107	113	6.8	124	726	138
Capital Scotland <sup>4</sup>	H	384	95	3.8	97	1475	95
Capital South	H	170	83	4.7	112	802	93
Capital Brighton <sup>10</sup>	Y	22	96	1.8	41	41	40
Capital South Coast <sup>10</sup>	H	152	84	5.0	114	765	96
Capital South Wales <sup>4</sup>	H	137	70	3.6	92	493	64
Capital Yorkshire <sup>10</sup>	H	785	99	5.1	85	3982	84
Capital XTRA Brand UK <sup>2</sup>	H	1778	109	3.7	109	6566	119
Capital XTRA (UK) <sup>2</sup>	H	1496	105	3.5	109	5239	116
Capital XTRA (London)	Q	754	121	3.9	105	2903	127
Capital XTRA Reloaded	Q	472	146	2.7	100	1285	146
Classic FM	Q	4467	96	7.8	95	35011	91
Gold Network (UK) <sup>2</sup>	H	1774	106	7.0	82	12380	87
Gold Cambridgeshire	H	49	92	7.0	117	345	109
Gold East Midlands	H	113	87	7.8	74	880	64
Gold London	Q	374	89	6.0	74	2257	66
Gold Manchester	H	106	120	7.4	80	792	97
Heart Brand (UK) <sup>9</sup>	H	11336	112	6.5	98	73440	110
Heart 70s	Q	702	111	3.9	98	2761	111

Source: "RAJAR/Ipsos/RSMB."

(1-12) See note on back cover.

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	Survey Period	Weekly Reach '000	Index Reach Q3 23 / Q3 22	Average Hours per listener	Index Avg Hours Q3 23 / Q3 22	Total Hours '000	Index Total Hours Q3 23 / Q3 22
Heart 80s	Q	1679	119	3.4	85	5714	102
Heart 90s	Q	1004	120	3.2	100	3237	119
Heart 00s	Q	778	367	3.8	79	2922	285
Heart Dance	Q	896	89	4.1	89	3632	79
Heart Network (UK) <sup>2</sup>	H	8587	108	6.3	94	54191	102
Heart East	H	1028	93	7.9	100	8155	93
Heart Cambridgeshire <sup>10</sup>	H	168	118	7.9	70	1332	83
Heart East Anglia	H	298	92	9.9	132	2952	121
Heart East Anglia - Norfolk <sup>10</sup>	H	174	89	10.1	131	1767	117
Heart East Anglia - Suffolk <sup>10</sup>	H	124	95	9.6	133	1185	128
Heart Essex	H	175	94	6.6	87	1152	81
Heart Essex - Chelmsford & Southend <sup>10</sup>	H	134	87	6.4	78	859	69
Heart Essex - Colchester <sup>10</sup>	Y	31	141	8.4	171	265	252
Heart Essex - Harlow <sup>10</sup>	Y	15	115	8.5	327	129	379
Heart Four Counties	H	389	86	7.0	96	2718	82
Heart Four Counties - Bedfordshire <sup>10</sup>	Y	82	119	5.3	82	436	96
Heart Four Counties - Beds/Bucks/Herts <sup>10</sup>	H	122	78	7.8	118	952	92
Heart Four Counties - 96.6 FM Hertfordshire <sup>4</sup>	H	28	62	8.1	92	231	59
Heart Four Counties - Milton Keynes <sup>10</sup>	Y	48	102	5.5	112	266	117

Source: "RAJAR/Ipsos/RSMB."

(1-12) See note on back cover.

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	Survey Period	Weekly Reach '000	Index Reach Q3 23 / Q3 22	Average Hours per listener	Index Avg Hours Q3 23 / Q3 22	Total Hours '000	Index Total Hours Q3 23 / Q3 22
Heart Four Counties - Northamptonshire <sup>10</sup>	H	125	86	7.7	101	969	87
Heart London <sup>10</sup>	Q	2087	114	5.0	83	10453	94
Heart North East <sup>10</sup>	H	361	124	7.6	115	2737	142
Heart North Wales <sup>4</sup>	H	88	77	8.6	84	758	65
Heart North West Group	H	703	105	6.6	93	4652	97
Heart North Lancs & Cumbria	Y	61	94	7.1	83	436	78
Heart North West <sup>10</sup>	H	641	105	6.5	92	4179	95
Heart Scotland	H	380	101	3.8	86	1443	87
Heart Scotland East <sup>10</sup>	H	124	104	4.3	88	533	92
Heart Scotland West <sup>10</sup>	H	256	99	3.6	86	911	85
Heart South	H	1349	120	6.7	96	9096	116
Heart Kent <sup>10</sup>	H	252	104	7.0	100	1760	104
Heart Solent	H	374	123	6.0	77	2230	95
Heart Solent - Dorset <sup>10</sup>	H	122	128	6.1	100	744	128
Heart Solent - Hampshire <sup>10</sup>	H	253	121	5.9	69	1486	84
Heart Sussex	H	332	139	6.0	82	2003	115
Heart Sussex - North <sup>10</sup>	Y	35	130	7.9	203	278	260
Heart Sussex - South <sup>10</sup>	H	294	134	5.8	77	1696	103
Heart Thames Valley	H	390	115	7.9	132	3102	152

Source: "RAJAR/Ipsos/RSMB."

(1-12) See note on back cover.

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	Survey Period	Weekly Reach '000	Index Reach Q3 23 / Q3 22	Average Hours per listener	Index Avg Hours Q3 23 / Q3 22	Total Hours '000	Index Total Hours Q3 23 / Q3 22
Heart Thames Valley - Berks & N.Hants <sup>10</sup>	H	240	113	7.7	122	1848	139
Heart Thames Valley - Oxfordshire <sup>10</sup>	H	150	118	8.3	148	1254	176
Heart South Wales <sup>10</sup>	H	432	96	8.9	111	3853	107
Heart West	H	858	106	6.7	96	5731	101
Heart South West	H	347	97	6.7	96	2308	92
Heart South West - Cornwall <sup>10</sup>	Y	97	83	5.6	75	542	62
Heart South West - Exeter <sup>10</sup>	Y	67	120	4.8	79	324	95
Heart South West - North Devon <sup>10</sup>	Y	46	135	10.2	116	465	157
Heart South West - Plymouth & South Hams <sup>10</sup>	Y	77	82	6.9	86	530	71
Heart South West - Torbay <sup>10</sup>	Y	50	102	8.3	119	413	121
Heart West Country	H	512	114	6.7	94	3422	108
Heart West Country - Bristol/Weston & Bath <sup>10</sup>	H	188	108	5.6	89	1051	95
Heart West Country - Gloucestershire <sup>10</sup>	Y	111	128	7.1	104	791	135
Heart West Country - Somerset <sup>10</sup>	Y	112	115	6.4	81	714	93
Heart West Country - Wiltshire <sup>10</sup>	Y	118	108	7.1	87	841	94
Heart West Midlands <sup>10</sup>	H	522	95	5.8	97	3003	92
Heart Yorkshire <sup>4</sup>	H	469	112	4.8	80	2252	89
LBC Brand (UK) <sup>2</sup>	H	2920	97	9.6	96	28138	94
LBC (UK)	H	2469	101	10.5	95	25916	95

Source: "RAJAR/Ipsos/RSMB."

(1-12) See note on back cover.

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	Survey Period	Weekly Reach '000	Index Reach Q3 23 / Q3 22	Average Hours per listener	Index Avg Hours Q3 23 / Q3 22	Total Hours '000	Index Total Hours Q3 23 / Q3 22
LBC London	Q	1386	102	10.9	96	15146	98
LBC News (UK)	H	745	86	3.0	94	2222	80
LBC News (London) <sup>10</sup>	Q	388	89	3.5	113	1345	99
Smooth Brand (UK) <sup>7</sup>	H	6211	111	7.1	100	44014	112
Smooth Radio Chill	Q	562	106	4.8	112	2671	118
Smooth Radio Country	Q	321	98	4.3	65	1398	65
Smooth Radio Network (UK) <sup>2</sup>	H	5475	113	7.1	100	39103	114
Smooth Radio Devon	H	53	126	6.5	100	347	127
Smooth Radio East Anglia	H	83	128	7.4	88	615	112
Smooth Radio East Midlands <sup>4</sup>	H	457	110	7.7	88	3540	97
Smooth Radio Essex	H	91	186	6.8	103	625	194
Smooth Radio Kent	H	74	107	5.1	94	377	100
Smooth Radio Lake District <sup>10</sup>	Y	8	100	8.1	121	64	112
Smooth Radio London <sup>10</sup>	Q	1052	129	4.4	83	4602	107
Smooth Radio North East <sup>4</sup>	H	523	101	9.5	100	4962	101
Smooth Radio North West <sup>4</sup>	H	1059	109	8.1	105	8628	115
Smooth Radio North West and Wales	H	74	96	8.6	93	631	89
Smooth Radio Scotland	H	347	97	5.5	90	1923	89
Smooth Radio Solent	H	100	161	9.6	196	966	319

Source: "RAJAR/Ipsos/RSMB."

(1-12) See note on back cover.

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Smooth Radio South Wales	H	80	77	9.5	176	758	134
Smooth Radio Sussex	H	82	144	4.4	67	360	96
Smooth Radio Thames Valley	H	60	162	4.0	71	241	118
Smooth Radio Three Counties	H	56	84	3.9	63	216	53
Smooth Radio West Country	H	134	163	6.7	105	899	172
Smooth Radio West Midlands	H	516	114	8.4	102	4311	115
Radio X Brand (UK) <sup>12</sup>	H	2162	*	9.0	*	19449	*
Radio X Classic Rock	Q	174	*	7.3	*	1259	*
Radio X Network (UK) <sup>2</sup>	H	1977	100	9.2	101	18183	101
Radio X London	Q	483	114	6.6	94	3165	107
Radio X Manchester	H	219	104	10.1	113	2199	117
Total News Broadcasting	H	6209	109	7.3	107	45201	117
News Broadcasting National Network	H	5956	108	7.2	109	42661	117
News Broadcasting Speech Network	H	4201	110	7.2	106	30290	117
TalkRadio	H	690	108	7.5	109	5142	118
talkSPORT Network <sup>2</sup>	H	3227	113	6.6	103	21259	115
talkSPORT	H	3009	111	6.8	105	20444	116
talkSPORT2	H	376	127	2.2	88	815	111
Times Radio	H	498	92	7.8	132	3888	122

Source: "RAJAR/Ipsos/RSMB."

(1-12) See note on back cover.

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	Survey Period	Weekly Reach '000	Index Reach Q3 23 / Q3 22	Average Hours per listener	Index Avg Hours Q3 23 / Q3 22	Total Hours '000	Index Total Hours Q3 23 / Q3 22
Virgin Radio Network	H	1978	104	6.3	115	12371	118
Virgin Radio	H	1498	113	6.5	103	9792	117
Virgin Radio 80s Plus	H	148	69	2.7	300	394	208
Virgin Radio Anthems	H	282	94	3.8	88	1077	83
Virgin Radio Chilled	H	345	127	3.2	128	1109	163
U105 (Greater Belfast)	H	249	134	9.6	93	2381	124
U105 (Outside Belfast)	Y	31	115	5.7	102	180	118
Sunrise Radio National	Y	333	96	5.0	139	1647	133
Sunrise Radio London	Y	124	70	4.5	136	558	95

(1-12) See note on back cover.

Source: "RAJAR/Ipsos/RSMB."



# QUARTERLY SUMMARY OF RADIO LISTENING



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## PART 5 - LOCAL COMMERCIAL GROUPS AND INDIVIDUAL SERVICES



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	Survey Period	Weekly Reach '000	Index Reach Q3 23 / Q3 22	Average Hours per listener	Index Avg Hours Q3 23 / Q3 22	Total Hours '000	Index Total Hours Q3 23 / Q3 22
All Local Commercial Radio (ILR)	Q	27381	106	10.1	97	276789	103
Boom Radio	Q	662	149	11.7	131	7740	196
Central FM	Y	46	153	7.8	100	355	150
Communicorp UK	H	3256	103	7.1	97	23237	101
Capital Scotland	H	384	95	3.8	97	1475	95
Capital South Wales	H	137	70	3.6	92	493	64
Heart Four Counties - 96.6 FM Hertfordshire	H	28	62	8.1	92	231	59
Heart North Wales	H	88	77	8.6	84	758	65
Heart Yorkshire	H	469	112	4.8	80	2252	89
Smooth Radio East Midlands	H	457	110	7.7	88	3540	97
Smooth Radio North East	H	523	101	9.5	100	4962	101
Smooth Radio North West	H	1059	109	8.1	105	8628	115
XS Manchester	H	127	122	7.1	137	898	166
CountryLine Radio (was Chris Country Radio)	H	44	122	2.1	40	91	49
DCT (Total)	Y	121	*	8.3	*	1002	*
Kingdom FM	Y	45	88	6.0	90	268	78
Original 106 (Aberdeen)	Y	77	107	9.5	119	734	127
Total Dee Radio Group	Y	71	154	3.3	69	239	107
Cheshire's Silk 106.9	Y	13	186	3.6	35	48	62

Source: "RAJAR/Ipsos/RSMB."

(1-12) See note on back cover.

# QUARTERLY SUMMARY OF RADIO LISTENING



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## PART 5 - LOCAL COMMERCIAL GROUPS AND INDIVIDUAL SERVICES



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	Survey Period	Weekly Reach '000	Index Reach Q3 23 / Q3 22	Average Hours per listener	Index Avg Hours Q3 23 / Q3 22	Total Hours '000	Index Total Hours Q3 23 / Q3 22
Chester's Dee 106.3 (Dee on DAB)	Y	13	81	7.4	157	98	126
Love 80s Liverpool	Y	16	267	2.3	59	37	148
Love 80s Manchester	Y	28	175	2.0	74	56	127
Total Radio Essex	H	85	91	8.3	117	705	107
Radio Essex	H	37	116	10.4	153	383	173
Radio Essex DAB	Y	58	87	5.6	81	323	70
3FM	Y	24	120	8.8	110	213	130
Fun Kids (London)	H	90	145	2.3	92	202	129
GB News Radio	Q	398	96	7.6	141	3030	134
IOW Radio	Y	40	129	8.7	134	345	172
Total JACK	H	62	100	6.2	103	380	103
106 JACKfm (Oxford)	H	55	117	4.7	82	260	96
JACK 2 Hits	Y	6	40	1.4	40	8	16
JACK 3 Chill	H	9	56	13.3	296	116	159
KMFM Group	H	173	97	7.7	135	1334	132
KMFM East	H	83	95	8.7	193	715	181
KMFM West	H	90	99	6.9	101	619	101
Lyca Group	Y	171	*	5.9	*	1004	*
1458 Lyca Radio	Y	116	168	5.5	134	644	226

Source: "RAJAR/Ipsos/RSMB."

(1-12) See note on back cover.

# QUARTERLY SUMMARY OF RADIO LISTENING



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26th October 2023

	Survey Period	Weekly Reach '000	Index Reach Q3 23 / Q3 22	Average Hours per listener	Index Avg Hours Q3 23 / Q3 22	Total Hours '000	Index Total Hours Q3 23 / Q3 22
Lyca Gold (surveyed as 1035 Dilse Radio)	Y	80	167	4.5	60	360	101
Radio Mansfield 103.2	Y	26	100	6.6	60	174	60
Manx Radio	Y	26	100	10.0	86	262	86
Mi-Soul	H	170	126	5.0	125	847	159
More Radio Total	H	55	102	8.7	57	480	58
More Radio East	Y	40	103	9.1	60	362	62
More Radio West	Y	13	186	8.0	186	103	368
Nation Broadcasting Group	H	712	81	5.9	97	4182	78
106.3 Bridge FM	Y	20	125	6.9	55	139	71
Radio Carmarthenshire	Y	21	111	7.5	103	160	117
Dragon Radio Wales	Y	49	86	7.4	151	361	128
Easy Radio South	H	15	32	14.5	363	216	115
Easy Radio Wales Total	H	20	*	6.3	*	122	*
Easy Radio SE Wales	H	2	*	5.0	*	9	*
Easy Radio Wales	H	18	164	6.4	156	113	251
Nation Radio East Yorkshire	Y	27	36	7.7	75	212	28
Nation Radio Scotland Total	H	120	138	7.5	103	901	142
Nation Radio Scotland (East)	H	15	107	1.0	19	16	22
Nation Radio Scotland (West)	H	105	144	8.5	110	886	158

Source: "RAJAR/Ipsos/RSMB."

(1-12) See note on back cover.

# QUARTERLY SUMMARY OF RADIO LISTENING



SURVEY PERIOD ENDING  
**17th Sept 2023**

## PART 5 - LOCAL COMMERCIAL GROUPS AND INDIVIDUAL SERVICES



**Embargoed**  
until 00.01 am  
26th October 2023

	Survey Period	Weekly Reach '000	Index Reach Q3 23 / Q3 22	Average Hours per listener	Index Avg Hours Q3 23 / Q3 22	Total Hours '000	Index Total Hours Q3 23 / Q3 22
Nation Radio South	Y	76	31	4.6	79	350	24
Nation Radio Suffolk	Y	16	48	9.5	88	148	42
Nation Radio UK	H	139	160	1.4	140	195	224
Nation Radio Wales	H	150	100	5.6	133	833	132
102.5 Radio Pembrokeshire	Y	23	115	5.3	58	122	68
Sun FM Radio	Y	25	89	7.1	76	177	68
Panjab Radio	Y	103	112	11.1	308	1140	339
Premier Christian Radio	Q	101	142	30.6	746	3076	1057
Q Radio	H	362	150	6.0	83	2173	125
Radio Exe	Y	38	165	6.9	121	266	202
Star Radio Cambridge	Y	27	100	6.9	92	183	90
Time FM 107.5	Y	9	38	6.5	63	62	25
Tindle Radio Group	Y	76	95	9.1	83	690	78
Channel 103 FM	Y	47	85	9.2	80	431	68
Island FM 104.7	Y	29	116	8.8	88	259	104
The Voice	Y	11	65	13.6	121	156	81

Source: "RAJAR/Ipsos/RSMB."

(1-12) See note on back cover.

# QUARTERLY SUMMARY OF RADIO LISTENING



SURVEY PERIOD ENDING  
**17th Sept 2023**

## PART 6 - DEMOGRAPHIC ANALYSIS



**Embargoed**  
until 00.01 am  
26th October 2023

	Survey Period	Weekly Reach '000	Index Reach Q3 23 / Q3 22	Average Hours per listener	Index Avg Hours Q3 23 / Q3 22	Total Hours '000	Index Total Hours Q3 23 / Q3 22
ALL COMMERCIAL 15+	Q	39283	103	14.0	103	549193	106
Children 10-14	Q	2978	105	7.6	106	22578	110
15-24	Q	4774	95	8.8	91	41962	87
25-44	Q	13374	101	13.0	100	173674	101
45-64	Q	13335	106	16.1	103	215235	109
65+	Q	7800	107	15.2	109	118321	116
Main Shoppers	Q	34837	104	14.4	104	502468	108
Main Shoppers with children	Q	10066	107	14.2	102	142651	110
ABC1	Q	21938	103	12.3	100	269702	103
C2DE	Q	17344	103	16.1	105	279491	108
ALL BBC 15+	Q	31687	96	14.1	98	445410	93
Children 10-14	Q	1752	107	5.4	126	9520	135
15-24	Q	2894	87	6.5	102	18803	89
25-44	Q	8839	98	9.3	104	82096	101
45-64	Q	10852	96	15.2	93	164585	89
65+	Q	9102	98	19.8	97	179926	95
Main Shoppers	Q	28574	96	14.4	97	412137	93
Main Shoppers with children	Q	6612	99	10.4	95	68802	94
ABC1	Q	19681	97	14.0	97	275735	95
C2DE	Q	12005	94	14.1	97	169675	91

(1-12) 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 Chill & 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.
(12)	Includes Radio X Classic Rock, Radio X London, Radio X Manchester

AREAS	
<b>United Kingdom</b> (Parts 1 and 6)	(including Channel Islands and Isle of Man)
<b>Editorial Areas</b> (Part 3)	BBC stations' defined service areas
<b>Total Survey Areas</b> (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	26 <sup>th</sup> June 2023 – 17 <sup>th</sup> Sept 2023	34,469
H	3 <sup>rd</sup> April 2023 – 17 <sup>th</sup> Sept 2023	68,073
Y	19 <sup>th</sup> Sept 2022 – 17 <sup>th</sup> Sept 2023	136,323

UNIQUE SAMPLE		
Code	Fieldwork Dates	Unique Sample
Q	26 <sup>th</sup> June 2023 – 17 <sup>th</sup> Sept 2023	22,204

TERMS	
<b>Weekly reach</b>	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
<b>Average hours</b>	The total hours of listening to a station during the course of a week, averaged:  <b>per head</b> – across the total adult population of the UK/area <b>per listener</b> – across all those listening to the station for at least 5 minutes
<b>Total hours</b>	The overall number of hours of adult listening to a station in the UK/area in an average week
<b>Index</b>	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.