

QUARTERLY SUMMARY OF RADIO LISTENING



SURVEY PERIOD ENDING
31st Mar 2024

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



ADULTS AGED 15 AND OVER:
56,348,000



Embargoed
until 00.01 am
16th May 2024

	Survey Period	Weekly Reach '000	Index Reach Q1 24 / Q1 23	Average Hours per listener	Index Avg Hours Q1 24 / Q1 23	Total Hours '000	Index Total Hours Q1 24 / Q1 23
All Radio	Q	49947	101	20.5	100	1022579	101
All BBC Radio	Q	31303	97	14.2	98	443699	95
All BBC Radio 15-44	Q	11623	97	8.1	93	93778	91
All BBC Radio 45+	Q	19680	97	17.8	99	349922	96
All BBC Network Radio ¹	Q	28680	97	13.9	100	398318	97
BBC Local Radio	Q	6852	93	6.6	88	45381	82
All Commercial Radio	Q	39670	103	14.0	104	553961	107
All Commercial Radio 15-44	Q	18541	102	11.4	97	211096	98
All Commercial Radio 45+	Q	21128	103	16.2	109	342865	113
All National Commercial ¹	Q	26715	101	9.9	101	264270	102
All Local Commercial Radio (National TSA)	Q	27609	103	10.5	108	289691	112
Other Radio	Q	5982	127	4.2	89	24919	112

(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
31st Mar 2024

PART 2 - NATIONAL SERVICES



Embargoed
until 00.01 am
16th May 2024

	Survey Period	Weekly Reach '000	Index Reach Q1 24 / Q1 23	Average Hours per listener	Index Avg Hours Q1 24 / Q1 23	Total Hours '000	Index Total Hours Q1 24 / Q1 23
All BBC Network Radio ¹	Q	28680	97	13.9	100	398318	97
BBC Radio 1	Q	7310	96	6.3	95	46137	93
BBC Radio 1Xtra	H	786	99	4.5	118	3502	117
BBC Radio 2	Q	13228	91	10.6	100	140393	92
BBC Radio 3	Q	1995	103	8.0	111	16029	115
BBC Radio 4 (including 4 Extra)	Q	9633	98	13.1	104	125987	102
BBC Radio 4	Q	9204	98	12.3	103	113150	100
BBC Radio 4 Extra	Q	1506	90	8.5	129	12837	117
BBC Radio 5 live (inc. sports extra)	Q	5252	95	5.9	100	31168	96
BBC Radio 5 live	Q	4889	96	6.0	100	29368	97
BBC Radio 5 Sports Extra	Q	971	88	1.9	100	1800	85
BBC 6 Music	Q	2548	94	10.0	101	25393	95
BBC Asian Network UK	H	542	122	4.2	70	2277	85
BBC World Service	Q	1225	113	5.8	107	7061	120
All National Commercial ¹	Q	26715	101	9.9	101	264270	102
Absolute Radio Network ²	H	5483	103	6.5	98	35409	101
Absolute Radio	Q	2236	92	7.0	111	15723	103
Absolute Radio 60s	H	123	96	3.5	109	432	106
Absolute Radio 70s	H	287	100	2.8	88	811	89

Source: "RAJAR/Ipsos/RSMB."

[1-12] See note on back cover.

QUARTERLY SUMMARY OF RADIO LISTENING



SURVEY PERIOD ENDING
31st Mar 2024

PART 2 - NATIONAL SERVICES



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16th May 2024

	Survey Period	Weekly Reach '000	Index Reach Q1 24 / Q1 23	Average Hours per listener	Index Avg Hours Q1 24 / Q1 23	Total Hours '000	Index Total Hours Q1 24 / Q1 23
Absolute 80s	Q	1556	107	4.9	91	7554	96
Absolute Radio 90s	H	968	104	3.6	80	3474	83
Absolute Radio 00s	H	292	92	2.6	90	757	83
Absolute Radio 10s	H	174	102	1.1	85	189	86
Absolute Classic Rock	H	852	94	4.8	92	4080	88
Absolute Radio Country	H	392	131	6.2	115	2427	150
Boom Radio	Q	602	95	11.8	122	7127	116
Capital Brand (UK) ⁶	H	8308	106	5.1	102	42467	108
Capital Chill	Q	190	*	5.2	*	979	*
Capital Dance	Q	995	110	4.8	107	4737	116
Capital Network (UK) ²	H	6243	101	4.7	100	29411	101
Capital XTRA Brand UK ²	H	2055	122	3.7	103	7660	126
Capital XTRA (UK) ²	H	1692	117	3.5	103	5875	118
Capital XTRA Reloaded	Q	603	152	3.5	146	2084	218
Classic FM	Q	4440	98	8.4	104	37234	102
GB News Radio	Q	455	143	7.1	87	3207	122
Gold Network (UK) ²	H	1810	103	6.8	93	12352	97
Greatest Hits Network (exc Partners) ²	H	7798	147	8.4	118	65208	173
Greatest Hits Radio ²	H	7687	150	8.3	117	64134	176

Source: "RAJAR/Ipsos/RSMB."

[1-12] See note on back cover.

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SURVEY PERIOD ENDING
31st Mar 2024

PART 2 - NATIONAL SERVICES



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	Survey Period	Weekly Reach '000	Index Reach Q1 24 / Q1 23	Average Hours per listener	Index Avg Hours Q1 24 / Q1 23	Total Hours '000	Index Total Hours Q1 24 / Q1 23
Heart Brand (UK) ⁹	H	12393	110	6.5	100	80814	110
Heart 70s	Q	727	111	3.0	59	2190	66
Heart 80s	Q	1860	118	4.1	105	7686	127
Heart 90s	Q	1117	112	3.7	128	4159	144
Heart 00s	Q	994	149	3.7	93	3639	138
Heart Dance	Q	970	105	3.4	64	3345	69
Heart Network (UK) ²	H	9442	106	6.4	100	60217	106
Heat	H	504	109	2.7	82	1372	91
Hits Radio Network (exc Partners) ²	H	6716	100	7.5	101	50529	101
Hits Radio Portfolio (exc Partners) ¹¹	H	13155	120	8.8	110	115737	132
Hits Radio ²	H	4533	259	6.4	221	28939	568
Jazz FM	H	431	85	3.7	103	1609	88
Kerrang!	H	456	133	5.3	98	2397	130
KISS Network ⁵	H	4102	98	4.6	90	18786	89
KISS Fresh	H	225	90	2.6	76	582	68
KISSTORY	Q	2089	96	4.2	93	8727	89
LBC Brand (UK) ²	H	3260	94	9.3	99	30247	93
Magic Network ⁸	H	4417	110	5.3	95	23355	103
Magic at the Musicals	H	200	133	4.3	86	857	115

Source: "RAJAR/ipsos/RSMB."

[1-12] See note on back cover.

QUARTERLY SUMMARY OF RADIO LISTENING



SURVEY PERIOD ENDING
31st Mar 2024

PART 2 - NATIONAL SERVICES



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	Survey Period	Weekly Reach '000	Index Reach Q1 24 / Q1 23	Average Hours per listener	Index Avg Hours Q1 24 / Q1 23	Total Hours '000	Index Total Hours Q1 24 / Q1 23
Magic Chilled	H	432	95	3.0	86	1293	82
Magic Soul	H	512	119	4.1	89	2121	108
Mellow Magic	H	499	89	3.8	69	1876	61
Planet Rock	Q	1039	83	10.2	110	10642	91
Scala Radio	H	188	71	9.0	103	1692	73
Smooth Brand (UK) ⁷	H	6528	111	6.5	97	42308	107
Smooth Chill	Q	402	80	4.7	72	1881	58
Smooth Country	Q	358	119	5.1	104	1821	124
Smooth Relax	Q	348	*	4.3	*	1490	*
Smooth Radio Network (UK) ²	H	5804	111	6.5	98	37747	109
Sunrise Radio National	Y	329	101	4.7	104	1535	104
TalkRadio	H	757	90	6.6	97	5032	89
talkSPORT Network ²	H	3718	104	6.1	107	22539	111
Times Radio	H	503	91	8.8	140	4426	127
Virgin Radio Network	H	1921	92	5.9	105	11329	97
Radio X Brand (UK) ¹²	H	2217	*	8.5	*	18812	*
Radio X Classic Rock	Q	241	*	6.3	*	1525	*
Radio X Network (UK) ²	H	2069	103	8.5	104	17512	106

Source: "RAJAR/Ipsos/RSMB."

[1-12] See note on back cover.

QUARTERLY SUMMARY OF RADIO LISTENING



SURVEY PERIOD ENDING
31st Mar 2024

PART 3 - INDIVIDUAL BBC SERVICES



Embargoed
until 00.01 am
16th May 2024

	Survey Period	Weekly Reach '000	Index Reach Q1 24 / Q1 23	Average Hours per listener	Index Avg Hours Q1 24 / Q1 23	Total Hours '000	Index Total Hours Q1 24 / Q1 23
BBC NETWORK RADIO							
BBC Radio 1	Q	7310	96	6.3	95	46137	93
BBC Radio 1Xtra	H	786	99	4.5	118	3502	117
BBC Radio 2	Q	13228	91	10.6	100	140393	92
BBC Radio 3	Q	1995	103	8.0	111	16029	115
BBC Radio 4 (including 4 Extra)	Q	9633	98	13.1	104	125987	102
BBC Radio 4	Q	9204	98	12.3	103	113150	100
BBC Radio 4 Extra	Q	1506	90	8.5	129	12837	117
BBC Radio 5 live (inc. sports extra)	Q	5252	95	5.9	100	31168	96
BBC Radio 5 live	Q	4889	96	6.0	100	29368	97
BBC Radio 5 Sports Extra	Q	971	88	1.9	100	1800	85
BBC 6 Music	Q	2548	94	10.0	101	25393	95
BBC Asian Network UK	H	542	122	4.2	70	2277	85
BBC World Service	Q	1225	113	5.8	107	7061	120
NATIONAL REGIONAL							
BBC Radio Scotland	H	801	94	5.7	95	4577	90
BBC Radio Ulster ³	H	462	101	10.7	96	4923	97
BBC Radio Wales	H	348	106	8.1	94	2807	99
BBC Radio Cymru ³	H	113	87	12.2	104	1373	91

Source: "RAJAR/Ipsos/RSMB."

[1-12] See note on back cover.

QUARTERLY SUMMARY OF RADIO LISTENING



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31st Mar 2024

PART 3 - INDIVIDUAL BBC SERVICES



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	Survey Period	Weekly Reach '000	Index Reach Q1 24 / Q1 23	Average Hours per listener	Index Avg Hours Q1 24 / Q1 23	Total Hours '000	Index Total Hours Q1 24 / Q1 23
LOCAL							
BBC Local Radio in England	Q	4779	90	6.4	89	30394	79
BBC Radio Berkshire	H	77	68	5.9	75	457	51
BBC Radio Bristol	H	47	42	2.4	65	114	27
BBC Radio Cambridgeshire	H	74	112	7.1	77	524	87
BBC Radio Cornwall	H	88	82	13.4	80	1172	65
BBC CWR	H	69	113	10.1	106	699	122
BBC Radio Cumbria	H	82	96	7.4	85	605	82
BBC Radio Derby	H	134	106	8.5	89	1130	94
BBC Radio Devon	H	128	77	7.4	85	950	65
BBC Essex	H	139	86	8.9	82	1238	72
BBC Radio Gloucestershire	H	47	72	5.4	45	257	33
BBC Hereford & Worcester	H	77	92	7.5	63	577	58
BBC Radio Humberside	H	132	107	7.8	89	1026	94
BBC Radio Kent	H	124	72	3.7	80	457	58
BBC Radio Lancashire	H	148	93	7.2	95	1067	88
BBC Radio Leeds	H	156	89	4.7	87	728	77
BBC Radio Leicester	H	126	107	4.7	96	591	101
BBC Radio Lincolnshire	H	64	98	7.3	99	465	97

Source: "RAJAR/Ipsos/RSMB."

[1-12] See note on back cover.

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SURVEY PERIOD ENDING
31st Mar 2024

PART 3 - INDIVIDUAL BBC SERVICES



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	Survey Period	Weekly Reach '000	Index Reach Q1 24 / Q1 23	Average Hours per listener	Index Avg Hours Q1 24 / Q1 23	Total Hours '000	Index Total Hours Q1 24 / Q1 23
BBC Radio London	Q	510	90	3.4	92	1726	83
BBC Radio Manchester	H	173	86	5.5	75	948	64
BBC Radio Merseyside	H	190	74	9.7	87	1839	64
BBC Radio Newcastle	H	205	104	5.6	92	1139	94
BBC Radio Norfolk	H	113	68	10.5	133	1186	90
BBC Radio Northampton	H	75	77	5.8	67	440	53
BBC Radio Nottingham	H	132	103	5.9	116	780	120
BBC Radio Oxford	H	80	127	4.8	89	387	113
BBC Radio Sheffield	H	135	78	5.0	82	682	65
BBC Radio Shropshire	H	65	86	6.5	82	422	71
Total BBC Radio Solent	Y	200	100	8.3	98	1660	97
BBC Radio Somerset	H	56	85	8.2	132	459	112
BBC Radio Stoke	H	108	92	8.8	99	952	91
BBC Radio Suffolk	H	75	77	8.7	97	656	74
BBC Radio Sussex and BBC Radio Surrey	H	184	88	10.7	165	1964	144
BBC Radio Tees	H	99	102	5.9	140	579	144
BBC Three Counties Radio	H	99	81	9.3	91	918	74
BBC Radio WM	H	198	99	3.9	156	766	156
BBC Radio Wiltshire/Swindon	H	70	91	6.1	169	429	154

Source: "RAJAR/Ipsos/RSMB."

[1-12] See note on back cover.

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SURVEY PERIOD ENDING
31st Mar 2024

PART 3 - INDIVIDUAL BBC SERVICES



Embargoed
until 00.01 am
16th May 2024

	Survey Period	Weekly Reach '000	Index Reach Q1 24 / Q1 23	Average Hours per listener	Index Avg Hours Q1 24 / Q1 23	Total Hours '000	Index Total Hours Q1 24 / Q1 23
BBC Radio York	H	54	96	5.9	131	319	128
BBC Radio Guernsey	Y	13	87	6.4	80	82	67
BBC Radio Jersey	Y	23	110	8.6	105	203	119

[1-12] See note on back cover.

Source: "RAJAR/Ipsos/RSMB."

QUARTERLY SUMMARY OF RADIO LISTENING



SURVEY PERIOD ENDING
31st Mar 2024

PART 4 - NATIONAL COMMERCIAL GROUPS



Embargoed
until 00.01 am
16th May 2024

	Survey Period	Weekly Reach '000	Index Reach Q1 24 / Q1 23	Average Hours per listener	Index Avg Hours Q1 24 / Q1 23	Total Hours '000	Index Total Hours Q1 24 / Q1 23
Bauer Media Audio UK - Total (exc Partners)	H	22655	109	9.4	106	212343	114
Absolute Radio Network ²	H	5483	103	6.5	98	35409	101
Absolute Radio	Q	2236	92	7.0	111	15723	103
Absolute Radio 60s	H	123	96	3.5	109	432	106
Absolute Radio 70s	H	287	100	2.8	88	811	89
Absolute 80s	Q	1556	107	4.9	91	7554	96
Absolute Radio 90s	H	968	104	3.6	80	3474	83
Absolute Radio 00s	H	292	92	2.6	90	757	83
Absolute Radio 10s	H	174	102	1.1	85	189	86
Absolute Classic Rock	H	852	94	4.8	92	4080	88
Absolute Radio Country	H	392	131	6.2	115	2427	150
Hits Radio Portfolio (exc Partners) ¹¹	H	13155	120	8.8	110	115737	132
Greatest Hits Network (exc Partners) ²	H	7798	147	8.4	118	65208	173
Downtown Country	H	122	63	8.8	131	1074	83
Greatest Hits Radio	H	7687	150	8.3	117	64134	176
Greatest Hits Radio (Ayrshire & Dumfries & Galloway)	Y	67	79	13.1	128	879	102
Greatest Hits Radio (Bath & South West)	Y	46	164	9.0	99	415	160
Greatest Hits Radio (Berkshire & North Hampshire)	H	98	181	7.0	86	684	157
Greatest Hits Radio (Black Country & Shropshire)	H	102	155	7.4	119	749	183

Source: "RAJAR/Ipsos/RSMB."

[1-12] See note on back cover.

QUARTERLY SUMMARY OF RADIO LISTENING



SURVEY PERIOD ENDING
31st Mar 2024

PART 4 - NATIONAL COMMERCIAL GROUPS



Embargoed
until 00.01 am
16th May 2024

	Survey Period	Weekly Reach '000	Index Reach Q1 24 / Q1 23	Average Hours per listener	Index Avg Hours Q1 24 / Q1 23	Total Hours '000	Index Total Hours Q1 24 / Q1 23
Greatest Hits Radio (Bradford & West Yorkshire)	H	114	136	8.5	133	969	180
Greatest Hits Radio (Bristol & South West)	H	170	173	7.9	130	1337	222
Greatest Hits Radio (Bucks Beds & Herts)	H	74	529	9.8	123	721	638
Greatest Hits Radio (Cambridgeshire)	H	41	*	6.9	*	281	*
Greatest Hits Radio (Cornwall)	H	68	234	8.3	63	563	147
Greatest Hits Radio (Coventry & Warwickshire)	H	74	247	5.3	183	392	436
Greatest Hits Radio (Cumbria)	Y	75	106	10.0	139	753	147
Greatest Hits Radio (Devon)	H	87	223	7.8	92	673	201
Greatest Hits Radio (Dorset East)	Y	54	491	5.9	60	313	285
Greatest Hits Radio (Dorset West)	Y	58	135	10.9	93	630	125
Greatest Hits Radio (East Midlands)	H	245	*	5.8	*	1410	*
Greatest Hits Radio (East Yorkshire & Northern Lincolnshire)	H	133	173	7.4	87	987	151
Greatest Hits Radio (Edinburgh & the Lothians & Fife & Falkirk)	H	131	127	6.4	80	836	101
Greatest Hits Radio (Essex)	H	81	176	8.5	80	692	140
Greatest Hits Radio (Glasgow & the West)	H	226	109	5.8	72	1317	78
Greatest Hits Radio (Gloucestershire)	Y	40	190	7.1	85	286	163
Greatest Hits Radio (Greater Manchester)	H	274	146	7.2	97	1975	142
Greatest Hits Radio (Great Yarmouth)	Y	52	106	12.7	165	664	176
Greatest Hits Radio (Harrogate & Yorkshire Dales)	Y	43	143	10.1	171	439	254

Source: "RAJAR/ipsos/RSMB."

[1-12] See note on back cover.

QUARTERLY SUMMARY OF RADIO LISTENING



SURVEY PERIOD ENDING
31st Mar 2024

PART 4 - NATIONAL COMMERCIAL GROUPS



Embargoed
until 00.01 am
16th May 2024

	Survey Period	Weekly Reach '000	Index Reach Q1 24 / Q1 23	Average Hours per listener	Index Avg Hours Q1 24 / Q1 23	Total Hours '000	Index Total Hours Q1 24 / Q1 23
Greatest Hits Radio (Herefordshire & Worcestershire)	Y	65	197	8.4	89	546	174
Greatest Hits Radio (Kent)	H	108	*	10.4	*	1129	*
Greatest Hits Radio (Lancashire)	H	156	363	8.8	284	1370	1022
Greatest Hits Radio (Leeds & West Yorkshire)	H	177	126	9.3	99	1644	126
Greatest Hits Radio (Lincolnshire)	H	152	317	11.6	123	1760	389
Greatest Hits Radio (Liverpool)	H	343	127	9.8	105	3359	133
Greatest Hits Radio (London)	Q	1125	110	5.4	108	6082	118
Greatest Hits Radio (Northamptonshire)	H	62	*	6.3	*	393	*
Greatest Hits Radio (North Derbyshire)	Y	70	167	8.2	95	579	161
Greatest Hits Radio (North East Scotland)	Y	55	196	7.7	138	421	261
Greatest Hits Radio (Northern Ireland)	H	70	*	4.9	*	340	*
Greatest Hits Radio (North Norfolk)	Y	20	143	11.8	139	237	201
Greatest Hits Radio (North of Scotland)	Y	22	157	6.1	95	138	148
Greatest Hits Radio (Norwich)	Y	115	167	7.4	103	856	173
Greatest Hits Radio (Oxfordshire)	H	101	220	6.1	120	619	265
Greatest Hits Radio (Peterborough Stamford & Rutland)	H	60	*	7.7	*	464	*
Greatest Hits Radio (Plymouth)	Y	49	158	10.3	129	501	201
Greatest Hits Radio (Salisbury)	Y	32	133	9.9	106	316	139
Greatest Hits Radio (Scottish Borders & North Northumberland)	Y	40	89	9.6	104	387	93

Source: "RAJAR/Ipsos/RSMB."

[1-12] See note on back cover.

QUARTERLY SUMMARY OF RADIO LISTENING



SURVEY PERIOD ENDING
31st Mar 2024

PART 4 - NATIONAL COMMERCIAL GROUPS



Embargoed
until 00.01 am
16th May 2024

	Survey Period	Weekly Reach '000	Index Reach Q1 24 / Q1 23	Average Hours per listener	Index Avg Hours Q1 24 / Q1 23	Total Hours '000	Index Total Hours Q1 24 / Q1 23
Greatest Hits Radio (Somerset)	Y	66	129	10.2	94	672	121
Greatest Hits Radio (South Coast) (surveyed as Wave 105)	H	521	119	12.5	102	6514	122
Greatest Hits Radio (South Wales)	H	136	189	5.2	144	711	280
Greatest Hits Radio (South Yorkshire)	H	272	*	12.7	*	3447	*
Greatest Hits Radio (Staffordshire & Cheshire)	H	84	153	9.2	86	771	130
Greatest Hits Radio (Suffolk)	Y	64	640	10.6	461	677	2943
Greatest Hits Radio (Surrey & East Hampshire)	H	54	115	7.8	113	419	129
Greatest Hits Radio (Sussex)	H	140	326	9.3	83	1294	270
Greatest Hits Radio (Swindon)	Y	38	141	9.9	160	381	228
Greatest Hits Radio (Tayside & Fife)	Y	49	204	11.2	117	546	237
Greatest Hits Radio (Teesside)	H	73	133	7.6	96	559	130
Greatest Hits Radio (Tyne & Wear)	H	115	146	7.8	150	893	217
Greatest Hits Radio (Wakefield)	Y	77	151	6.6	69	504	103
Greatest Hits Radio (West Midlands)	H	411	133	8.2	105	3348	139
Greatest Hits Radio (West Norfolk)	Y	52	141	9.3	139	485	194
Greatest Hits Radio (York & North Yorkshire)	Y	77	148	8.3	141	636	205
Greatest Hits Radio (Yorkshire Coast)	Y	32	107	9.1	98	290	103
Hits Radio Network (exc Partners) ²	H	6716	100	7.5	101	50529	101
Hits Radio ²	H	4533	259	6.4	221	28939	568

Source: "RAJAR/ipsos/RSMB."

[1-12] See note on back cover.

QUARTERLY SUMMARY OF RADIO LISTENING



SURVEY PERIOD ENDING
31st Mar 2024

PART 4 - NATIONAL COMMERCIAL GROUPS



Embargoed
until 00.01 am
16th May 2024

	Survey Period	Weekly Reach '000	Index Reach Q1 24 / Q1 23	Average Hours per listener	Index Avg Hours Q1 24 / Q1 23	Total Hours '000	Index Total Hours Q1 24 / Q1 23
Hits Radio (Birmingham) (surveyed as Free Radio (Birmingham))	H	299	133	6.2	78	1845	103
Hits Radio (Black Country & Shropshire) (surveyed as Free Radio (Black Country & Shropshire))	H	97	111	7.2	111	697	123
Hits Radio (Bristol & South West)	H	54	169	6.5	138	348	230
Hits Radio (Cornwall) (surveyed as Pirate FM)	H	140	107	11.4	124	1594	132
Hits Radio (Coventry & Warwickshire) (surveyed as Free Radio (Coventry & Warwickshire))	H	139	116	8.2	105	1141	122
Hits Radio (Cumbria)	Y	11	183	2.8	175	32	320
Hits Radio (Dorset)	Y	23	115	4.4	65	101	75
Hits Radio (East Midlands) (surveyed as Gem)	H	253	117	7.2	124	1826	145
Hits Radio (East Yorkshire & Northern Lincolnshire) (surveyed as Viking FM)	H	179	99	6.3	107	1124	105
Hits Radio (Herefordshire & Worcestershire) (surveyed as Free Radio (Herefordshire & Worcestershire))	Y	88	122	7.3	103	643	126
Hits Radio (Lancashire) (surveyed as Rock FM)	H	233	124	7.6	86	1770	107
Hits Radio (Lincs) (surveyed as Lincs FM)	H	151	61	8.8	81	1328	50
Hits Radio (Liverpool & the North West) (surveyed as Radio City)	H	354	127	6.7	93	2391	120
Hits Radio (Manchester)	H	289	102	7.1	131	2057	135
Hits Radio (North East - Teesside) (surveyed as TFM)	H	138	117	5.4	87	743	102
Hits Radio (North East - Tyne & Wear) (surveyed as Metro Radio)	H	382	109	6.7	96	2561	103
Hits Radio (Oxfordshire)	H	40	400	3.1	103	124	413
Hits Radio (South Coast)	H	29	145	1.8	82	53	118
Hits Radio (South Wales) (surveyed as 96.4 FM The Wave)	H	130	131	6.8	84	880	109

Source: "RAJAR/ipsos/RSMB."

[1-12] See note on back cover.

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Hits Radio (South Yorkshire) (surveyed as Hallam FM)	H	329	109	6.4	70	2123	78
Hits Radio (Staffordshire & Cheshire) (surveyed as Signal One)	H	229	141	7.1	95	1622	134
Hits Radio (West Yorkshire) (surveyed as Pulse 1)	H	184	142	4.4	98	819	141
Clyde 1	H	706	108	10.0	118	7064	127
Cool FM	H	527	108	8.4	118	4429	129
Downtown Radio	H	298	103	10.3	121	3076	125
Forth 1	H	370	102	9.1	88	3374	90
MFR	Y	89	78	8.2	88	731	69
Northsound 1	Y	128	121	5.6	92	720	111
Tay FM	Y	110	94	9.9	111	1092	105
West FM	Y	106	110	10.4	139	1107	154
Heat	H	504	109	2.7	82	1372	91
Jazz FM	H	431	85	3.7	103	1609	88
Kerrang!	H	456	133	5.3	98	2397	130
KISS Network ⁵	H	4102	98	4.6	90	18786	89
KISS	Q	2293	92	3.6	90	8198	82
KISS (East)	H	52	29	2.1	40	112	12
KISS (London)	Q	875	97	3.4	97	2995	95
KISS (West)	H	311	112	5.4	79	1670	89

Source: "RAJAR/ipsos/RSMB."

[1-12] See note on back cover.

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KISS Fresh	H	225	90	2.6	76	582	68
KISSTORY	Q	2089	96	4.2	93	8727	89
Magic Network ⁸	H	4417	110	5.3	95	23355	103
Magic ²	Q	3069	108	5.1	96	15715	104
Magic (London)	Q	1421	108	5.5	102	7833	110
Magic at the Musicals	H	200	133	4.3	86	857	115
Magic Chilled	H	432	95	3.0	86	1293	82
Magic Soul	H	512	119	4.1	89	2121	108
Mellow Magic	H	499	89	3.8	69	1876	61
Planet Rock	Q	1039	83	10.2	110	10642	91
Scala Radio	H	188	71	9.0	103	1692	73
Total Global Radio (UK)	H	26229	104	9.4	102	245387	106
Capital Brand (UK) ⁶	H	8308	106	5.1	102	42467	108
Capital Chill	Q	190	*	5.2	*	979	*
Capital Dance	Q	995	110	4.8	107	4737	116
Capital Network (UK) ²	H	6243	101	4.7	100	29411	101
Capital Liverpool ¹⁰	H	167	114	5.5	134	916	154
Capital London ¹⁰	Q	1486	90	4.6	110	6834	99
Capital Mid Counties	Y	140	97	5.9	89	824	86

Source: "RAJAR/ipsos/RSMB."

[1-12] See note on back cover.

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Capital Mid Counties - North ¹⁰	Y	28	104	3.9	62	110	65
Capital Mid Counties - South ¹⁰	H	107	85	5.6	130	598	111
Capital Midlands	H	851	96	4.7	92	3967	88
Capital Birmingham ¹⁰	H	372	101	3.8	79	1427	81
Capital East Midlands ¹⁰	H	346	93	5.3	95	1829	88
Capital East Midlands - Derbyshire	H	69	113	5.2	91	358	102
Capital East Midlands - Leicestershire	H	132	96	5.9	97	785	93
Capital East Midlands - Nottinghamshire	H	153	88	4.8	94	734	82
Capital North East ¹⁰	H	384	108	5.5	100	2101	106
Capital North West	H	454	110	4.4	94	2009	104
Capital Lancashire ¹⁰	H	68	151	4.3	93	294	143
Capital Manchester ¹⁰	H	385	105	4.4	94	1715	99
Capital North West and Wales ¹⁰	H	124	124	5.7	93	709	117
Capital Scotland ⁴	H	387	102	3.1	84	1189	84
Capital South	H	146	84	4.7	107	682	90
Capital Brighton ¹⁰	Y	22	100	3.5	146	76	146
Capital South Coast ¹⁰	H	121	79	4.8	102	585	81
Capital South Wales ⁴	H	191	124	5.3	139	1012	174
Capital Yorkshire ¹⁰	H	768	92	6.1	100	4650	91

Source: "RAJAR/Ipsos/RSMB."

[1-12] See note on back cover.

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	Survey Period	Weekly Reach '000	Index Reach Q1 24 / Q1 23	Average Hours per listener	Index Avg Hours Q1 24 / Q1 23	Total Hours '000	Index Total Hours Q1 24 / Q1 23
Capital XTRA Brand UK ²	H	2055	122	3.7	103	7660	126
Capital XTRA (UK) ²	H	1692	117	3.5	103	5875	118
Capital XTRA (London)	Q	670	109	3.7	93	2446	100
Capital XTRA Reloaded	Q	603	152	3.5	146	2084	218
Classic FM	Q	4440	98	8.4	104	37234	102
Gold Network (UK) ²	H	1810	103	6.8	93	12352	97
Gold Cambridgeshire	H	29	63	6.1	57	178	36
Gold East Midlands	H	139	106	6.7	122	931	130
Gold London	Q	325	68	4.4	66	1416	44
Gold Manchester	H	133	123	6.6	72	880	89
Heart Brand (UK) ⁹	H	12393	110	6.5	100	80814	110
Heart 70s	Q	727	111	3.0	59	2190	66
Heart 80s	Q	1860	118	4.1	105	7686	127
Heart 90s	Q	1117	112	3.7	128	4159	144
Heart 00s	Q	994	149	3.7	93	3639	138
Heart Dance	Q	970	105	3.4	64	3345	69
Heart Network (UK) ²	H	9442	106	6.4	100	60217	106
Heart East	H	1178	100	8.5	109	9997	109
Heart Cambridgeshire ¹⁰	H	184	96	8.5	96	1561	92

Source: "RAJAR/Ipsos/RSMB."

[1-12] See note on back cover.

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	Survey Period	Weekly Reach '000	Index Reach Q1 24 / Q1 23	Average Hours per listener	Index Avg Hours Q1 24 / Q1 23	Total Hours '000	Index Total Hours Q1 24 / Q1 23
Heart East Anglia	H	334	108	8.6	104	2874	112
Heart East Anglia - Norfolk ¹⁰	H	212	100	8.2	94	1742	95
Heart East Anglia - Suffolk ¹⁰	H	122	123	9.3	124	1132	153
Heart Essex	H	183	92	10.1	122	1850	113
Heart Essex - Chelmsford & Southend ¹⁰	H	139	94	10.2	124	1418	116
Heart Essex - Colchester ¹⁰	Y	30	91	8.9	119	264	108
Heart Essex - Harlow ¹⁰	Y	13	118	11.1	185	140	209
Heart Four Counties	H	484	101	7.7	115	3713	115
Heart Four Counties - Bedfordshire ¹⁰	Y	79	92	4.8	73	378	66
Heart Four Counties - Beds/Bucks/Herts ¹⁰	H	124	95	7.9	107	973	101
Heart Four Counties - Milton Keynes ¹⁰	Y	58	123	5.8	118	338	146
Heart Four Counties - Northamptonshire ¹⁰	H	156	84	8.4	135	1319	116
Heart Hertfordshire ⁴	H	59	174	6.8	65	400	113
Heart London ¹⁰	Q	1906	103	5.3	104	10082	108
Heart North East ¹⁰	H	387	108	6.1	98	2355	107
Heart North Wales ⁴	H	132	174	7.2	104	958	184
Heart North West Group	H	871	112	6.7	96	5800	107
Heart North Lancs & Cumbria	Y	73	120	9.3	133	679	158
Heart North West ¹⁰	H	792	111	6.4	93	5033	102

Source: "RAJAR/Ipsos/RSMB."

[1-12] See note on back cover.

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	Survey Period	Weekly Reach '000	Index Reach Q1 24 / Q1 23	Average Hours per listener	Index Avg Hours Q1 24 / Q1 23	Total Hours '000	Index Total Hours Q1 24 / Q1 23
Heart Scotland	H	391	112	4.4	100	1705	112
Heart Scotland East ¹⁰	H	160	132	4.2	108	671	144
Heart Scotland West ¹⁰	H	231	101	4.5	98	1034	98
Heart South	H	1164	93	6.3	93	7340	86
Heart Kent ¹⁰	H	202	73	5.7	79	1157	58
Heart Solent	H	332	106	5.6	82	1867	88
Heart Solent - Dorset ¹⁰	H	106	95	6.4	93	682	89
Heart Solent - Hampshire ¹⁰	H	226	113	5.2	76	1186	87
Heart Sussex	H	279	88	7.8	126	2190	111
Heart Sussex - North ¹⁰	Y	32	114	6.4	107	205	121
Heart Sussex - South ¹⁰	H	243	84	8.2	134	1995	113
Heart Thames Valley	H	350	103	6.1	86	2126	88
Heart Thames Valley - Berks & N.Hants ¹⁰	H	193	97	5.9	82	1145	81
Heart Thames Valley - Oxfordshire ¹⁰	H	156	110	6.3	89	981	97
Heart South Wales ¹⁰	H	453	106	7.7	100	3512	107
Heart West	H	963	104	6.7	108	6408	111
Heart South West	H	356	100	7.3	114	2592	113
Heart South West - Cornwall ¹⁰	Y	108	107	6.3	100	677	107
Heart South West - Exeter ¹⁰	Y	71	115	5.5	106	389	120

Source: "RAJAR/ipsos/RSMB."

[1-12] See note on back cover.

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	Survey Period	Weekly Reach '000	Index Reach Q1 24 / Q1 23	Average Hours per listener	Index Avg Hours Q1 24 / Q1 23	Total Hours '000	Index Total Hours Q1 24 / Q1 23
Heart South West - North Devon ¹⁰	Y	47	109	10.1	101	469	108
Heart South West - Plymouth & South Hams ¹⁰	Y	83	90	6.6	103	546	93
Heart South West - Torbay ¹⁰	Y	54	104	9.3	158	499	163
Heart West Country	H	607	107	6.3	103	3815	109
Heart West Country - Bristol/Weston & Bath ¹⁰	H	236	114	6.9	111	1629	126
Heart West Country - Gloucestershire ¹⁰	Y	106	109	6.2	79	654	86
Heart West Country - Somerset ¹⁰	Y	99	89	7.1	104	704	94
Heart West Country - Wiltshire ¹⁰	Y	148	142	6.1	92	906	133
Heart West Midlands ¹⁰	H	678	109	6.8	105	4622	115
Heart Yorkshire ⁴	H	475	98	4.1	68	1968	67
LBC Brand (UK) ²	H	3260	94	9.3	99	30247	93
LBC (UK)	H	2547	94	10.8	100	27471	93
LBC London	Q	1287	89	10.6	86	13685	77
LBC News (UK)	H	990	91	2.8	100	2776	91
LBC News (London) ¹⁰	Q	422	80	4.3	108	1827	87
Smooth Brand (UK) ⁷	H	6528	111	6.5	97	42308	107
Smooth Chill	Q	402	80	4.7	72	1881	58
Smooth Country	Q	358	119	5.1	104	1821	124
Smooth Relax	Q	348	*	4.3	*	1490	*

Source: "RAJAR/ipsos/RSMB."

[1-12] See note on back cover.

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	Survey Period	Weekly Reach '000	Index Reach Q1 24 / Q1 23	Average Hours per listener	Index Avg Hours Q1 24 / Q1 23	Total Hours '000	Index Total Hours Q1 24 / Q1 23
Smooth Radio Network (UK) ²	H	5804	111	6.5	98	37747	109
Smooth Radio Devon	H	59	98	6.1	95	361	94
Smooth Radio East Anglia	H	76	106	6.1	63	463	66
Smooth Radio East Midlands ⁴	H	483	100	7.4	107	3576	108
Smooth Radio Essex	H	79	111	6.1	95	478	106
Smooth Radio Kent	H	81	83	6.4	121	518	100
Smooth Radio Lake District ¹⁰	Y	8	80	10.7	160	85	127
Smooth Radio London ¹⁰	Q	1049	125	4.9	98	5111	123
Smooth Radio North East ⁴	H	568	113	8.2	89	4669	101
Smooth Radio North West ⁴	H	1031	108	7.3	103	7475	109
Smooth Radio North West and Wales	H	102	124	9.5	144	971	178
Smooth Radio Scotland	H	337	95	7.7	118	2579	112
Smooth Radio Solent	H	98	95	7.6	158	746	151
Smooth Radio South Wales	H	92	121	4.6	88	425	107
Smooth Radio Sussex	H	67	106	3.9	78	263	83
Smooth Radio Thames Valley	H	69	147	6.4	142	444	209
Smooth Radio Three Counties	H	55	92	6.3	129	347	118
Smooth Radio West Country	H	167	176	4.9	60	823	105
Smooth Radio West Midlands	H	553	104	7.1	96	3908	99

Source: "RAJAR/Ipsos/RSMB."

[1-12] See note on back cover.

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	Survey Period	Weekly Reach '000	Index Reach Q1 24 / Q1 23	Average Hours per listener	Index Avg Hours Q1 24 / Q1 23	Total Hours '000	Index Total Hours Q1 24 / Q1 23
Radio X Brand (UK) ¹²	H	2217	*	8.5	*	18812	*
Radio X Classic Rock	Q	241	*	6.3	*	1525	*
Radio X Network (UK) ²	H	2069	103	8.5	104	17512	106
Radio X London	Q	467	95	7.9	111	3679	106
Radio X Manchester	H	205	86	9.1	154	1866	134
Total News Broadcasting	H	6614	98	6.8	106	45273	106
News Broadcasting National Network	H	6416	99	6.8	108	43326	105
News Broadcasting Speech Network	H	4710	100	6.8	108	31997	108
TalkRadio	H	757	90	6.6	97	5032	89
talkSPORT Network ²	H	3718	104	6.1	107	22539	111
talkSPORT	H	3390	103	6.2	107	21022	110
talkSPORT2	H	560	119	2.7	108	1517	128
Times Radio	H	503	91	8.8	140	4426	127
Virgin Radio Network	H	1921	92	5.9	105	11329	97
Virgin Radio	H	1503	99	6.1	100	9095	98
Virgin Radio 80s Plus	H	158	101	2.0	111	323	117
Virgin Radio Anthems	H	255	77	3.6	97	926	75
Virgin Radio Chilled	H	299	70	3.3	174	985	120
U105 (Greater Belfast)	H	190	86	9.4	136	1786	118

Source: "RAJAR/Ipsos/RSMB."

[1-12] See note on back cover.

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U105 (Outside Belfast)	Y	32	114	4.9	89	155	99
Sunrise Radio National	Y	329	101	4.7	104	1535	104
Sunrise Radio London	Y	134	79	4.0	87	529	69

[1-12] See note on back cover.

Source: "RAJAR/Ipsos/RSMB."

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	Survey Period	Weekly Reach '000	Index Reach Q1 24 / Q1 23	Average Hours per listener	Index Avg Hours Q1 24 / Q1 23	Total Hours '000	Index Total Hours Q1 24 / Q1 23
All Local Commercial Radio (ILR)	Q	27560	103	10.5	108	289082	112
Boom Radio	Q	602	95	11.8	122	7127	116
Central FM	Y	48	123	6.5	80	308	97
Communicorp UK	H	3401	108	6.4	96	21667	103
Capital Scotland	H	387	102	3.1	84	1189	84
Capital South Wales	H	191	124	5.3	139	1012	174
Heart Hertfordshire	H	59	174	6.8	65	400	113
Heart North Wales	H	132	174	7.2	104	958	184
Heart Yorkshire	H	475	98	4.1	68	1968	67
Smooth Radio East Midlands	H	483	100	7.4	107	3576	108
Smooth Radio North East	H	568	113	8.2	89	4669	101
Smooth Radio North West	H	1031	108	7.3	103	7475	109
XS Manchester	H	94	83	4.5	115	420	96
CountryLine Radio (was Chris Country Radio)	H	44	96	2.2	55	97	53
DCT (Total)	Y	149	89	8.1	116	1213	103
Kingdom FM	Y	52	91	4.5	59	233	54
Original 106 (Aberdeen)	Y	97	143	10.1	144	980	205
Total Dee Radio Group	Y	71	109	3.5	100	250	111
Cheshire's Silk 106.9	Y	7	58	3.6	120	25	69

Source: "RAJAR/Ipsos/RSMB."

[1-12] See note on back cover.

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	Survey Period	Weekly Reach '000	Index Reach Q1 24 / Q1 23	Average Hours per listener	Index Avg Hours Q1 24 / Q1 23	Total Hours '000	Index Total Hours Q1 24 / Q1 23
Chester's Dee 106.3 (Dee on DAB)	Y	12	71	7.3	126	86	84
Love 80s Liverpool	Y	15	150	5.0	152	76	230
Love 80s Manchester	Y	37	142	1.7	77	63	115
Total Radio Essex	H	86	82	8.5	121	735	99
Radio Essex	H	62	132	5.7	66	353	87
Radio Essex DAB	Y	51	74	7.5	142	386	105
3FM	Y	24	109	6.6	71	158	76
Fun Kids (London)	H	84	133	2.3	68	196	92
GB News Radio	Q	455	143	7.1	87	3207	122
IOW Radio	Y	40	114	8.2	103	333	119
KMFM Group	H	187	94	6.3	109	1178	102
KMFM East	H	89	99	6.7	114	593	112
KMFM West	H	98	89	6.0	103	585	92
Lyca Group	Y	156	*	7.0	*	1087	*
1458 Lyca Radio	Y	110	117	5.6	119	612	139
Lyca Gold (surveyed as 1035 Dilse Radio)	Y	68	117	7.0	137	475	161
Radio Mansfield 103.2	Y	31	115	7.6	90	238	105
Manx Radio	Y	26	87	10.6	95	280	82
Mi-Soul	H	234	113	4.2	145	976	161

Source: "RAJAR/Ipsos/RSMB."

[1-12] See note on back cover.

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	Survey Period	Weekly Reach '000	Index Reach Q1 24 / Q1 23	Average Hours per listener	Index Avg Hours Q1 24 / Q1 23	Total Hours '000	Index Total Hours Q1 24 / Q1 23
More Radio Total	H	66	103	8.1	83	534	85
More Radio East	Y	53	126	8.3	61	442	78
More Radio West	Y	10	100	11.4	134	115	129
Nation Broadcasting Group	H	859	117	5.4	98	4648	115
106.3 Bridge FM	Y	19	95	5.8	55	113	54
Dragon Radio Wales	Y	54	90	6.7	131	359	117
Easy Radio South	H	33	127	6.1	203	203	264
Nation Radio East Yorkshire	Y	47	87	8.2	80	383	69
Nation Radio Scotland Total	H	146	118	7.6	113	1101	132
Nation Radio Scotland (East)	H	21	105	1.2	133	25	139
Nation Radio Scotland (West)	H	125	120	8.6	110	1076	132
Nation Radio South	Y	99	66	5.1	85	506	56
Nation Radio Suffolk	Y	27	113	10.2	110	274	125
Nation Radio UK	H	189	114	1.1	85	214	102
Nation Radio Wales	H	202	125	5.6	82	1129	102
102.5 Radio Pembrokeshire	Y	23	121	5.0	55	112	66
Radio Carmarthenshire	Y	22	122	7.6	133	164	156
Sun FM Radio (will be Nation Radio North East)	Y	18	58	4.5	57	82	34
Swansea Bay Radio (was Easy Radio)	H	14	140	5.4	43	77	65

Source: "RAJAR/ipsos/RSMB."

[1-12] See note on back cover.

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	Survey Period	Weekly Reach '000	Index Reach Q1 24 / Q1 23	Average Hours per listener	Index Avg Hours Q1 24 / Q1 23	Total Hours '000	Index Total Hours Q1 24 / Q1 23
Panjab Radio	Y	80	77	8.0	94	640	72
Q Radio	H	370	171	6.7	118	2484	204
Radio Exe	Y	45	115	6.6	122	300	143
Star Radio Cambridge	Y	34	142	4.0	65	139	92
Time FM 107.5	Y	14	82	7.5	88	103	70
Tindle Radio Group	Y	75	97	8.6	83	651	82
Channel 103 FM	Y	49	96	8.8	84	436	81
Island FM 104.7	Y	26	100	8.2	84	215	85
The Voice	Y	14	108	11.6	125	158	135

[1-12] See note on back cover.

Source: "RAJAR/ipsos/RSMB."

QUARTERLY SUMMARY OF RADIO LISTENING



SURVEY PERIOD ENDING
31st Mar 2024

PART 6 - DEMOGRAPHIC ANALYSIS



Embargoed
until 00.01 am
16th May 2024

	Survey Period	Weekly Reach '000	Index Reach Q1 24 / Q1 23	Average Hours per listener	Index Avg Hours Q1 24 / Q1 23	Total Hours '000	Index Total Hours Q1 24 / Q1 23
ALL COMMERCIAL 15+	Q	39670	103	14.0	104	553961	107
Children 10-14	Q	2973	105	5.9	78	17526	81
15-24	Q	4992	102	8.5	97	42423	99
25-44	Q	13550	102	12.4	95	168673	98
45-64	Q	13223	102	16.8	108	222745	110
65+	Q	7906	106	15.2	113	120120	119
Main Shoppers	Q	34128	100	14.5	105	494861	105
Main Shoppers with children	Q	9836	100	14.3	104	140491	103
ABC1	Q	22053	103	12.1	101	267567	104
C2DE	Q	17617	102	16.3	107	286394	109
ALL BBC 15+	Q	31303	97	14.2	98	443699	95
Children 10-14	Q	1851	111	4.8	112	8925	126
15-24	Q	3007	98	6.1	100	18294	98
25-44	Q	8616	97	8.8	93	75484	89
45-64	Q	10650	96	15.9	98	169669	94
65+	Q	9030	99	20.0	100	180253	99
Main Shoppers	Q	27634	95	14.8	98	409198	93
Main Shoppers with children	Q	6443	96	10.6	96	68515	92
ABC1	Q	19386	97	14.2	99	275115	95
C2DE	Q	11917	98	14.1	96	168584	95

[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 Relax & 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	
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	1 st Jan 2024 - 31 st Mar 2024	36,310
H	18 th Sept 2023 - 31 st Mar 2024	71,756
Y	3 rd Apr 2023 - 31 st Mar 2024	139,829

UNIQUE SAMPLE		
Code	Fieldwork Dates	Unique Sample
Q	1 st Jan 2024 - 31 st Mar 2024	22,680

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 increase

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.