

UK and Ireland FM Transmitters

| MHz | Area | Station | Broadcaster | Format | kW | Transmitter Site | Grid |
|------|-------------------------------------|---------------------------|-----------------|----------------------------------|---------|---------------------------|------------|
| 87.6 | | | | | | | |
| 87.7 | Barnstaple | Acorn FM | Student RSL | New Music | 5.0E-05 | North Devon College | SS 551 323 |
| 87.7 | Lancaster | Bailrigg FM | Student RSL | New Music | 5.0E-05 | Lancaster University | SD 486 572 |
| 87.7 | Harlech, Gwynedd | Radio Branwen | Student RSL | New Music | 5.0E-05 | Coleg Harlech | SH 574 723 |
| 87.7 | Dundee | Bridge FM | Hospital RSL | Mixed Music | 5.0E-05 | Liff Hospital | NO 378 304 |
| 87.7 | Dundee | Bridge FM | Hospital RSL | Mixed Music | 5.0E-05 | Nine Wells Hospital | NO 390 303 |
| 87.7 | Dundee | Bridge FM | Hospital RSL | Mixed Music | 5.0E-05 | Royal Victoria Hospital | |
| 87.7 | Monifieth, Tayside | Bridge FM | Hospital RSL | Mixed Music | 5.0E-05 | Ashludie Hospital | |
| 87.7 | Newton Abbott, Devon | Radio Coombeshead | Student RSL | Pop | 5.0E-05 | Coombeshead College | SX 853 718 |
| 87.7 | Carmarthen | Hospital Radio Glangwili | Hospital RSL | Mixed Music | 5.0E-05 | Carmarthen Hospital | SN 427 214 |
| 87.7 | Barrow | Radio Lonsdale | Hospital RSL | Mixed Music | 5.0E-05 | Furness General Hosp | |
| 87.7 | Cockermouth, Cumbria | The Mouth | Student RSL | Pop | 5.0E-05 | Cockermouth School | NY 130 311 |
| 87.7 | Plymouth | Hospital Radio Plymouth | Hospital RSL | Mixed Music | 5.0E-05 | Derriford Hospital | SX 499 595 |
| 87.7 | Brechin, Tayside | RNA FM | Hospital RSL | Mixed Music | 5.0E-05 | Brechin Infirmary | |
| 87.7 | Brechin, Tayside | RNA FM | Hospital RSL | Mixed Music | 5.0E-05 | Strathcaro Hospital | |
| 87.7 | Montrose, Tayside | RNA FM | Hospital RSL | Mixed Music | 5.0E-05 | Montrose Royal Infirmary | NO 711 574 |
| 87.7 | Forfar, Tayside | RNA FM | Hospital RSL | Mixed Music | 5.0E-05 | Whitehills Hospital | |
| 87.7 | Tregony, Cornwall | Radio Roseland | Student RSL | Pop | 5.0E-05 | Roseland Comm. College | SW 934 454 |
| 87.7 | Brae, Shetland | 60 North FM | Tourist RSL | Mixed Format | .001 | Brae Marina | HU 351 678 |
| 87.7 | Bressay & Noss Nature Rsv, Shetland | 60 North FM | Tourist RSL | Mixed Format | .001 | Bressay & Noss Nature Rsv | HU 489 376 |
| 87.7 | Esha Ness, Shetland | 60 North FM | Tourist RSL | Mixed Format | .001 | Esha Ness | HU 206 785 |
| 87.7 | Haroldswick, Shetland | 60 North FM | Tourist RSL | Mixed Format | .001 | Haroldswick | HP 643 134 |
| 87.7 | Sumburgh Head, Shetland | 60 North FM | Tourist RSL | Mixed Format | .001 | Sumburgh Head | HU 407 079 |
| 87.7 | Walls Marina, Shetland | 60 North FM | Tourist RSL | Mixed Format | .001 | Walls Marina | HU 243 492 |
| 87.7 | Bangor, Gwynedd | Storm FM | Student RSL | New Music | 5.0E-05 | University of Wales | SH 579 721 |
| 87.7 | Ayr | UCA Radio | Student RSL | New Music | 5.0E-05 | University of Paisley | NS 352 215 |
| 87.7 | Haverfordwest | Hospital Radio Witybush | Hospital RSL | Mixed Music | 5.0E-05 | Witybush Hospital | SM 957 162 |
| 87.7 | Exeter | Xpression | Student RSL | New Music | 5.0E-05 | Exeter University | SX 922 940 |
| 87.8 | NE Ireland, SE Northern Ireland | Radio 1 | RTE | Talk, Soft, Easy, Irish &Country | 40.000 | Clermont Carn | |
| 87.8 | Letterfrach, Galway | Connemara Community Radio | Irish Community | Mixed Format | .500 | Letterfrach | |
| 87.8 | Aberystwyth | Radio Bronglais | Hospital RSL | Mixed Music | 5.0E-05 | Bronglais Hospital | SN 592 818 |
| 87.9 | North Innishowen | Highland Radio | Communicorp | Adult, Irish & Country, Talk | .500 | Malin | |
| 87.9 | Zeeland, Netherlands (4) | Omroep Zeeland | NOS | Dutch | 15.000 | Goes, Netherlands | |
| 88.0 | East Clwyd | Real Radio (Wales) | GMG | Adult, Talk | 1.400 | Wrexham | SJ 301 537 |
| 88.0 | Calais, France (6) | TSF Radio Calais | France | French | | Calais, France | |
| 88.1 | N Cumbria & S W Scotland | Radio 2 | BBC | Adult, Oldies, Easy | 250.000 | Sandale | NY 266 398 |
| 88.1 | Devon and East Cornwall | Radio 2 | BBC | Adult, Oldies, Easy | 160.000 | North Hessary Tor | SX 578 742 |
| 88.1 | North East Essex & South Suffolk | Radio 2 | BBC | Adult, Oldies, Easy | 5.000 | Manningtree | TM 123 295 |
| 88.1 | North Uist | Radio 2 | BBC | Adult, Oldies, Easy | 2.000 | Cletraval | NF 751 716 |
| 88.1 | West Surrey and NE Hampshire | Radio 2 | BBC | Adult, Oldies, Easy | 3.000 | Guildford | SU 975 486 |
| 88.1 | North Islay | Radio 2 | BBC | Adult, Oldies, Easy | .080 | Bowmore | NR 318 590 |
| 88.1 | Deiniolen & Llanberis, Gwynd | Radio 2 | BBC | Adult, Oldies, Easy | .050 | Deiniolen | SH 576 621 |
| 88.1 | Grantham, Lincolnshire | Radio 2 | BBC | Adult, Oldies, Easy | .050 | Grantham | SK 905 337 |
| 88.1 | Ballachulish, Highland | Radio 2 | BBC | Adult, Oldies, Easy | .025 | Ballachulish | NN 059 593 |
| 88.1 | Cirencester | Radio 2 | BBC | Adult, Oldies, Easy | .010 | Cirencester Town | SP 023 021 |
| 88.1 | Hay on Wye area | Radio 2 | BBC | Adult, Oldies, Easy | .010 | Clyro | SO 204 432 |
| 88.1 | Portree, Skye | Radio 2 | BBC | Adult, Oldies, Easy | .010 | Penifiler | NG 489 417 |
| 88.1 | Ffestiniog area, Gwynedd | Radio 2 | BBC | Adult, Oldies, Easy | .049 | Ffestiniog | SH 709 392 |
| 88.1 | Mallaig, Highland | Radio 2 | BBC | Adult, Oldies, Easy | .014 | Mallaig | NM 676 965 |
| 88.1 | Llanidloes, Powys | Radio 2 | BBC | Adult, Oldies, Easy | .005 | Llanidloes | SN 948 844 |
| 88.2 | North West Grampian | Radio 2 | BBC | Adult, Oldies, Easy | .500 | Knock More | NJ 321 497 |
| 88.2 | Bexhill, East Sussex | Radio 2 | BBC | Adult, Oldies, Easy | .100 | Bexhill | TQ 744 080 |
| 88.2 | Nailsworth & Stroud, Gloucs | Radio 2 | BBC | Adult, Oldies, Easy | .100 | Nailsworth | ST 849 990 |
| 88.2 | Newbury & West Berkshire | Radio 2 | BBC | Adult, Oldies, Easy | .100 | Newbury | SU 494 687 |
| 88.2 | Calne, Wiltshire | Radio 2 | BBC | Adult, Oldies, Easy | .032 | Calne | ST 997 699 |
| 88.2 | Vale of Neath, West Glam | Radio 2 | BBC | Adult, Oldies, Easy | .010 | Rheola | SN 841 061 |
| 88.2 | Betws-y-Coed & Llanrwst | Radio 2 | BBC | Adult, Oldies, Easy | .010 | Betws-y-Coed | SH 825 582 |
| 88.2 | North West Ireland | Radio 1 | RTE | Talk, Soft, Easy, Irish &Country | 120.000 | Truskmore | |
| 88.2 | South East County Cork | Radio 1 | RTE | Talk, Soft, Easy, Irish &Country | 3.000 | Crosshaven | |
| 88.3 | Midlands | Radio 2 | BBC | Adult, Oldies, Easy | 250.000 | Sutton Coldfield | SK 113 003 |
| 88.3 | Shetland Islands | Radio 2 | BBC | Adult, Oldies, Easy | 43.000 | Bressay | HU 503 387 |
| 88.3 | East Tayside and North Fife | Radio 2 | BBC | Adult, Oldies, Easy | 17.000 | Forfar | NO 482 409 |
| 88.3 | Barmouth area, Gwynedd | Radio 2 | BBC | Adult, Oldies, Easy | .200 | Llwyn Onn | SH 625 175 |
| 88.3 | Ness of Lewis | Radio 2 | BBC | Adult, Oldies, Easy | .200 | Ness of Lewis | NB 533 603 |
| 88.3 | Patna & Dalmellington, Ayrshire | Radio 2 | BBC | Adult, Oldies, Easy | .200 | Lethanhill | NS 438 105 |
| 88.3 | Ullapool, Highland | Radio 2 | BBC | Adult, Oldies, Easy | .050 | Ullapool | NH 142 935 |
| 88.3 | Trowbridge area, Wiltshire | Radio 2 | BBC | Adult, Oldies, Easy | .050 | Westwood | ST 817 598 |
| 88.3 | Windermere & Ambleside, Cmb | Radio 2 | BBC | Adult, Oldies, Easy | .064 | Windermere | SD 383 980 |
| 88.3 | Dumbarton & Alexandria | Radio 2 | BBC | Adult, Oldies, Easy | .050 | Millburn Muir | NS 378 796 |
| 88.3 | Warrenpoint, Northern Ireland | Radio 2 | BBC | Adult, Oldies, Easy | .032 | Rostrevor Forest | IJ 189 176 |
| 88.3 | Wensleydale, North Yorks | Radio 2 | BBC | Adult, Oldies, Easy | .027 | Wensleydale | SD 992 907 |
| 88.3 | NE Donegal & North N Ireland | Radio 1 | RTE | Talk, Soft, Easy, Irish &Country | 10.000 | Moville | |
| 88.3 | SE Tipperary & N Waterford | Radio 1 | RTE | Talk, Soft, Easy, Irish &Country | 1.000 | Clonmel | |
| 88.3 | South West County Cork | Radio 1 | RTE | Talk, Soft, Easy, Irish &Country | 1.000 | Castletownbere | |
| 88.3 | Waterford City | Radio 1 | RTE | Talk, Soft, Easy, Irish &Country | .200 | Gallows Hill | |

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|------|--------------------------------|-----------------|--------------|----------------------------------|---------|-------------------------|------------|
| 88.4 | Isle of Man | Radio 2 | BBC | Adult, Oldies, Easy | 11.000 | Douglas | SC 373 746 |
| 88.4 | Carmarthenshire | Radio 2 | BBC | Adult, Oldies, Easy | 3.000 | Carmel | SN 576 153 |
| 88.4 | Campbelltown, Strathclyde | Radio 2 | BBC | Adult, Oldies, Easy | .400 | Campbelltown | NR 707 172 |
| 88.4 | Folkestone area | Radio 2 | BBC | Adult, Oldies, Easy | .100 | Folkestone | TR 229 382 |
| 88.4 | Colwyn Bay area, Clwyd | Radio 2 | BBC | Adult, Oldies, Easy | .100 | Penmaen Rhos | SH 877 779 |
| 88.4 | Otley & Ilkley area, W Yorks | Radio 2 | BBC | Adult, Oldies, Easy | .064 | Wharfedale | SE 198 485 |
| 88.4 | Hebden Bridge, West Yorks | Radio 2 | BBC | Adult, Oldies, Easy | .025 | Hebden Bridge | SD 988 267 |
| 88.4 | Purley & Coulsdon, London | Radio 2 | BBC | Adult, Oldies, Easy | .025 | Kenley | TQ 329 592 |
| 88.4 | Ebbw Vale & Tredegar, Gwent | Radio 2 | BBC | Adult, Oldies, Easy | .030 | Ebbw Vale | SO 159 088 |
| 88.4 | Peebles, Border Region | Radio 2 | BBC | Adult, Oldies, Easy | .020 | Peebles | NT 228 416 |
| 88.4 | Porth area, Mid Glamorgan | Radio 2 | BBC | Adult, Oldies, Easy | .010 | Porth | ST 029 919 |
| 88.4 | Walsden, West Yorkshire | Radio 2 | BBC | Adult, Oldies, Easy | .010 | Walsden South | SD 937 215 |
| 88.4 | Manchester | Gaydio | Community | Gay | .035 | Portland Tower | SJ 842 979 |
| 88.4 | Mid Kerry | Radio 1 | RTE | Talk, Soft, Easy, Irish &Country | 1.000 | Knockmoyle | |
| 88.4 | Casla, Galway | Radio 1 | RTE | Talk, Soft, Easy, Irish &Country | 4.000 | Casla | |
| 88.4 | South West Netherlands (4) | Slam FM | Netherlands | Dutch Dance | 30.000 | Roosendaal, Netherlands | |
| 88.5 | Central Southern England | Radio 2 | BBC | Adult, Oldies, Easy | 250.000 | Rowridge | SZ 447 865 |
| 88.5 | North East England | Radio 2 | BBC | Adult, Oldies, Easy | 134.000 | Pontop Pike | NZ 147 527 |
| 88.5 | Skye, Harris, East N & S Uist | Radio 2 | BBC | Adult, Oldies, Easy | 30.000 | Skraig | NG 451 408 |
| 88.5 | North Devon | Radio 2 | BBC | Adult, Oldies, Easy | 1.000 | Barnstaple | SS 502 289 |
| 88.5 | Largs, Rothesay, Clyde Mouth | Radio 2 | BBC | Adult, Oldies, Easy | .570 | Rothesay | NS 125 691 |
| 88.5 | Plymouth | Radio 2 | BBC | Adult, Oldies, Easy | .040 | Plympton | SX 531 555 |
| 88.5 | Bradford | Radio 2 | BBC | Adult, Oldies, Easy | .025 | Idle | SE 163 374 |
| 88.5 | Blaenavon & Abersychan | Radio 2 | BBC | Adult, Oldies, Easy | .010 | Blaenavon | SO 277 063 |
| 88.5 | Cwmaman, West Glamorgan | Radio 2 | BBC | Adult, Oldies, Easy | .010 | Cwmaman | SS 798 936 |
| 88.5 | County Dublin | Radio 1 | RTE | Talk, Soft, Easy, Irish &Country | 10.000 | Three Rock | |
| 88.5 | West County Waterford | Radio 1 | RTE | Talk, Soft, Easy, Irish &Country | 3.000 | Dungarvan | |
| 88.6 | Milton Keynes and West Beds | Radio 2 | BBC | Adult, Oldies, Easy | 10.000 | Bow Brickhill | SP 914 342 |
| 88.6 | Herefordshire & NE Gloucs | Radio 2 | BBC | Adult, Oldies, Easy | 10.000 | Ridge Hill | SO 630 333 |
| 88.6 | West, South & Central Lancs | Radio 2 | BBC | Adult, Oldies, Easy | 4.000 | Winter Hill | SD 660 144 |
| 88.6 | Fort Augustus area, Highland | Radio 2 | BBC | Adult, Oldies, Easy | 1.000 | Fort Augustus | NH 361 049 |
| 88.6 | Penicuik, Lothian | Radio 2 | BBC | Adult, Oldies, Easy | .200 | Penicuik | NT 229 597 |
| 88.6 | Berwick- upon- Tweed | Radio 2 | BBC | Adult, Oldies, Easy | .050 | Berwick- upon- Tweed | NT 980 547 |
| 88.6 | Llangeinor, Pontycymer, M Gm | Radio 2 | BBC | Adult, Oldies, Easy | .010 | Llangeinor | SS 905 886 |
| 88.6 | Sheffield | Radio Sheffield | BBC | Mixed Format | .160 | Tapton Hill, Sheffield | SK 324 870 |
| 88.7 | Ceredigion & SW Gwynedd | Radio 2 | BBC | Adult, Oldies, Easy | 250.000 | Blaenplwyf | SN 569 756 |
| 88.7 | Grampian Region | Radio 2 | BBC | Adult, Oldies, Easy | 150.000 | Meldrum | NJ 760 329 |
| 88.7 | Derry area | Radio 2 | BBC | Adult, Oldies, Easy | 31.000 | Londonderry | IC 404 176 |
| 88.7 | South East Northern Ireland | Radio 2 | BBC | Adult, Oldies, Easy | 2.000 | Camlough | IJ 055 246 |
| 88.7 | Torbay | Radio 2 | BBC | Adult, Oldies, Easy | 1.000 | Beacon Hill | SX 857 620 |
| 88.7 | South West Central Region | Radio 2 | BBC | Adult, Oldies, Easy | 1.000 | Ben Gullipen | NN 598 045 |
| 88.7 | West Halifax | Radio 2 | BBC | Adult, Oldies, Easy | .084 | Luddenden | SE 048 248 |
| 88.7 | Okehampton, Devon | Radio 2 | BBC | Adult, Oldies, Easy | .070 | Okehampton | SX 586 967 |
| 88.7 | Abergavenny & Usk Valley | Radio 2 | BBC | Adult, Oldies, Easy | .040 | Abergavenny | SO 244 126 |
| 88.7 | Kirkconnel & Sanquhar, D & G | Radio 2 | BBC | Adult, Oldies, Easy | .040 | Kirkconnel | NS 746 150 |
| 88.7 | Wigtown Bay area, D & G | Radio 2 | BBC | Adult, Oldies, Easy | .064 | Cambret Hill | NX 524 578 |
| 88.7 | Corran and Onich, Highland | Radio 2 | BBC | Adult, Oldies, Easy | .050 | Ardgour | NM 989 626 |
| 88.7 | Dunquin, Kerry | Radio 1 | RTE | Talk, Soft, Easy, Irish &Country | .100 | Maamclassach | |
| 88.7 | Bantry, SW County Cork | Radio 1 | RTE | Talk, Soft, Easy, Irish &Country | 2.000 | Bantry | |
| 88.7 | Nord Pas de Calais, France (1) | France Musique | Radio France | French Classical | 400.000 | Lille, France | |
| 88.8 | Lincolnshire & E Humberside | Radio 2 | BBC | Adult, Oldies, Easy | 16.000 | Belmont | TF 217 837 |
| 88.8 | London area | Radio 2 | BBC | Adult, Oldies, Easy | 4.000 | Crystal Palace | TQ 339 712 |
| 88.8 | Bodmin area, Cornwall | Radio 2 | BBC | Adult, Oldies, Easy | .200 | Penaligon Downs | SX 026 683 |
| 88.8 | Ballycastle, Northern Ireland | Radio 2 | BBC | Adult, Oldies, Easy | .100 | Ballycastle | ID 077 423 |
| 88.8 | Isles of Scilly | Radio 2 | BBC | Adult, Oldies, Easy | .060 | Isles of Scilly | SV 911 124 |
| 88.8 | Newtownabbey, N Ireland | Radio 2 | BBC | Adult, Oldies, Easy | .020 | Carmoney Hill | IJ 336 829 |
| 88.8 | Chippenham, Wiltshire | Radio 2 | BBC | Adult, Oldies, Easy | .010 | Chippenham | ST 914 751 |
| 88.8 | Strachur & Inveraray, Strathcl | Radio 2 | BBC | Adult, Oldies, Easy | .018 | Strachur | NN 094 027 |
| 88.8 | Rhondda Valley, Mid Glam | Radio 2 | BBC | Adult, Oldies, Easy | .006 | Ton Pentre | SS 960 955 |
| 88.8 | Jersey | Radio Jersey | BBC | Mixed Format | 3.800 | Les Platons | |
| 88.8 | West Ireland | Radio 1 | RTE | Talk, Soft, Easy, Irish &Country | 160.000 | Maghera | |
| 88.8 | Falcarragh, Donegal | Radio 1 | RTE | Talk, Soft, Easy, Irish &Country | .300 | Magherdorty | |
| 88.9 | Clwyd, Merseyside, W Cheshire | Radio 2 | BBC | Adult, Oldies, Easy | 16.000 | Llangollen | SJ 209 488 |
| 88.9 | Oban area, Highland | Radio 2 | BBC | Adult, Oldies, Easy | 3.600 | Oban | NM 850 290 |
| 88.9 | Keighley area, West Yorks | Radio 2 | BBC | Adult, Oldies, Easy | 1.000 | Keighley | SE 069 444 |
| 88.9 | Cambridge area | Radio 2 | BBC | Adult, Oldies, Easy | .260 | Madingley, Cambridge | TL 392 594 |
| 88.9 | West Berkshire & East Wilts | Radio 2 | BBC | Adult, Oldies, Easy | .125 | Membury | SU 307 763 |
| 88.9 | Girvan, Ayrshire | Radio 2 | BBC | Adult, Oldies, Easy | .100 | Girvan | NX 211 981 |
| 88.9 | Todmorden, West Yorks | Radio 2 | BBC | Adult, Oldies, Easy | .100 | Todmorden | SD 957 241 |
| 88.9 | Northampton | Radio 2 | BBC | Adult, Oldies, Easy | .124 | Northampton | SP 760 647 |
| 88.9 | Chard, Somerset | Radio 2 | BBC | Adult, Oldies, Easy | .033 | Chard | ST 358 086 |
| 88.9 | Swansea Valley, W Glam | Radio 2 | BBC | Adult, Oldies, Easy | .048 | Varteg Hill | SN 776 077 |
| 88.9 | Carmarthen, Dyfed | Radio 2 | BBC | Adult, Oldies, Easy | .007 | Carmarthen | SN 412 213 |
| 88.9 | Brecon, Powys | Radio 2 | BBC | Adult, Oldies, Easy | .010 | Brecon | SO 030 299 |
| 88.9 | County Monaghan | Radio 1 | RTE | Talk, Soft, Easy, Irish &Country | 3.000 | Monaghan | |
| 88.9 | North Innishowen | Radio 1 | RTE | Talk, Soft, Easy, Irish &Country | 1.000 | Malin | |
| 88.9 | Boulogne, France (5) | Fun Radio | France | French Pop | 1.000 | Boulogne, France | |

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|------|---------------------------------|----------------------|----------------|----------------------------------|---------|----------------------|------------|
| 89.0 | Cleveland, S Durham, N Yorks | Radio 2 | BBC | Adult, Oldies, Easy | 5.000 | Bilsdale West Moor | SE 553 962 |
| 89.0 | Perth area | Radio 2 | BBC | Adult, Oldies, Easy | .964 | Kirkton Mailer | NO 102 210 |
| 89.0 | Chesterfield | Radio 2 | BBC | Adult, Oldies, Easy | .400 | Chesterfield | SK 383 764 |
| 89.0 | Swindon area | Radio 2 | BBC | Adult, Oldies, Easy | .200 | Blunsdon | SU 143 900 |
| 89.0 | South Islay | Radio 2 | BBC | Adult, Oldies, Easy | .065 | Port Ellen | NR 338 452 |
| 89.0 | Kendal, Cumbria | Radio 2 | BBC | Adult, Oldies, Easy | .100 | Kendal | SD 540 912 |
| 89.0 | Bath | Radio 2 | BBC | Adult, Oldies, Easy | .082 | Bath | ST 769 654 |
| 89.0 | Gloucester & Cheltenham | Radio 2 | BBC | Adult, Oldies, Easy | .072 | Churchdown Hill | SO 880 188 |
| 89.0 | Exeter | Radio 2 | BBC | Adult, Oldies, Easy | .055 | St Thomas | SX 898 922 |
| 89.0 | Abertillery, Gwent | Radio 2 | BBC | Adult, Oldies, Easy | .010 | Abertillery | SO 018 635 |
| 89.0 | Croeserw, West Glamorgan | Radio 2 | BBC | Adult, Oldies, Easy | .010 | Croeserw | SS 858 952 |
| 89.0 | Minehead, Somerset | Radio 2 | BBC | Adult, Oldies, Easy | .010 | Minehead | SS 966 452 |
| 89.0 | Central Isle of Man | Manx Radio FM | Independent | Mixed Format | 4.000 | Snaefell | SC 397 881 |
| 89.0 | Mid Tipperary | Radio 1 | RTE | Talk, Soft, Easy, Irish &Country | 3.000 | Suir Valley | |
| 89.0 | Kinsale, Cork | Radio 1 | RTE | Talk, Soft, Easy, Irish &Country | .010 | Kinsale | |
| 89.1 | London & South East England | Radio 2 | BBC | Adult, Oldies, Easy | 250.000 | Wrotham | TQ 595 604 |
| 89.1 | Border Region | Radio 2 | BBC | Adult, Oldies, Easy | 50.000 | Ashkirk | NT 470 244 |
| 89.1 | E Lewis, N Skye & W Highland | Radio 2 | BBC | Adult, Oldies, Easy | 50.000 | Melvaig | NG 757 900 |
| 89.1 | Central Powys | Radio 2 | BBC | Adult, Oldies, Easy | 2.800 | Llandrindod Wells | SO 148 635 |
| 89.1 | West Dorset | Radio 2 | BBC | Adult, Oldies, Easy | .200 | Bridport | SY 453 915 |
| 89.1 | Frome, Somerset | Radio 2 | BBC | Adult, Oldies, Easy | .060 | Egford Hill | ST 764 481 |
| 89.1 | Conwy & Llandudno, Gwynd | Radio 2 | BBC | Adult, Oldies, Easy | .050 | Conwy | SH 781 765 |
| 89.1 | West Kilbride area, Strathclyde | Radio 2 | BBC | Adult, Oldies, Easy | .050 | West Kilbride | NS 215 483 |
| 89.1 | Larne, Northern Ireland | Radio 2 | BBC | Adult, Oldies, Easy | .032 | Larne | ID 395 037 |
| 89.1 | Llanfyllin, Powys | Radio 2 | BBC | Adult, Oldies, Easy | .014 | Llanfyllin | SJ 151 181 |
| 89.1 | Combe Martin, Devon | Radio 2 | BBC | Adult, Oldies, Easy | .004 | Combe Martin | SS 582 462 |
| 89.1 | Kingussie, Highland | Radio 2 | BBC | Adult, Oldies, Easy | .035 | Kingussie | NN 769 985 |
| 89.1 | North Central Birmingham | Big City Radio | Community | Mixed Format | .020 | Barry Jackson Tower | SP 076 892 |
| 89.1 | East Ireland | Radio 1 | RTE | Talk, Soft, Easy, Irish &Country | 40.000 | Kippure | |
| 89.1 | Dingle Peninsula, County Kerry | Radio 1 | RTE | Talk, Soft, Easy, Irish &Country | .020 | Ballydavid | |
| 89.2 | Chalford & Stroud, Gloucs | Radio 2 | BBC | Adult, Oldies, Easy | .100 | Chalford | SO 883 017 |
| 89.2 | Pontypool & Cwmbran, Gwent | Radio 2 | BBC | Adult, Oldies, Easy | .050 | Pontypool | ST 284 990 |
| 89.2 | Aberdare area, Mid Glam. | Radio 2 | BBC | Adult, Oldies, Easy | .042 | Aberdare | SO 034 013 |
| 89.2 | Greenock & Firth of Clyde | Radio 2 | BBC | Adult, Oldies, Easy | .032 | Rosneath | NS 258 811 |
| 89.2 | Ogmore Vale, Mid Glamorgan | Radio 2 | BBC | Adult, Oldies, Easy | .010 | Ogmore Vale | SS 929 894 |
| 89.2 | Pitlochry & Aberfeldy, Tayside | Radio 2 | BBC | Adult, Oldies, Easy | .200 | Pitlochry | NN 923 565 |
| 89.2 | Cork City and East County Cork | Radio 1 | RTE | Talk, Soft, Easy, Irish &Country | 10.000 | Spur Hill | |
| 89.2 | East Donegal | Radio 1 | RTE | Talk, Soft, Easy, Irish &Country | 2.000 | Holywell Hill | |
| 89.2 | North Kerry | Radio 1 | RTE | Talk, Soft, Easy, Irish &Country | 2.000 | Knockanure Ballybun | |
| 89.3 | North West and Yorkshire | Radio 2 | BBC | Adult, Oldies, Easy | 250.000 | Holme Moss | SE 095 041 |
| 89.3 | Orkney Islands | Radio 2 | BBC | Adult, Oldies, Easy | 41.000 | Keelylang Hill | HY 378 102 |
| 89.3 | Pembrokeshire | Radio 2 | BBC | Adult, Oldies, Easy | 20.000 | Haverfordwest | SN 028 261 |
| 89.3 | South Uist | Radio 2 | BBC | Adult, Oldies, Easy | 1.000 | Daliburgh | NF 736 216 |
| 89.3 | Bristol | Radio 2 | BBC | Adult, Oldies, Easy | 1.300 | Ilchester Crescent | ST 577 700 |
| 89.3 | Crieff area, Tayside | Radio 2 | BBC | Adult, Oldies, Easy | .125 | Crieff | NN 814 200 |
| 89.3 | Rhymney area, Mid Glam | Radio 2 | BBC | Adult, Oldies, Easy | .020 | Rhymney | SO 127 042 |
| 89.3 | Fort William area, Highland | Radio 2 | BBC | Adult, Oldies, Easy | 1.500 | Fort William | NN 117 772 |
| 89.3 | S Kapdale, E Islay, Jura | Radio 2 | BBC | Adult, Oldies, Easy | 1.100 | South Knapdale | NR 837 748 |
| 89.3 | Central Mayo | Radio 1 | RTE | Talk, Soft, Easy, Irish &Country | 3.000 | Castlebar | |
| 89.3 | Athlone | Radio 1 | RTE | Talk, Soft, Easy, Irish &Country | .100 | Athlone | |
| 89.3 | Dunkerque, France (6) | France Musique | Radio France | French Classical | | Dunkerque, France | |
| 89.4 | Fermanagh and South Tyrone | Radio 2 | BBC | Adult, Oldies, Easy | 9.800 | Brougher Mountain | IH 350 527 |
| 89.4 | South East Grampian Region | Radio 2 | BBC | Adult, Oldies, Easy | 2.100 | Durris | NO 763 897 |
| 89.4 | Porthmadog area, Gwynedd | Radio 2 | BBC | Adult, Oldies, Easy | .100 | Llandecwyn | SH 644 371 |
| 89.4 | Hexham & Tyne Valley, Nthmb | Radio 2 | BBC | Adult, Oldies, Easy | .100 | Newton | NZ 036 653 |
| 89.4 | Teignmouth area, Devon | Radio 2 | BBC | Adult, Oldies, Easy | .100 | Holcombe Down | SX 934 752 |
| 89.4 | Weston-super-mare, Avon | Radio 2 | BBC | Adult, Oldies, Easy | .040 | Hutton | ST 361 588 |
| 89.4 | Machynlleth, Dyfed | Radio 2 | BBC | Adult, Oldies, Easy | .060 | Machynlleth | SH 723 003 |
| 89.4 | Kilkeel, Northern Ireland | Radio 2 | BBC | Adult, Oldies, Easy | .025 | Kilkeel | IJ 281 180 |
| 89.4 | Ventnor, Isle of Wight | Radio 2 | BBC | Adult, Oldies, Easy | .020 | Ventnor | SZ 567 783 |
| 89.4 | Teignmouth area, Devon | Radio 2 | BBC | Adult, Oldies, Easy | .100 | Holcombe Down | SX 934 752 |
| 89.4 | Limerick city | Radio 1 | RTE | Talk, Soft, Easy, Irish &Country | 2.500 | Woodcock H, Limerick | |
| 89.4 | Fermoy & Mitchelstown, Cork | Radio 1 | RTE | Talk, Soft, Easy, Irish &Country | .100 | Fermoy | |
| 89.4 | Boulogne and Calais, France (5) | France Musique | Radio France | French Classical | 1.000 | Boulogne, France | |
| 89.4 | West Bretagne, France (3) | France Musique | Radio France | French Classical | 170.000 | Brest, France | |
| 89.5 | Oxon, Bucks, Berks, S Midlands | Radio 2 | BBC | Adult, Oldies, Easy | 46.000 | Oxford | SP 567 105 |
| 89.5 | Ayrshire | Radio 2 | BBC | Adult, Oldies, Easy | 10.000 | Darvel | NS 557 341 |
| 89.5 | Tobermoray area, Highland | Radio 2 | BBC | Adult, Oldies, Easy | 5.000 | Glengorm | NM 265 565 |
| 89.5 | Swansea area | Radio 2 | BBC | Adult, Oldies, Easy | .926 | Kilvey Hill | SS 672 940 |
| 89.5 | South Devon | Radio 2 | BBC | Adult, Oldies, Easy | .250 | Salcombe | SX 753 398 |
| 89.5 | Axminster & Seaton, Devon | Radio 2 | BBC | Adult, Oldies, Easy | .080 | Axe Valley | SY 283 945 |
| 89.5 | Innerleithen, Border | Radio 2 | BBC | Adult, Oldies, Easy | .020 | Innerleithen | NT 325 368 |
| 89.5 | Darwen, Lancashire | Radio 2 | BBC | Adult, Oldies, Easy | .010 | Darwen | SD 708 223 |
| 89.5 | Newbridge area, Gwent | Radio 2 | BBC | Adult, Oldies, Easy | .005 | Pennar | ST 209 958 |
| 89.5 | Ramsay, Isle of Man | Manx Radio FM | Independent | Mixed Format | .050 | Ramsay | SC 449 945 |
| 89.5 | West County Galway | Radio 1 | RTE | Talk, Soft, Easy, Irish &Country | 3.000 | Clifden | |
| 89.5 | West Kerry | Radio 1 | RTE | Talk, Soft, Easy, Irish &Country | 2.000 | Cahirciveen | |
| 89.5 | North East Wicklow | Radio 1 | RTE | Talk, Soft, Easy, Irish &Country | 1.000 | Greystones | |
| 89.5 | Mater Hospital area, Dublin | Mater Hospital Radio | Irish Hospital | Mixed Format | | Mater Hospital | |

UK and Ireland FM Transmitters

| MHz | Area | Station | Broadcaster | Format | kW | Transmitter Site | Grid |
|------|---------------------------------|--------------------------|--------------|----------------------------------|---------|--------------------------|------------|
| 89.6 | Inverness & Moray Firth area | Radio 2 | BBC | Adult, Oldies, Easy | 20.000 | Rosemarkie | NH 762 263 |
| 89.6 | Channel Islands | Radio 2 | BBC | Adult, Oldies, Easy | 16.000 | Les Platons | |
| 89.6 | North Northern Ireland | Radio 2 | BBC | Adult, Oldies, Easy | 3.400 | Limavady | IC 711 296 |
| 89.6 | Tiverton, Devon | Radio 2 | BBC | Adult, Oldies, Easy | .300 | Gogwell | SS 967 111 |
| 89.6 | Hastings | Radio 2 | BBC | Adult, Oldies, Easy | .500 | Hastings | TQ 807 100 |
| 89.6 | Whitby, North Yorkshire | Radio 2 | BBC | Adult, Oldies, Easy | .100 | Whitby | NZ 904 113 |
| 89.6 | Blairgowrie & Rattray, Tayside | Radio 2 | BBC | Adult, Oldies, Easy | .032 | Rosemount | NO 203 435 |
| 89.6 | Ferndale, Mid Glamorgan | Radio 2 | BBC | Adult, Oldies, Easy | .010 | Ferndale | ST 006 970 |
| 89.6 | Lyonsen area, Powys | Radio 2 | BBC | Adult, Oldies, Easy | .010 | Lyonsen | SO 137 361 |
| 89.6 | Whalley, Lancashire | Radio 2 | BBC | Adult, Oldies, Easy | .010 | Whalley | SD 729 352 |
| 89.6 | Ludlow, Shropshire | Radio 2 | BBC | Adult, Oldies, Easy | .010 | Ludlow | SO 498 741 |
| 89.6 | Keswick, Cumbria | Radio 2 | BBC | Adult, Oldies, Easy | .030 | Keswick Forest | NY 223 244 |
| 89.6 | Welshpool, Powys | Radio 2 | BBC | Adult, Oldies, Easy | .024 | Long Mountain | SJ 265 057 |
| 89.6 | Southall, West London | Westside Community Radio | Community | Mixed Ethnic | .050 | Windmill Business Centre | TQ 142 801 |
| 89.6 | South East Ireland | Radio 1 | RTE | Talk, Soft, Easy, Irish &Country | 100.000 | Mount Leinster | |
| 89.6 | West Donegal | Radio 1 | RTE | Talk, Soft, Easy, Irish &Country | 3.000 | Aranmore | |
| 89.7 | Norfolk and Suffolk | Radio 2 | BBC | Adult, Oldies, Easy | 250.000 | Tacolneston | TM 131 958 |
| 89.7 | West Cornwall | Radio 2 | BBC | Adult, Oldies, Easy | 25.000 | Redruth | SW 690 394 |
| 89.7 | Lampeter & Teifi Valley, Dyfed | Radio 2 | BBC | Adult, Oldies, Easy | .400 | Mynydd Pencarreg | SN 577 430 |
| 89.7 | Eyemouth and Border coast | Radio 2 | BBC | Adult, Oldies, Easy | .100 | Eyemouth | NT 947 599 |
| 89.7 | Whitehaven area, Cumbria | Radio 2 | BBC | Adult, Oldies, Easy | .100 | Whitehaven | NX 992 123 |
| 89.7 | Weardale, County Durham | Radio 2 | BBC | Adult, Oldies, Easy | .180 | Weardale | NZ 025 384 |
| 89.7 | Newhaven & Seaford, Sussex | Radio 2 | BBC | Adult, Oldies, Easy | .100 | Newhaven | TQ 435 006 |
| 89.7 | Lyme Regis, Dorset | Radio 2 | BBC | Adult, Oldies, Easy | .050 | Lyme Regis | SY 345 935 |
| 89.7 | Stranraer, D & G | Radio 2 | BBC | Adult, Oldies, Easy | .031 | Stranraer | NX 111 632 |
| 89.7 | Leatherhead area, Surrey | Radio 2 | BBC | Adult, Oldies, Easy | .025 | Mickleham | TQ 163 538 |
| 89.7 | Barnoldswick area, Lancs | Radio 2 | BBC | Adult, Oldies, Easy | .020 | Barnoldswick | SD 897 490 |
| 89.7 | Cornholme, West Yorkshire | Radio 2 | BBC | Adult, Oldies, Easy | .020 | Cornholme | SD 918 264 |
| 89.7 | Caterham, Surrey | Radio 2 | BBC | Adult, Oldies, Easy | .015 | Caterham | TQ 343 557 |
| 89.7 | Kinlochleven, Highland | Radio 2 | BBC | Adult, Oldies, Easy | .010 | Kinlochleven | NN 178 630 |
| 89.7 | Ballybofey, Donegal | Radio 1 | RTE | Talk, Soft, Easy, Irish &Country | 1.000 | Ballybofey | |
| 89.7 | Cork City | Radio 1 | RTE | Talk, Soft, Easy, Irish &Country | .200 | Collins Barracks | |
| 89.7 | Lahinch, Clare | Radio 1 | RTE | Talk, Soft, Easy, Irish &Country | .200 | Lehinch | |
| 89.8 | North Gwynedd & NW Clwyd | Radio 2 | BBC | Adult, Oldies, Easy | 21.000 | Llanddona | SH 782 810 |
| 89.8 | Isle of Lewis | Radio 2 | BBC | Adult, Oldies, Easy | 2.000 | Eitshal | NB 305 302 |
| 89.8 | Reading | Radio 2 | BBC | Adult, Oldies, Easy | 1.000 | Hemdean | SU 710 742 |
| 89.8 | Matlock & Bakewell, Derbys | Radio 2 | BBC | Adult, Oldies, Easy | 1.200 | Stanton Moor | SK 246 637 |
| 89.8 | Upper Tame Valley, Gt Mancs | Radio 2 | BBC | Adult, Oldies, Easy | .095 | Saddleworth | SD 987 050 |
| 89.8 | Leeds | Radio 2 | BBC | Adult, Oldies, Easy | .200 | Beecroft Hill | SE 237 350 |
| 89.8 | West Tyneside, Tyne & Wear | Radio 2 | BBC | Adult, Oldies, Easy | .042 | Fenham | NZ 216 648 |
| 89.8 | Llanrhaeadr ym Mochnant, Cl | Radio 2 | BBC | Adult, Oldies, Easy | .050 | Llanrhaeadr ym Moch. | SJ 174 260 |
| 89.8 | Salisbury, Wiltshire | Radio 2 | BBC | Adult, Oldies, Easy | .020 | Salisbury | SU 136 285 |
| 89.8 | Dartmouth area, Devon | Radio 2 | BBC | Adult, Oldies, Easy | .005 | Kingswear | SX 887 511 |
| 89.8 | Speyside, Highland | Radio 2 | BBC | Adult, Oldies, Easy | .350 | Grantown | NJ 003 267 |
| 89.8 | Co Longford and North Midlands | Radio 1 | RTE | Talk, Soft, Easy, Irish &Country | 16.000 | Cairn Hill | |
| 89.8 | North Donegal | Radio 1 | RTE | Talk, Soft, Easy, Irish &Country | 4.000 | Fanad | |
| 89.9 | Central Scotland | Radio 2 | BBC | Adult, Oldies, Easy | 250.000 | Black Hill | NS 828 647 |
| 89.9 | South Wales & West England | Radio 2 | BBC | Adult, Oldies, Easy | 250.000 | Wenvoe | ST 110 742 |
| 89.9 | Sheffield | Radio 2 | BBC | Adult, Oldies, Easy | .320 | Tapton Hill, Sheffield | SK 324 870 |
| 89.9 | Scarborough area, N Yorks | Radio 2 | BBC | Adult, Oldies, Easy | .250 | Oliver's Mount | SX 040 869 |
| 89.9 | Haslingden area, Lancs | Radio 2 | BBC | Adult, Oldies, Easy | .083 | Haslingden | SD 795 236 |
| 89.9 | Ivybridge, Devon | Radio 2 | BBC | Adult, Oldies, Easy | .050 | Ivybridge | SX 631 538 |
| 89.9 | North West Mayo | Radio 1 | RTE | Talk, Soft, Easy, Irish &Country | 2.000 | Achill | |
| 89.9 | East Bretagne, France (3) | France Musique | Radio France | French Classical | 100.000 | Rennes, France | |
| 90.0 | East Kent | Radio 2 | BBC | Adult, Oldies, Easy | 11.000 | Swingate | TR 334 429 |
| 90.0 | South Cumbria & NW Lancs | Radio 2 | BBC | Adult, Oldies, Easy | 10.000 | Morecambe Bay | SD 239 791 |
| 90.0 | Weymouth, Dorset | Radio 2 | BBC | Adult, Oldies, Easy | .130 | Weymouth | SY 663 779 |
| 90.0 | Buxton, Derbyshire | Radio 2 | BBC | Adult, Oldies, Easy | .100 | Buxton | SK 060 753 |
| 90.0 | High Wycombe | Radio 2 | BBC | Adult, Oldies, Easy | .050 | High Wycombe | SU 856 942 |
| 90.0 | Church Stretton, Shropshire | Radio Shropshire | BBC | Mixed Format | .020 | Hazler Hill | SO 464 928 |
| 90.0 | South West Ireland | Radio 1 | RTE | Talk, Soft, Easy, Irish &Country | 160.000 | Mullaghanish | |
| 90.1 | East & Central Northern Ireland | Radio 2 | BBC | Adult, Oldies, Easy | 250.000 | Divis | IJ 286 750 |
| 90.1 | Cambs, Beds, S Lincs, E Nthnts | Radio 2 | BBC | Adult, Oldies, Easy | 40.000 | Peterborough | TL 127 913 |
| 90.1 | Thurso & Wick area, Highland | Radio 2 | BBC | Adult, Oldies, Easy | 10.000 | Rumster Forest | ND 197 385 |
| 90.1 | North Northumberland | Radio 2 | BBC | Adult, Oldies, Easy | 5.600 | Chatton | NU 105 264 |
| 90.1 | Brighton and Worthing area | Radio 2 | BBC | Adult, Oldies, Easy | .600 | Whitehawk Hill | TQ 330 045 |
| 90.1 | Basingstoke | Radio 2 | BBC | Adult, Oldies, Easy | .200 | Basingstoke | SU 600 488 |
| 90.1 | Marlborough area, Wilts | Radio 2 | BBC | Adult, Oldies, Easy | .100 | Marlborough | SU 209 688 |
| 90.1 | Newcastle Emlyn area, Dyfed | Radio 2 | BBC | Adult, Oldies, Easy | .088 | Llandyfriog | SN 348 412 |
| 90.1 | Dee Valley, Grampian | Radio 2 | BBC | Adult, Oldies, Easy | .042 | Tullich | NO 379 984 |
| 90.1 | Newtown, Powys | Radio 2 | BBC | Adult, Oldies, Easy | .036 | Llandinam | SO 050 877 |
| 90.1 | Dolgellau, Gwynedd | Radio 2 | BBC | Adult, Oldies, Easy | .016 | Dolgellau | SH 727 185 |
| 90.1 | Bournemouth | Hope FM | Community | Christian, Mixed Format | .031 | Poole House | SZ 073 937 |
| 90.1 | Central Manchester | Peace FM | Community | African | .025 | | |
| 90.2 | Thirsk & Northallerton area | Radio 2 | BBC | Adult, Oldies, Easy | 5.000 | Woolmoor | SE 457 881 |
| 90.2 | Burnley & Colne Valley, Lancs | Radio 2 | BBC | Adult, Oldies, Easy | 1.000 | Pendle Forest | SD 825 384 |
| 90.2 | Hay on Wye area | Radio 3 | BBC | Classical | .010 | Clyro | SO 204 432 |
| 90.2 | South West Netherlands (4) | RTL Holland FM | Netherlands | Dutch Adult, Oldies | 50.000 | Roosendaal, Netherlands | |

UK and Ireland FM Transmitters

| MHz | Area | Station | Broadcaster | Format | kW | Transmitter Site | Grid |
|------|----------------------------------|----------------------|-----------------|---------------------|---------|----------------------|------------|
| 90.3 | N Cumbria & S W Scotland | Radio 3 | BBC | Classical | 250.000 | Sandale | NY 266 398 |
| 90.3 | Devon and East Cornwall | Radio 3 | BBC | Classical | 160.000 | North Hessary Tor | SX 578 742 |
| 90.3 | North East Essex & South Suffolk | Radio 3 | BBC | Classical | 5.000 | Manningtree | TM 123 295 |
| 90.3 | North Uist | Radio 3 | BBC | Classical | 2.000 | Cletraval | NF 751 716 |
| 90.3 | West Surrey and NE Hampshire | Radio 3 | BBC | Classical | 3.000 | Guildford | SU 975 486 |
| 90.3 | North Islay | Radio 3 | BBC | Classical | .080 | Bowmore | NR 318 590 |
| 90.3 | Deiniolen & Llanberis, Gwynd | Radio 3 | BBC | Classical | .050 | Deiniolen | SH 576 621 |
| 90.3 | Grantham, Lincolnshire | Radio 3 | BBC | Classical | .050 | Grantham | SK 905 337 |
| 90.3 | Ballachulish, Highland | Radio 3 | BBC | Classical | .025 | Ballachulish | NN 059 593 |
| 90.3 | Cirencester | Radio 3 | BBC | Classical | .010 | Cirencester Town | SP 023 021 |
| 90.3 | Portree, Skye | Radio 3 | BBC | Classical | .010 | Penifiler | NG 489 417 |
| 90.3 | Ffestiniog area, Gwynedd | Radio 3 | BBC | Classical | .049 | Ffestiniog | SH 709 392 |
| 90.3 | Mallaig, Highland | Radio 3 | BBC | Classical | .014 | Mallaig | NM 676 965 |
| 90.3 | Llanidloes, Powys | Radio 3 | BBC | Classical | .005 | Llanidloes | SN 948 844 |
| 90.3 | Coolock, NE Dublin | Near | Irish Community | Mixed Format | .025 | | |
| 90.4 | North West Grampian | Radio 3 | BBC | Classical | .500 | Knock More | NJ 321 497 |
| 90.4 | Nailsworth & Stroud, Gloucs | Radio 3 | BBC | Classical | .100 | Nailsworth | ST 849 990 |
| 90.4 | Newbury & West Berkshire | Radio 3 | BBC | Classical | .100 | Newbury | SU 494 687 |
| 90.4 | Calne, Wiltshire | Radio 3 | BBC | Classical | .032 | Calne | ST 997 699 |
| 90.4 | Vale of Neath, West Glam | Radio 3 | BBC | Classical | .010 | Rheola | SN 841 061 |
| 90.4 | Betws-y-Coed & Llanrwst | Radio 3 | BBC | Classical | .010 | Betws-y-Coed | SH 825 582 |
| 90.4 | South East Hertfordshire | Three Counties Radio | BBC | Mixed Format | .100 | Epping Green | |
| 90.4 | North West Ireland | 2FM | RTE | Contemporary, Adult | 120.000 | Truskmore | |
| 90.4 | South East County Cork | 2FM | RTE | Contemporary, Adult | 3.000 | Crosshaven | |
| 90.4 | Flanders, Belgium (6) | BRTN Radio 3 | BRTN | Flemish | 50.000 | Egem, Belgium | |
| 90.5 | Midlands | Radio 3 | BBC | Classical | 250.000 | Sutton Coldfield | SK 113 003 |
| 90.5 | Shetland Islands | Radio 3 | BBC | Classical | 43.000 | Bressay | HU 503 387 |
| 90.5 | East Tayside and North Fife | Radio 3 | BBC | Classical | 17.000 | Forfar | NO 482 409 |
| 90.5 | Barmouth area, Gwynedd | Radio 3 | BBC | Classical | .200 | Llwyn Onn | SH 625 175 |
| 90.5 | Ness of Lewis | Radio 3 | BBC | Classical | .200 | Ness of Lewis | NB 533 603 |
| 90.5 | Patna & Dalmellington, Ayrshire | Radio 3 | BBC | Classical | .200 | Lethanhill | NS 438 105 |
| 90.5 | Ullapool, Highland | Radio 3 | BBC | Classical | .050 | Ullapool | NH 142 935 |
| 90.5 | Trowbridge area, Wiltshire | Radio 3 | BBC | Classical | .050 | Westwood | ST 817 598 |
| 90.5 | Windermere & Ambleside, Cmb | Radio 3 | BBC | Classical | .064 | Windermere | SD 383 980 |
| 90.5 | Dumbarton & Alexandria | Radio 3 | BBC | Classical | .050 | Millburn Muir | NS 378 796 |
| 90.5 | Warrenpoint, Northern Ireland | Radio 3 | BBC | Classical | .032 | Rostrevor Forest | IJ 189 176 |
| 90.5 | Wensleydale, North Yorks | Radio 3 | BBC | Classical | .027 | Wensleydale | SD 992 907 |
| 90.5 | NE Donegal & North N Ireland | 2FM | RTE | Contemporary, Adult | 10.000 | Moveille | |
| 90.5 | SE Tipperary & N Waterford | 2FM | RTE | Contemporary, Adult | 1.000 | Clonmel | |
| 90.5 | South West County Cork | 2FM | RTE | Contemporary, Adult | 1.000 | Castletownbere | |
| 90.5 | Waterford City | 2FM | RTE | Contemporary, Adult | .200 | Gallows Hill | |
| 90.6 | Isle of Man | Radio 3 | BBC | Classical | 11.000 | Douglas | SC 373 746 |
| 90.6 | Carmarthenshire | Radio 3 | BBC | Classical | 3.000 | Carmel | SN 576 153 |
| 90.6 | Campbeltown, Strathclyde | Radio 3 | BBC | Classical | .400 | Campbeltown | NR 707 172 |
| 90.6 | Folkestone area | Radio 3 | BBC | Classical | .100 | Folkestone | TR 229 382 |
| 90.6 | Colwyn Bay area, Clwyd | Radio 3 | BBC | Classical | .100 | Penmaen Rhos | SH 877 779 |
| 90.6 | Otley & Ilkley area, W Yorks | Radio 3 | BBC | Classical | .064 | Wharfedale | SE 198 485 |
| 90.6 | Hebden Bridge, West Yorks | Radio 3 | BBC | Classical | .025 | Hebden Bridge | SD 988 267 |
| 90.6 | Purley & Coulsdon, London | Radio 3 | BBC | Classical | .025 | Kenley | TQ 329 592 |
| 90.6 | Ebbw Vale & Tredegar, Gwent | Radio 3 | BBC | Classical | .030 | Ebbw Vale | SO 159 088 |
| 90.6 | Peebles, Border Region | Radio 3 | BBC | Classical | .020 | Peebles | NT 228 416 |
| 90.6 | Porth area, Mid Glamorgan | Radio 3 | BBC | Classical | .010 | Porth | ST 029 919 |
| 90.6 | Walsden, West Yorkshire | Radio 3 | BBC | Classical | .010 | Walsden South | SD 937 215 |
| 90.6 | Mid Kerry | 2FM | RTE | Contemporary, Adult | 1.000 | Knockmoyle | |
| 90.6 | Casla, Galway | 2FM | RTE | Contemporary, Adult | 4.000 | Casla | |
| 90.7 | Central Southern England | Radio 3 | BBC | Classical | 250.000 | Rowridge | SZ 447 865 |
| 90.7 | North East England | Radio 3 | BBC | Classical | 134.000 | Pontop Pike | NZ 147 527 |
| 90.7 | Skye, Harris, East N & S Uist | Radio 3 | BBC | Classical | 30.000 | Skraig | NG 451 408 |
| 90.7 | North Devon | Radio 3 | BBC | Classical | 1.000 | Barnstaple | SS 502 289 |
| 90.7 | Largs, Rothesay, Clyde Mouth | Radio 3 | BBC | Classical | .570 | Rothesay | NS 125 691 |
| 90.7 | Plymouth | Radio 3 | BBC | Classical | .040 | Plympton | SX 531 555 |
| 90.7 | Bradford | Radio 3 | BBC | Classical | .025 | Idle | SE 163 374 |
| 90.7 | Blaenavon & Abersychan | Radio 3 | BBC | Classical | .010 | Blaenavon | SO 277 063 |
| 90.7 | Cwmafan, West Glamorgan | Radio 3 | BBC | Classical | .010 | Cwmafan | SS 798 936 |
| 90.7 | County Dublin | 2FM | RTE | Contemporary, Adult | 10.000 | Three Rock | |
| 90.7 | West County Waterford | 2FM | RTE | Contemporary, Adult | 3.000 | Dungarvan | |
| 90.7 | West Netherlands (4) | Arrow 90.7 FM | Netherlands | Jazz, Classical | 100.000 | Lopik, Netherlands | |
| 90.8 | Milton Keynes and West Beds | Radio 3 | BBC | Classical | 10.000 | Bow Brickhill | SP 914 342 |
| 90.8 | Herefordshire & NE Gloucs | Radio 3 | BBC | Classical | 10.000 | Ridge Hill | SO 630 333 |
| 90.8 | West, South & Central Lancs | Radio 3 | BBC | Classical | 4.000 | Winter Hill | SD 660 144 |
| 90.8 | Fort Augustus area, Highland | Radio 3 | BBC | Classical | 1.000 | Fort Augustus | NH 361 049 |
| 90.8 | Penicuik, Lothian | Radio 3 | BBC | Classical | .200 | Penicuik | NT 229 597 |
| 90.8 | Berwick- upon- Tweed | Radio 3 | BBC | Classical | .050 | Berwick- upon- Tweed | NT 980 547 |
| 90.8 | Llangeinor, Pontycymer, M Gm | Radio 3 | BBC | Classical | .010 | Llangeinor | SS 905 886 |

UK and Ireland FM Transmitters

| MHz | Area | Station | Broadcaster | Format | kW | Transmitter Site | Grid |
|------|-----------------------------------|-----------|-------------|---------------------|---------|------------------------|------------|
| 90.9 | Ceredigion & SW Gwynedd | Radio 3 | BBC | Classical | 250.000 | Blaenplwyf | SN 569 756 |
| 90.9 | Grampian Region | Radio 3 | BBC | Classical | 150.000 | Meldrum | NJ 760 329 |
| 90.9 | Derry area | Radio 3 | BBC | Classical | 31.000 | Londonderry | IC 404 176 |
| 90.9 | Lincolnshire & E Humberside | Radio 3 | BBC | Classical | 16.000 | Belmont | TF 217 837 |
| 90.9 | South East Northern Ireland | Radio 3 | BBC | Classical | 2.000 | Camlough | IJ 055 246 |
| 90.9 | Torbay | Radio 3 | BBC | Classical | 1.000 | Beacon Hill | SX 857 620 |
| 90.9 | South West Central Region | Radio 3 | BBC | Classical | 1.000 | Ben Gullipen | NN 598 045 |
| 90.9 | West Halifax | Radio 3 | BBC | Classical | .084 | Luddenden | SE 048 248 |
| 90.9 | Okehampton, Devon | Radio 3 | BBC | Classical | .070 | Okehampton | SX 586 967 |
| 90.9 | Abergavenny & Usk Valley | Radio 3 | BBC | Classical | .040 | Abergavenny | SO 244 126 |
| 90.9 | Kirkconnel & Sanquhar, D & G | Radio 3 | BBC | Classical | .040 | Kirkconnel | NS 746 150 |
| 90.9 | Wigtown Bay area, D & G | Radio 3 | BBC | Classical | .064 | Cambret Hill | NX 524 578 |
| 90.9 | Corran and Onich, Highland | Radio 3 | BBC | Classical | .050 | Ardgour | NM 989 626 |
| 90.9 | Dunquin, Kerry | 2FM | RTE | Contemporary, Adult | .100 | Maamclassach | |
| 90.9 | Bantry, SW County Cork | 2FM | RTE | Contemporary, Adult | 2.000 | Bantry | |
| 91.0 | London area | Radio 3 | BBC | Classical | 4.000 | Crystal Palace | TQ 339 712 |
| 91.0 | Bodmin area, Cornwall | Radio 3 | BBC | Classical | .200 | Penaligon Downs | SX 026 683 |
| 91.0 | Ballycastle, Northern Ireland | Radio 3 | BBC | Classical | .100 | Ballycastle | ID 077 423 |
| 91.0 | Isles of Scilly | Radio 3 | BBC | Classical | .060 | Isles of Scilly | SV 911 124 |
| 91.0 | Newtownabbey, N Ireland | Radio 3 | BBC | Classical | .020 | Carmoney Hill | IJ 336 829 |
| 91.0 | Chippenham, Wiltshire | Radio 3 | BBC | Classical | .010 | Chippenham | ST 914 751 |
| 91.0 | Strachur & Inveraray, Strathclyde | Radio 3 | BBC | Classical | .018 | Strachur | NN 094 027 |
| 91.0 | Rhondda Valley, Mid Glam | Radio 3 | BBC | Classical | .006 | Ton Pentre | SS 960 955 |
| 91.0 | West Ireland | 2FM | RTE | Contemporary, Adult | 160.000 | Maghera | |
| 91.0 | Falcarragh, Donegal | 2FM | RTE | Contemporary, Adult | .300 | Magherdorty | |
| 91.1 | Channel Islands | Radio 3 | BBC | Classical | 16.000 | Les Platons | |
| 91.1 | Clwyd, Merseyside, W Cheshire | Radio 3 | BBC | Classical | 16.000 | Llangollen | SJ 209 488 |
| 91.1 | Oban area, Highland | Radio 3 | BBC | Classical | 3.600 | Oban | NM 850 290 |
| 91.1 | Keighley area, West Yorks | Radio 3 | BBC | Classical | 1.000 | Keighley | SE 069 444 |
| 91.1 | Cambridge area | Radio 3 | BBC | Classical | .260 | Madingley, Cambridge | TL 392 594 |
| 91.1 | West Berkshire & East Wilts | Radio 3 | BBC | Classical | .125 | Membury | SU 307 763 |
| 91.1 | Girvan, Ayrshire | Radio 3 | BBC | Classical | .100 | Girvan | NX 211 981 |
| 91.1 | Todmorden, West Yorks | Radio 3 | BBC | Classical | .100 | Todmorden | SD 957 241 |
| 91.1 | Northampton | Radio 3 | BBC | Classical | .124 | Northampton | SP 760 647 |
| 91.1 | Chard, Somerset | Radio 3 | BBC | Classical | .033 | Chard | ST 358 086 |
| 91.1 | Swansea Valley, W Glam | Radio 3 | BBC | Classical | .048 | Varteg Hill | SN 776 077 |
| 91.1 | Carmarthen, Dyfed | Radio 3 | BBC | Classical | .007 | Carmarthen | SN 412 213 |
| 91.1 | Brecon, Powys | Radio 3 | BBC | Classical | .010 | Brecon | SO 030 299 |
| 91.1 | County Monaghan | 2FM | RTE | Contemporary, Adult | 3.000 | Monaghan | |
| 91.1 | North Innishowen | 2FM | RTE | Contemporary, Adult | 1.000 | Malin | |
| 91.1 | Dunkerque, France (6) | Skyrock | France | French Rock | 1.000 | Dunkerque, France | |
| 91.2 | Cleveland, S Durham, N Yorks | Radio 3 | BBC | Classical | 5.000 | Bilsdale West Moor | SE 553 962 |
| 91.2 | Perth area | Radio 3 | BBC | Classical | .964 | Kirkton Mailer | NO 102 210 |
| 91.2 | Chesterfield | Radio 3 | BBC | Classical | .400 | Chesterfield | SK 383 764 |
| 91.2 | Swindon area | Radio 3 | BBC | Classical | .200 | Blunsdon | SU 143 900 |
| 91.2 | South Islay | Radio 3 | BBC | Classical | .065 | Port Ellen | NR 338 452 |
| 91.2 | Kendal, Cumbria | Radio 3 | BBC | Classical | .100 | Kendal | SD 540 912 |
| 91.2 | Bath | Radio 3 | BBC | Classical | .082 | Bath | ST 769 654 |
| 91.2 | Gloucester & Cheltenham | Radio 3 | BBC | Classical | .072 | Churchdown Hill | SO 880 188 |
| 91.2 | Exeter | Radio 3 | BBC | Classical | .055 | St Thomas | SX 898 922 |
| 91.2 | Abertillery, Gwent | Radio 3 | BBC | Classical | .010 | Abertillery | SO 244 023 |
| 91.2 | Croeserw, West Glamorgan | Radio 3 | BBC | Classical | .010 | Croeserw | SS 858 952 |
| 91.2 | Minehead, Somerset | Radio 3 | BBC | Classical | .010 | Minehead | SS 966 452 |
| 91.2 | Central Isle of Man | Energy FM | Independent | Contemporary | 1.200 | Snaefell | SC 397 881 |
| 91.2 | Mid Tipperary | 2FM | RTE | Contemporary, Adult | 3.000 | Suir Valley | |
| 91.2 | Kinsale, Cork | 2FM | RTE | Contemporary, Adult | .010 | Kinsale | |
| 91.3 | London & South East England | Radio 3 | BBC | Classical | 250.000 | Wrotham | TQ 595 604 |
| 91.3 | Border Region | Radio 3 | BBC | Classical | 50.000 | Ashkirk | NT 470 244 |
| 91.3 | E Lewis, N Skye & W Highland | Radio 3 | BBC | Classical | 50.000 | Melvaig | NG 757 900 |
| 91.3 | Central Powys | Radio 3 | BBC | Classical | 2.800 | Llandrindod Wells | SO 018 635 |
| 91.3 | West Dorset | Radio 3 | BBC | Classical | .200 | Bridport | SY 453 915 |
| 91.3 | Frome, Somerset | Radio 3 | BBC | Classical | .060 | Egford Hill | ST 764 481 |
| 91.3 | Conwy & Llandudno, Gwynedd | Radio 3 | BBC | Classical | .050 | Conwy | SH 781 765 |
| 91.3 | West Kilbride area, Strathclyde | Radio 3 | BBC | Classical | .050 | West Kilbride | NS 215 483 |
| 91.3 | Larne, Northern Ireland | Radio 3 | BBC | Classical | .032 | Larne | ID 395 037 |
| 91.3 | Llanfyllin, Powys | Radio 3 | BBC | Classical | .014 | Llanfyllin | SJ 151 181 |
| 91.3 | Combe Martin, Devon | Radio 3 | BBC | Classical | .004 | Combe Martin | SS 582 462 |
| 91.3 | Kingussie, Highland | Radio 3 | BBC | Classical | .035 | Kingussie | NN 769 985 |
| 91.3 | Sandwell, West Midlands | Raaj FM | Community | Punjabi | .025 | Sandwell West Bromwich | SP 007 909 |
| 91.3 | East Ireland | 2FM | RTE | Contemporary, Adult | 40.000 | Kippure | |
| 91.3 | Dingle Peninsula, County Kerry | 2FM | RTE | Contemporary, Adult | .020 | Ballydavid | |
| 91.4 | Chalford & Stroud, Gloucs | Radio 3 | BBC | Classical | .100 | Chalford | SO 883 017 |
| 91.4 | Pontypool & Cwmbran, Gwent | Radio 3 | BBC | Classical | .050 | Pontypool | ST 284 990 |
| 91.4 | Aberdare area, Mid Glam | Radio 3 | BBC | Classical | .042 | Aberdare | SO 034 013 |
| 91.4 | Greenock & Firth of Clyde | Radio 3 | BBC | Classical | .032 | Rosneath | NS 258 811 |
| 91.4 | Ogmore Vale, Mid Glamorgan | Radio 3 | BBC | Classical | .010 | Ogmore Vale | SS 929 894 |
| 91.4 | Pitlochry & Aberfeldy, Tayside | Radio 3 | BBC | Classical | .200 | Pitlochry | NN 923 565 |
| 91.4 | Cork City and East County Cork | 2FM | RTE | Contemporary, Adult | 10.000 | Spur Hill | |
| 91.4 | East Donegal | 2FM | RTE | Contemporary, Adult | 2.000 | Holywell Hill | |
| 91.4 | North Kerry | 2FM | RTE | Contemporary, Adult | 2.000 | Knockanure Ballybun | |

UK and Ireland FM Transmitters

| MHz | Area | Station | Broadcaster | Format | kW | Transmitter Site | Grid |
|------|--------------------------------|-----------------------------|--------------|---------------------|---------|----------------------|------------|
| 91.5 | North West and Yorkshire | Radio 3 | BBC | Classical | 250.000 | Holme Moss | SE 095 041 |
| 91.5 | Orkney Islands | Radio 3 | BBC | Classical | 41.000 | Keelylang Hill | HY 378 102 |
| 91.5 | Pembrokeshire | Radio 3 | BBC | Classical | 20.000 | Haverfordwest | SN 028 261 |
| 91.5 | South Uist | Radio 3 | BBC | Classical | 1.000 | Daliburgh | NF 736 216 |
| 91.5 | Bristol | Radio 3 | BBC | Classical | 1.300 | Ilchester Crescent | ST 577 700 |
| 91.5 | Crieff area, Tayside | Radio 3 | BBC | Classical | .125 | Crieff | NN 814 200 |
| 91.5 | Rhymney area, Mid Glam | Radio 3 | BBC | Classical | .020 | Rhymney | SO 127 042 |
| 91.5 | Fort William area, Highland | Radio 3 | BBC | Classical | 1.500 | Fort William | NN 117 772 |
| 91.5 | S Kapdale, E Islay, Jura | Radio 3 | BBC | Classical | 1.100 | South Knapdale | NR 837 748 |
| 91.5 | Isle of Wight | Angel Radio (Isle of Wight) | Community | Nostalgia | .025 | Newport | SZ 513 873 |
| 91.5 | Central Mayo | 2FM | RTE | Contemporary, Adult | 3.000 | Castlebar | |
| 91.5 | Athlone | 2FM | RTE | Contemporary, Adult | .100 | Athlone | |
| 91.5 | Basse Normandie, France (2) | France Culture | Radio France | French Talk | 50.000 | Caen, France | |
| 91.5 | Boulogne, France (5) | Europe 2 | France | French Contemporary | 1.000 | Boulogne, France | |
| 91.6 | Fermanagh and South Tyrone | Radio 3 | BBC | Classical | 9.800 | Brougher Mountain | IH 350 527 |
| 91.6 | South East Grampian Region | Radio 3 | BBC | Classical | 2.100 | Durris | NO 763 897 |
| 91.6 | Porthmadog area, Gwynedd | Radio 3 | BBC | Classical | .100 | Llandecwyn | SH 644 371 |
| 91.6 | Hexham & Tyne Valley, Nthmb | Radio 3 | BBC | Classical | .100 | Newton | NZ 036 653 |
| 91.6 | Teignmouth area, Devon | Radio 3 | BBC | Classical | .100 | Holcombe Down | SX 934 752 |
| 91.6 | Weston-super-mare, Avon | Radio 3 | BBC | Classical | .040 | Hutton | ST 361 588 |
| 91.6 | Machynlleth, Dyfed | Radio 3 | BBC | Classical | .060 | Machynlleth | SH 723 003 |
| 91.6 | Kilkeel, Northern Ireland | Radio 3 | BBC | Classical | .025 | Kilkeel | IJ 281 180 |
| 91.6 | Limerick city | 2FM | RTE | Contemporary, Adult | 2.500 | Woodcock H, Limerick | |
| 91.6 | Fermoy & Mitchelstown, Cork | 2FM | RTE | Contemporary, Adult | .100 | Fermoy | |
| 91.6 | Dunkerque, France (6) | Europe 1 | France | French Talk | 1.000 | Dunkerque, France | |
| 91.7 | Oxon, Bucks, Berks, S Midlands | Radio 3 | BBC | Classical | 46.000 | Oxford | SP 567 105 |
| 91.7 | Ayrshire | Radio 3 | BBC | Classical | 10.000 | Darvel | NS 557 341 |
| 91.7 | Tobermoray area, Highland | Radio 3 | BBC | Classical | 5.000 | Glengorm | NM 265 565 |
| 91.7 | Swansea area | Radio 3 | BBC | Classical | .926 | Kilvey Hill | SS 672 940 |
| 91.7 | South Devon | Radio 3 | BBC | Classical | .250 | Salcombe | SX 753 398 |
| 91.7 | Axminster & Seaton, Devon | Radio 3 | BBC | Classical | .080 | Axe Valley | SY 283 945 |
| 91.7 | Innerleithen, Border | Radio 3 | BBC | Classical | .020 | Innerleithen | NT 325 368 |
| 91.7 | Darwen, Lancashire | Radio 3 | BBC | Classical | .010 | Darwen | SD 708 223 |
| 91.7 | Newbridge area, Gwent | Radio 3 | BBC | Classical | .005 | Pennar | ST 209 958 |
| 91.7 | Ventnor, Isle of Wight | Radio 3 | BBC | Classical | .020 | Ventnor | SZ 567 783 |
| 91.7 | West County Galway | 2FM | RTE | Contemporary, Adult | 3.000 | Clifden | |
| 91.7 | West Kerry | 2FM | RTE | Contemporary, Adult | 2.000 | Cahiriveen | |
| 91.7 | North East Wicklow | 2FM | RTE | Contemporary, Adult | 1.000 | Greystones | |
| 91.8 | Inverness & Moray Firth area | Radio 3 | BBC | Classical | 20.000 | Rosemarkie | NH 762 263 |
| 91.8 | North Northern Ireland | Radio 3 | BBC | Classical | 3.400 | Limavady | IC 711 296 |
| 91.8 | Tiverton, Devon | Radio 3 | BBC | Classical | .300 | Gogwell | SS 967 111 |
| 91.8 | Hastings | Radio 3 | BBC | Classical | .500 | Hastings | TQ 807 100 |
| 91.8 | Whitby, North Yorkshire | Radio 3 | BBC | Classical | .100 | Whitby | NZ 904 113 |
| 91.8 | Blairstown & Rattray, Tayside | Radio 3 | BBC | Classical | .032 | Rosemount | NO 203 435 |
| 91.8 | Ferndale, Mid Glamorgan | Radio 3 | BBC | Classical | .010 | Ferndale | ST 006 970 |
| 91.8 | Llysven area, Powys | Radio 3 | BBC | Classical | .010 | Llysven | SO 137 361 |
| 91.8 | Whalley, Lancashire | Radio 3 | BBC | Classical | .010 | Whalley | SD 729 352 |
| 91.8 | Ludlow, Shropshire | Radio 3 | BBC | Classical | .010 | Ludlow | SO 498 741 |
| 91.8 | Keswick, Cumbria | Radio 3 | BBC | Classical | .030 | Keswick Forest | NY 223 244 |
| 91.8 | Welshpool, Powys | Radio 3 | BBC | Classical | .024 | Long Mountain | SJ 265 057 |
| 91.8 | Hayes area, W London | Hayes FM | Community | Mixed Format | .020 | St Anselms Church | TQ 098 796 |
| 91.8 | South East Ireland | 2FM | RTE | Contemporary, Adult | 100.000 | Mount Leinster | |
| 91.8 | West Donegal | 2FM | RTE | Contemporary, Adult | 3.000 | Aranmore | |
| 91.9 | Norfolk and Suffolk | Radio 3 | BBC | Classical | 250.000 | Tacolneston | TM 131 958 |
| 91.9 | West Cornwall | Radio 3 | BBC | Classical | 25.000 | Redruth | SW 690 394 |
| 91.9 | Lampeter & Teifi Valley, Dyfed | Radio 3 | BBC | Classical | .400 | Mynydd Pencarreg | SN 577 430 |
| 91.9 | Eyemouth and Border coast | Radio 3 | BBC | Classical | .100 | Eyemouth | NT 947 599 |
| 91.9 | Whitehaven area, Cumbria | Radio 3 | BBC | Classical | .100 | Whitehaven | NX 992 123 |
| 91.9 | Upper Tame Valley, Gt Manx | Radio 3 | BBC | Classical | .095 | Saddleworth | SD 987 050 |
| 91.9 | Weardale, County Durham | Radio 3 | BBC | Classical | .180 | Weardale | NZ 025 384 |
| 91.9 | Newhaven & Seaford, Sussex | Radio 3 | BBC | Classical | .100 | Newhaven | TQ 435 006 |
| 91.9 | Lyme Regis, Dorset | Radio 3 | BBC | Classical | .050 | Lyme Regis | SY 345 935 |
| 91.9 | Stranraer, D & G | Radio 3 | BBC | Classical | .031 | Stranraer | NX 111 632 |
| 91.9 | Leatherhead area, Surrey | Radio 3 | BBC | Classical | .025 | Mickleham | TQ 163 538 |
| 91.9 | Barnoldswick area, Lancs | Radio 3 | BBC | Classical | .020 | Barnoldswick | SD 897 490 |
| 91.9 | Cornholme, West Yorkshire | Radio 3 | BBC | Classical | .020 | Cornholme | SD 918 264 |
| 91.9 | Caterham, Surrey | Radio 3 | BBC | Classical | .015 | Caterham | TQ 343 557 |
| 91.9 | Kinlochleven, Highland | Radio 3 | BBC | Classical | .010 | Kinlochleven | NN 178 630 |
| 91.9 | Ballybofey, Donegal | 2FM | RTE | Contemporary, Adult | 1.000 | Ballybofey | |
| 91.9 | Lahinch, Clare | 2FM | RTE | Contemporary, Adult | .200 | Lahinch | |

UK and Ireland FM Transmitters

| MHz | Area | Station | Broadcaster | Format | kW | Transmitter Site | Grid |
|------|----------------------------------|---------------------------|-----------------|---------------------------|---------|-------------------------|------------|
| 92.0 | North Gwynedd & NW Clwyd | Radio 3 | BBC | Classical | 21.000 | Llanddona | SH 782 810 |
| 92.0 | Isle of Lewis | Radio 3 | BBC | Classical | 2.000 | Eitshal | NB 305 302 |
| 92.0 | Reading | Radio 3 | BBC | Classical | 1.000 | Hemdean | SU 710 762 |
| 92.0 | Matlock & Bakewell, Derbys | Radio 3 | BBC | Classical | 1.200 | Stanton Moor | SK 246 637 |
| 92.0 | Leeds | Radio 3 | BBC | Classical | .200 | Beecroft Hill | SE 237 350 |
| 92.0 | West Tyneside, Tyne & Wear | Radio 3 | BBC | Classical | .042 | Fenham | NZ 216 648 |
| 92.0 | Llanrhaeadr ym Mochnant, Cl | Radio 3 | BBC | Classical | .050 | Llanrhaeadr ym Moch. | SJ 174 260 |
| 92.0 | Salisbury, Wiltshire | Radio 3 | BBC | Classical | .020 | Salisbury | SU 136 285 |
| 92.0 | Dartmouth area, Devon | Radio 3 | BBC | Classical | .005 | Kingswear | SX 887 511 |
| 92.0 | Speyside, Highland | Radio 3 | BBC | Classical | .350 | Grantown | NJ 003 267 |
| 92.0 | Newham, E London | NuSound Radio | Community | Mixed Format | .025 | Forest Gate | TQ 411 851 |
| 92.0 | Co Longford and North Midlands | 2FM | RTE | Contemporary, Adult | 16.000 | Cairn Hill | |
| 92.0 | North Donegal | 2FM | RTE | Contemporary, Adult | 4.000 | Fanad | |
| 92.0 | Cork City | 2FM | RTE | Contemporary, Adult | .200 | Collins Barracks | |
| 92.0 | Haute Normandie, France (2) | France Musique | Radio France | French Classical | 100.000 | Rouen, France | |
| 92.0 | Boulogne, France (5) | Radio 6 | France | French | | Boulogne, France | |
| 92.1 | Central Scotland | Radio 3 | BBC | Classical | 250.000 | Black Hill | NS 828 647 |
| 92.1 | South Wales & West England | Radio 3 | BBC | Classical | 250.000 | Wenvoe | ST 110 742 |
| 92.1 | Sheffield | Radio 3 | BBC | Classical | .320 | Tapton Hill, Sheffield | SK 324 870 |
| 92.1 | Scarborough area, N Yorks | Radio 3 | BBC | Classical | .250 | Oliver's Mount | SX 040 869 |
| 92.1 | Haslingden area, Lancs | Radio 3 | BBC | Classical | .083 | Haslingden | SD 795 236 |
| 92.1 | Ivybridge, Devon | Radio 3 | BBC | Classical | .050 | Ivybridge | SX 631 538 |
| 92.1 | West Hertfordshire | Three Counties Radio | BBC | Mixed Format | .400 | Hemel Hempstead | TL 088 045 |
| 92.1 | Wirral | 7 Waves | Community | Mixed Format | .051 | Moreton | SU 271 899 |
| 92.1 | North West Mayo | 2FM | RTE | Contemporary, Adult | 2.000 | Achill | |
| 92.2 | South Cumbria & NW Lancs | Radio 3 | BBC | Classical | 10.000 | Morecambe Bay | SD 239 791 |
| 92.2 | Thirsk & Northallerton area | Radio 3 | BBC | Classical | 5.000 | Woolmoor | SE 457 881 |
| 92.2 | Weymouth, Dorset | Radio 3 | BBC | Classical | .130 | Weymouth | SY 663 779 |
| 92.2 | Bexhill, East Sussex | Radio 3 | BBC | Classical | .100 | Bexhill | TQ 744 080 |
| 92.2 | Buxton, Derbyshire | Radio 3 | BBC | Classical | .100 | Buxton | SK 060 753 |
| 92.2 | High Wycombe | Radio 3 | BBC | Classical | .050 | High Wycombe | SU 856 942 |
| 92.2 | South West Ireland | 2FM | RTE | Contemporary, Adult | 160.000 | Mullaghanish | |
| 92.2 | Dunkerque, France (6) | Fun Radio | France | French Pop | 1.000 | Dunkerque, France | |
| 92.3 | East & Central Northern Ireland | Radio 3 | BBC | Classical | 250.000 | Divis | IJ 286 750 |
| 92.3 | Cambs, Beds, S Lincs, E Nthnts | Radio 3 | BBC | Classical | 40.000 | Peterborough | TL 127 913 |
| 92.3 | Thurso & Wick area, Highland | Radio 3 | BBC | Classical | 10.000 | Rumster Forest | ND 197 385 |
| 92.3 | North Northumberland | Radio 3 | BBC | Classical | 5.600 | Chatton | NU 105 264 |
| 92.3 | Brighton and Worthing area | Radio 3 | BBC | Classical | .600 | Whitehawk Hill | TQ 330 045 |
| 92.3 | Basingstoke | Radio 3 | BBC | Classical | .200 | Basingstoke | SU 600 488 |
| 92.3 | Marlborough area, Wilts | Radio 3 | BBC | Classical | .100 | Marlborough | SU 209 688 |
| 92.3 | Newcastle Emlyn area, Dyfed | Radio 3 | BBC | Classical | .088 | Llandyfriog | SN 348 412 |
| 92.3 | Dee Valley, Grampian | Radio 3 | BBC | Classical | .042 | Tullich | NO 379 984 |
| 92.3 | Newtown, Powys | Radio 3 | BBC | Classical | .036 | Llandinam | SO 050 877 |
| 92.3 | Dolgellau, Gwynedd | Radio 3 | BBC | Classical | .016 | Dolgellau | SH 727 185 |
| 92.3 | Verwood area, Dorset | Forest FM | Community | Mixed Format | .020 | Verwood Enterprise Park | SU 103 081 |
| 92.3 | Runcorn & Widnes, Cheshire | Halton FM | Community | Mixed Format | .025 | Halton | SJ537818 |
| 92.4 | East Kent | Radio 3 | BBC | Classical | 11.000 | Swingate | TR 334 429 |
| 92.4 | West Yorkshire | Radio Leeds | BBC | Mixed Format | 4.600 | Holme Moss | SE 095 041 |
| 92.4 | Hay on Wye area | Radio Cymru | BBC | Welsh | .010 | Clyro | SO 204 432 |
| 92.5 | N Cumbria & S W Scotland | Radio 4 FM | BBC | Talk, News, Entertainment | 250.000 | Sandale | NY 266 398 |
| 92.5 | Devon and East Cornwall | Radio 4 FM | BBC | Talk, News, Entertainment | 160.000 | North Hessary Tor | SX 578 742 |
| 92.5 | North East Essex & South Suffolk | Radio 4 FM | BBC | Talk, News, Entertainment | 5.000 | Manningtree | TM 123 295 |
| 92.5 | West Surrey and NE Hampshire | Radio 4 FM | BBC | Talk, News, Entertainment | 3.000 | Guildford | SU 975 486 |
| 92.5 | Grantham, Lincolnshire | Radio 4 FM | BBC | Talk, News, Entertainment | .050 | Grantham | SK 905 337 |
| 92.5 | Cirencester | Radio 4 FM | BBC | Talk, News, Entertainment | .010 | Cirencester Town | SP 023 021 |
| 92.5 | North Uist | Radio Scotland (Highland) | BBC | Mixed Format | 2.000 | Cletraval | NF 751 716 |
| 92.5 | North Islay (mono) | Radio Scotland (Central) | BBC | Mixed Format | .080 | Bowmore | NR 318 590 |
| 92.5 | Ballachulish, Highland | Radio Scotland (Highland) | BBC | Mixed Format | .025 | Ballachulish | NN 059 593 |
| 92.5 | Portree, Skye | Radio Scotland (Highland) | BBC | Mixed Format | .010 | Penifiler | NG 489 417 |
| 92.5 | Mallaig, Highland | Radio Scotland (Highland) | BBC | Mixed Format | .014 | Mallaig | NM 676 965 |
| 92.5 | Deiniolen & Llanberis, Gwynd | Radio Cymru | BBC | Welsh | .050 | Deiniolen | SH 576 621 |
| 92.5 | Ffestiniog area, Gwynedd | Radio Cymru | BBC | Welsh | .049 | Ffestiniog | SH 709 392 |
| 92.5 | Llanidloes, Powys | Radio Cymru | BBC | Welsh | .005 | Llanidloes | SN 948 844 |
| 92.5 | Northwich & Middlewich area | Cheshire FM | Community | Mixed Format | .019 | Northwich | SJ 663 687 |
| 92.5 | Kilkee, Clare | Radio Corca Baiscinn | Irish Community | Mixed Format | | | |
| 92.5 | North West Dublin | Phoenix FM | Irish Community | Mixed Format | .025 | | |
| 92.6 | Burnley & Colne Valley, Lancs | Radio 3 | BBC | Classical | 1.000 | Pendle Forest | SD 825 384 |
| 92.6 | Nailsworth & Stroud, Gloucs | Radio 4 FM | BBC | Talk, News, Entertainment | .100 | Nailsworth | ST 849 990 |
| 92.6 | Newbury & West Berkshire | Radio 4 FM | BBC | Talk, News, Entertainment | .100 | Newbury | SU 494 687 |
| 92.6 | Calne, Wiltshire | Radio 4 FM | BBC | Talk, News, Entertainment | .032 | Calne | ST 997 699 |
| 92.6 | North West Grampian | Radio Scotland (Highland) | BBC | Mixed Format | .500 | Knock More | NJ 321 497 |
| 92.6 | Vale of Neath, West Glam | Radio Cymru | BBC | Welsh | .010 | Rheola | SN 841 061 |
| 92.6 | Betws-y-Coed & Llanrwst | Radio Cymru | BBC | Welsh | .010 | Betws-y-Coed | SH 825 582 |
| 92.6 | St Albans | Radio Verulam | Community | Mixed Format | .050 | St Albans | TL 150 076 |
| 92.6 | North West Ireland | Raidio na Gaeltachta | RTE | Irish | 120.000 | Truskmore | |
| 92.6 | South East County Cork | Raidio na Gaeltachta | RTE | Irish | 3.000 | Crosshaven | |
| 92.6 | West Netherlands (4) | NOS Radio 2 | NOS | Dutch Adult, Oldies, Easy | 100.000 | Lopik, Netherlands | |
| 92.6 | Dunkerque, France (6) | France Bleu Nord | Radio France | French Oldies | | Dunkerque, France | |

UK and Ireland FM Transmitters

| MHz | Area | Station | Broadcaster | Format | kW | Transmitter Site | Grid |
|------|-----------------------------------|---------------------------|-----------------|---------------------------|---------|------------------------|------------|
| 92.7 | Midlands | Radio 4 FM | BBC | Talk, News, Entertainment | 250.000 | Sutton Coldfield | SK 113 003 |
| 92.7 | Trowbridge area, Wiltshire | Radio 4 FM | BBC | Talk, News, Entertainment | .050 | Westwood | ST 817 598 |
| 92.7 | Windermere & Ambleside, Cmb | Radio 4 FM | BBC | Talk, News, Entertainment | .064 | Windermere | SD 383 980 |
| 92.7 | Wensleydale, North Yorks | Radio 4 FM | BBC | Talk, News, Entertainment | .027 | Wensleydale | SD 992 907 |
| 92.7 | Shetland Islands | Radio Scotland (Shetland) | BBC | Mixed Format | 43.000 | Bressay | HU 503 387 |
| 92.7 | East Tayside and North Fife | Radio Scotland (Central) | BBC | Mixed Format | 17.000 | Forfar | NO 482 409 |
| 92.7 | Ness of Lewis | Radio Scotland (Highland) | BBC | Mixed Format | .200 | Ness of Lewis | NB 533 603 |
| 92.7 | Patna & Dalmellington, Ayrshire | Radio Scotland (Central) | BBC | Mixed Format | .200 | Lethanhill | NS 438 105 |
| 92.7 | Ullapool, Highland | Radio Scotland (Central) | BBC | Mixed Format | .050 | Ullapool | NH 142 935 |
| 92.7 | Dumbarton & Alexandria | Radio Scotland (Central) | BBC | Mixed Format | .050 | Millburn Muir | NS 378 796 |
| 92.7 | Warrenpoint, Northern Ireland | Radio Ulster | BBC | Mixed Format | .032 | Rostrevor Forest | IJ 189 176 |
| 92.7 | Barmouth area, Gwynedd | Radio Cymru (West) | BBC | Welsh | .200 | Llwyn Onn | SH 625 175 |
| 92.7 | NE Donegal & North N Ireland | Raidio na Gaeltachta | RTE | Irish | 10.000 | Moville | |
| 92.7 | SE Tipperary & N Waterford | Raidio na Gaeltachta | RTE | Irish | 1.000 | Clonmel | |
| 92.7 | South West County Cork | Raidio na Gaeltachta | RTE | Irish | 1.000 | Castletownbere | |
| 92.7 | Waterford City | Raidio na Gaeltachta | RTE | Irish | .200 | Gallows Hill | |
| 92.7 | Boulogne, France (5) | Skyrock | France | French Rock | 1.000 | Boulogne, France | |
| 92.8 | Isle of Man | Radio 4 FM | BBC | Talk, News, Entertainment | 11.000 | Douglas | SC 373 746 |
| 92.8 | Carmarthenshire | Radio 4 FM | BBC | Talk, News, Entertainment | 3.000 | Carmel | SN 576 153 |
| 92.8 | Otley & Ilkley area, W Yorks | Radio 4 FM | BBC | Talk, News, Entertainment | .064 | Wharfedale | SE 198 485 |
| 92.8 | Hebden Bridge, West Yorks | Radio 4 FM | BBC | Talk, News, Entertainment | .025 | Hebden Bridge | SD 988 267 |
| 92.8 | Purley & Coulsdon, London | Radio 4 FM | BBC | Talk, News, Entertainment | .025 | Kenley | TQ 329 592 |
| 92.8 | Ebbw Vale & Tredegar, Gwent | Radio 4 FM | BBC | Talk, News, Entertainment | .030 | Ebbw Vale | SO 159 088 |
| 92.8 | Porth area, Mid Glamorgan | Radio 4 FM | BBC | Talk, News, Entertainment | .010 | Porth | ST 029 919 |
| 92.8 | Walsden, West Yorkshire | Radio 4 FM | BBC | Talk, News, Entertainment | .010 | Walsden South | SD 937 215 |
| 92.8 | Manchester | Unity Radio | Community | New Music, Pop | .037 | Portland Tower | SJ 842 979 |
| 92.8 | Campbeltown, Strathclyde | Radio Scotland (Central) | BBC | Mixed Format | .400 | Campbeltown | NR 707 172 |
| 92.8 | Peebles, Border Region | Radio Scotland (Borders) | BBC | Mixed Format | .020 | Peebles | NT 228 416 |
| 92.8 | Colwyn Bay area, Clwyd | Radio Cymru | BBC | Welsh | .100 | Penmaen Rhos | SH 877 779 |
| 92.8 | Mid Kerry | Raidio na Gaeltachta | RTE | Irish | 1.000 | Knockmoyle | |
| 92.8 | Casla, Galway | Raidio na Gaeltachta | RTE | Irish | 4.000 | Casla | |
| 92.9 | Central Southern England | Radio 4 FM | BBC | Talk, News, Entertainment | 250.000 | Rowridge | SZ 447 865 |
| 92.9 | North East England | Radio 4 FM | BBC | Talk, News, Entertainment | 134.000 | Pontop Pike | NZ 147 527 |
| 92.9 | North Devon | Radio 4 FM | BBC | Talk, News, Entertainment | 1.000 | Barnstaple | SS 502 289 |
| 92.9 | Plymouth | Radio 4 FM | BBC | Talk, News, Entertainment | .040 | Plympton | SX 531 555 |
| 92.9 | Bradford | Radio 4 FM | BBC | Talk, News, Entertainment | .025 | Idle | SE 163 374 |
| 92.9 | Blaenavon & Abersychan | Radio 4 FM | BBC | Talk, News, Entertainment | .010 | Blaenavon | SO 277 063 |
| 92.9 | Cwmafan, West Glamorgan | Radio 4 FM | BBC | Talk, News, Entertainment | .010 | Cwmafan | SS 798 936 |
| 92.9 | Skye, Harris, East N & S Uist | Radio Scotland (Highland) | BBC | Mixed Format | 30.000 | Skriag | NG 451 408 |
| 92.9 | Largs, Rothesay, Clyde Mouth | Radio Scotland (Central) | BBC | Mixed Format | .570 | Rothesay | NS 125 691 |
| 92.9 | County Dublin | Raidio na Gaeltachta | RTE | Irish | 10.000 | Three Rock | |
| 92.9 | West County Waterford | Raidio na Gaeltachta | RTE | Irish | 3.000 | Dungarvan | |
| 93.0 | Milton Keynes and West Beds | Radio 4 FM | BBC | Talk, News, Entertainment | 10.000 | Bow Brickhill | SP 914 342 |
| 93.0 | Herefordshire & NE Gloucs | Radio 4 FM | BBC | Talk, News, Entertainment | 10.000 | Ridge Hill | SO 630 333 |
| 93.0 | West, South & Central Lancs | Radio 4 FM | BBC | Talk, News, Entertainment | 4.000 | Winter Hill | SD 660 144 |
| 93.0 | Berwick- upon- Tweed | Radio 4 FM | BBC | Talk, News, Entertainment | .050 | Berwick- upon- Tweed | NT 980 547 |
| 93.0 | Llangeinor, Pontycymer, M Gm | Radio 4 FM | BBC | Talk, News, Entertainment | .010 | Llangeinor | SS 905 886 |
| 93.0 | Fort Augustus area, Highland | Radio Scotland (Highland) | BBC | Mixed Format | 1.000 | Fort Augustus | NH 361 049 |
| 93.0 | Crubenmore & Dalwhinnie, Highland | Radio Scotland (Highland) | BBC | Mixed Format | .200 | Crubenmore | NN 666 904 |
| 93.0 | Penicuik, Lothian | Radio Scotland (Central) | BBC | Mixed Format | .200 | Penicuik | NT 229 597 |
| 93.0 | West Bretagne, France (3) | France Bleu Breiz Izel | Radio France | French Oldies | 170.000 | Brest, France | |
| 93.1 | Lincolnshire & E Humberside | Radio 4 FM | BBC | Talk, News, Entertainment | 16.000 | Belmont | TF 217 837 |
| 93.1 | Torbay | Radio 4 FM | BBC | Talk, News, Entertainment | 1.000 | Beacon Hill | SX 857 620 |
| 93.1 | Folkestone area | Radio 4 FM | BBC | Talk, News, Entertainment | .100 | Folkestone | TR 229 382 |
| 93.1 | West Halifax | Radio 4 FM | BBC | Talk, News, Entertainment | .084 | Luddenden | SE 048 248 |
| 93.1 | Okehampton, Devon | Radio 4 FM | BBC | Talk, News, Entertainment | .070 | Okehampton | SX 586 967 |
| 93.1 | Abergavenny & Usk Valley | Radio 4 FM | BBC | Talk, News, Entertainment | .040 | Abergavenny | SO 244 126 |
| 93.1 | Grampian Region | Radio Scotland (Aberdeen) | BBC | Mixed Format | 150.000 | Meldrum | NJ 760 329 |
| 93.1 | South West Central Region | Radio Scotland (Central) | BBC | Mixed Format | 1.000 | Ben Gullipen | NN 598 045 |
| 93.1 | Blair Atholl, Tayside | Radio Scotland (Central) | BBC | Mixed Format | .100 | Blair Atholl | NN 894 698 |
| 93.1 | Kirkconnel & Sanquhar, D & G | Radio Scotland (Central) | BBC | Mixed Format | .040 | Kirkconnel | NS 746 150 |
| 93.1 | Wigtown Bay area, D & G | Radio Scotland (Dumfries) | BBC | Mixed Format | .064 | Cambret Hill | NX 524 578 |
| 93.1 | Corran and Onich, Highland | Radio Scotland (Highland) | BBC | Mixed Format | .050 | Ardgour | NM 989 626 |
| 93.1 | Derry area | Radio Ulster/ Radio Foyle | BBC | Mixed Format | 31.000 | Londonderry | IC 404 176 |
| 93.1 | South East Northern Ireland | Radio Ulster | BBC | Mixed Format | 2.000 | Camulough | IJ 055 246 |
| 93.1 | Ceredigion & SW Gwynedd | Radio Cymru | BBC | Welsh | 250.000 | Blaenplwyf | SN 569 756 |
| 93.1 | Dunquin, Kerry | Raidio na Gaeltachta | RTE | Irish | .100 | Maamclassach | |
| 93.1 | Bantry, SW County Cork | Raidio na Gaeltachta | RTE | Irish | 2.000 | Bantry | |
| 93.1 | Cork City | Life FM | Irish Community | Christian | | Cork | |
| 93.2 | London area | Radio 4 FM | BBC | Talk, News, Entertainment | 4.000 | Crystal Palace | TQ 339 712 |
| 93.2 | Bodmin area, Cornwall | Radio 4 FM | BBC | Talk, News, Entertainment | .200 | Penaligon Downs | SX 026 683 |
| 93.2 | Ballycastle, Northern Ireland | Radio 4 FM | BBC | Talk, News, Entertainment | .100 | Ballycastle | ID 077 423 |
| 93.2 | Isles of Scilly | Radio 4 FM | BBC | Talk, News, Entertainment | .060 | Isles of Scilly | SV 911 124 |
| 93.2 | Newtownabbey, N Ireland | Radio 4 FM | BBC | Talk, News, Entertainment | .020 | Carmoney Hill | IJ 336 829 |
| 93.2 | Chippenham, Wiltshire | Radio 4 FM | BBC | Talk, News, Entertainment | .010 | Chippenham | ST 914 751 |
| 93.2 | Guernsey and Sark | Radio Guernsey | BBC | Mixed Format | 1.000 | Les Touillets | UT 307 786 |
| 93.2 | Strachur & Inveraray, Strathcl | Radio Scotland (Central) | BBC | Mixed Format | .018 | Strachur | NN 094 027 |
| 93.2 | Rhondda Valley, Mid Glam | Radio Cymru | BBC | Welsh | .006 | Ton Pentre | SS 960 955 |
| 93.2 | Bristol | Bristol Community FM | Community | Mixed Format | .020 | Barton Hill | ST 610 731 |
| 93.2 | Central Sheffield | Sheffield Live | Community | Mixed Format | .031 | Tapton Hill, Sheffield | SK 324 870 |
| 93.2 | West Ireland | Raidio na Gaeltachta | RTE | Irish | 160.000 | Maghera | |
| 93.2 | Falcarragh, Donegal | Raidio na Gaeltachta | RTE | Irish | .300 | Magherdorty | |

UK and Ireland FM Transmitters

| MHz | Area | Station | Broadcaster | Format | kW | Transmitter Site | Grid |
|------|---------------------------------|---------------------------|--------------|---------------------------|---------|----------------------|------------|
| 93.3 | Clwyd, Merseyside, W Cheshire | Radio 4 FM | BBC | Talk, News, Entertainment | 16.000 | Llangollen | SJ 209 488 |
| 93.3 | Keighley area, West Yorks | Radio 4 FM | BBC | Talk, News, Entertainment | 1.000 | Keighley | SE 069 444 |
| 93.3 | Cambridge area | Radio 4 FM | BBC | Talk, News, Entertainment | .260 | Madingley, Cambridge | TL 392 594 |
| 93.3 | West Berkshire & East Wilts | Radio 4 FM | BBC | Talk, News, Entertainment | .125 | Membury | SU 307 763 |
| 93.3 | Todmorden, West Yorks | Radio 4 FM | BBC | Talk, News, Entertainment | .100 | Todmorden | SD 957 241 |
| 93.3 | Northampton | Radio 4 FM | BBC | Talk, News, Entertainment | .124 | Northampton | SP 760 647 |
| 93.3 | Chard, Somerset | Radio 4 FM | BBC | Talk, News, Entertainment | .033 | Chard | ST 358 086 |
| 93.3 | Oban area, Highland | Radio Scotland (Highland) | BBC | Mixed Format | 3.600 | Oban | NM 850 290 |
| 93.3 | Girvan, Ayrshire | Radio Scotland (Central) | BBC | Mixed Format | .100 | Girvan | NX 211 981 |
| 93.3 | Swansea Valley, W Glam | Radio Cymru | BBC | Welsh | .048 | Varteg Hill | SN 776 077 |
| 93.3 | Carmarthen, Dyfed | Radio Cymru | BBC | Welsh | .007 | Carmarthen | SN 412 213 |
| 93.3 | Brecon, Powys | Radio Cymru | BBC | Welsh | .010 | Brecon | SO 030 299 |
| 93.3 | County Monaghan | Raidio na Gaeltachta | RTE | Irish | 3.000 | Monaghan | |
| 93.3 | North Inishowen | Raidio na Gaeltachta | RTE | Irish | 1.000 | Malin | |
| 93.3 | Dunkerque, France (6) | Radio Rencontre | France | French | | Dunkerque, France | |
| 93.4 | Cleveland, S Durham, N Yorks | Radio 4 FM | BBC | Talk, News, Entertainment | 5.000 | Bilsdale West Moor | SE 553 962 |
| 93.4 | Chesterfield | Radio 4 FM | BBC | Talk, News, Entertainment | .400 | Chesterfield | SK 383 764 |
| 93.4 | Swindon area | Radio 4 FM | BBC | Talk, News, Entertainment | .200 | Blunsdon | SU 143 900 |
| 93.4 | Kendal, Cumbria | Radio 4 FM | BBC | Talk, News, Entertainment | .100 | Kendal | SD 540 912 |
| 93.4 | Bath | Radio 4 FM | BBC | Talk, News, Entertainment | .082 | Bath | ST 769 654 |
| 93.4 | Gloucester & Cheltenham | Radio 4 FM | BBC | Talk, News, Entertainment | .072 | Churchdown Hill | SO 880 188 |
| 93.4 | Exeter | Radio 4 FM | BBC | Talk, News, Entertainment | .055 | St Thomas | SX 898 922 |
| 93.4 | Abertillery, Gwent | Radio 4 FM | BBC | Talk, News, Entertainment | .010 | Abertillery | SO 244 023 |
| 93.4 | Minehead, Somerset | Radio 4 FM | BBC | Talk, News, Entertainment | .010 | Minehead | SS 966 452 |
| 93.4 | Perth area | Radio Scotland (Central) | BBC | Mixed Format | .964 | Kirkton Mailer | NO 102 210 |
| 93.4 | South Islay (mono) | Radio Scotland (Central) | BBC | Mixed Format | .065 | Port Ellen | NR 338 452 |
| 93.4 | Croeserw, West Glamorgan | Radio Cymru | BBC | Welsh | .010 | Croeserw | SS 858 952 |
| 93.4 | North Isle of Man | Energy FM | Independent | Contemporary | 1.200 | Jurby | SC 365 991 |
| 93.4 | Mid Tipperary | Raidio na Gaeltachta | RTE | Irish | 3.000 | Suir Valley | |
| 93.4 | Kinsale, Cork | Raidio na Gaeltachta | RTE | Irish | .010 | Kinsale | |
| 93.5 | London & South East England | Radio 4 FM | BBC | Talk, News, Entertainment | 250.000 | Wrotham | TQ 595 604 |
| 93.5 | West Dorset | Radio 4 FM | BBC | Talk, News, Entertainment | .200 | Bridport | SY 453 915 |
| 93.5 | Frome, Somerset | Radio 4 FM | BBC | Talk, News, Entertainment | .060 | Egford Hill | ST 764 481 |
| 93.5 | Llanfyllin, Powys | Radio 4 FM | BBC | Talk, News, Entertainment | .014 | Llanfyllin | SJ 151 181 |
| 93.5 | Combe Martin, Devon | Radio 4 FM | BBC | Talk, News, Entertainment | .004 | Combe Martin | SS 582 462 |
| 93.5 | Border Region | Radio Scotland (Borders) | BBC | Mixed Format | 50.000 | Ashkirk | NT 470 244 |
| 93.5 | E Lewis, N Skye & W Highland | Radio Scotland (Highland) | BBC | Mixed Format | 50.000 | Melvaig | NG 757 900 |
| 93.5 | West Kilbride area, Strathclyde | Radio Scotland (Central) | BBC | Mixed Format | .050 | West Kilbride | NS 215 483 |
| 93.5 | Kingussie, Highland | Radio Scotland (Highland) | BBC | Mixed Format | .035 | Kingussie | NN 769 985 |
| 93.5 | Larne, Northern Ireland | Radio Ulster | BBC | Mixed Format | .032 | Larne | ID 395 037 |
| 93.5 | Central Powys | Radio Cymru | BBC | Welsh | 2.800 | Llandrindod Wells | SO 018 635 |
| 93.5 | Conwy & Llandudno, Gwynnd | Radio Cymru | BBC | Welsh | .050 | Conwy | SH 781 765 |
| 93.5 | East Birmingham | Unity FM | Community | Mixed Format | .025 | Birmingham East | SP 089 860 |
| 93.5 | East Ireland | Raidio na Gaeltachta | RTE | Irish | 40.000 | Kippure | |
| 93.5 | Dingle Peninsula, County Kerry | Raidio na Gaeltachta | RTE | Irish | .020 | Ballydavid | |
| 93.5 | East Bretagne, France (3) | France Inter | Radio France | French Mixed format | 100.000 | Rennes, France | |
| 93.6 | Chalford & Stroud, Gloucs | Radio 4 FM | BBC | Talk, News, Entertainment | .100 | Chalford | SO 883 017 |
| 93.6 | Ogmore Vale, Mid Glamorgan | Radio 4 FM | BBC | Talk, News, Entertainment | .010 | Ogmore Vale | SS 929 894 |
| 93.6 | Greenock & Firth of Clyde | Radio Scotland (Central) | BBC | Mixed Format | .032 | Rosneath | NS 258 811 |
| 93.6 | Pitlochry & Aberfeldy, Tayside | Radio Scotland (Central) | BBC | Mixed Format | .200 | Pitlochry | NN 923 565 |
| 93.6 | Pontypool & Cwmbran, Gwent | Radio Cymru | BBC | Welsh | .050 | Pontypool | ST 284 990 |
| 93.6 | Aberdare area, Mid Glam. | Radio Cymru | BBC | Welsh | .042 | Aberdare | SO 034 013 |
| 93.6 | Cork City and East County Cork | Raidio na Gaeltachta | RTE | Irish | 10.000 | Spur Hill | |
| 93.6 | East Donegal | Raidio na Gaeltachta | RTE | Irish | 2.000 | Holywell Hill | |
| 93.6 | North Kerry | Raidio na Gaeltachta | RTE | Irish | 2.000 | Knockanure Ballybun | |
| 93.7 | North West and Yorkshire | Radio 4 FM | BBC | Talk, News, Entertainment | 250.000 | Holme Moss | SE 095 041 |
| 93.7 | Bristol | Radio 4 FM | BBC | Talk, News, Entertainment | 1.300 | Ilchester Crescent | ST 577 700 |
| 93.7 | Rhymney area, Mid Glam | Radio 4 FM | BBC | Talk, News, Entertainment | .020 | Rhymney | SO 127 042 |
| 93.7 | Orkney Islands | Radio Scotland (Orkney) | BBC | Mixed Format | 41.000 | Keelylang Hill | HY 378 102 |
| 93.7 | South Uist | Radio Scotland (Highland) | BBC | Mixed Format | 1.000 | Daliburgh | NF 736 216 |
| 93.7 | Crieff area, Tayside | Radio Scotland (Central) | BBC | Mixed Format | .125 | Crieff | NN 814 200 |
| 93.7 | Fort William area, Highland | Radio Scotland (Highland) | BBC | Mixed Format | 1.500 | Fort William | NN 117 772 |
| 93.7 | S Kapdale, E Islay, Jura | Radio Scotland (Central) | BBC | Mixed Format | 1.100 | South Knapdale | NR 837 748 |
| 93.7 | Pembrokeshire | Radio Cymru | BBC | Welsh | 20.000 | Haverfordwest | SN 028 261 |
| 93.7 | Alderney | Island FM | Tindle | Adult | .010 | Fort Albert | WA 589 086 |
| 93.7 | Portsmouth | Express FM | Community | New Music | .020 | Ladywood House | SZ 645 999 |
| 93.7 | Central Mayo | Raidio na Gaeltachta | RTE | Irish | 3.000 | Castlebar | |
| 93.8 | Hexham & Tyne Valley, Nthmb | Radio 4 FM | BBC | Talk, News, Entertainment | .100 | Newton | NZ 036 653 |
| 93.8 | Teignmouth area, Devon | Radio 4 FM | BBC | Talk, News, Entertainment | .100 | Holcombe Down | SX 934 752 |
| 93.8 | Weston-super-mare, Avon | Radio 4 FM | BBC | Talk, News, Entertainment | .040 | Hutton | ST 361 588 |
| 93.8 | Ventnor, Isle of Wight | Radio 4 FM | BBC | Talk, News, Entertainment | .020 | Ventnor | SZ 567 783 |
| 93.8 | South East Grampian Region | Radio Scotland (Aberdeen) | BBC | Mixed Format | 2.100 | Durris | NO 763 897 |
| 93.8 | Fermanagh and South Tyrone | Radio Ulster | BBC | Mixed Format | 9.800 | Brougher Mountain | IH 350 527 |
| 93.8 | Kilkeel, Northern Ireland | Radio Ulster | BBC | Mixed Format | .025 | Kilkeel | IJ 281 180 |
| 93.8 | Porthmadog area, Gwynedd | Radio Cymru | BBC | Welsh | .100 | Llandecwyn | SH 644 371 |
| 93.8 | Machynlleth, Dyfed | Radio Cymru | BBC | Welsh | .060 | Machynlleth | SH 723 003 |
| 93.8 | Limerick city | Raidio na Gaeltachta | RTE | Irish | 2.500 | Woodcock H, Limerick | |
| 93.8 | Fermoy & Mitchelstown, Cork | Raidio na Gaeltachta | RTE | Irish | .100 | Fermoy | |

UK and Ireland FM Transmitters

| MHz | Area | Station | Broadcaster | Format | kW | Transmitter Site | Grid |
|------|---------------------------------|---------------------------|-----------------|---------------------------|---------|------------------------|------------|
| 93.9 | Oxon, Bucks, Berks, S Midlands | Radio 4 FM | BBC | Talk, News, Entertainment | 46.000 | Oxford | SP 567 105 |
| 93.9 | South Devon | Radio 4 FM | BBC | Talk, News, Entertainment | .250 | Salcombe | SX 753 398 |
| 93.9 | Axminster & Seaton, Devon | Radio 4 FM | BBC | Talk, News, Entertainment | .080 | Axe Valley | SY 283 945 |
| 93.9 | Darwen, Lancashire | Radio 4 FM | BBC | Talk, News, Entertainment | .010 | Darwen | SD 708 223 |
| 93.9 | Newbridge area, Gwent | Radio 4 FM | BBC | Talk, News, Entertainment | .005 | Pennar | ST 209 958 |
| 93.9 | Ayrshire | Radio Scotland (Central) | BBC | Mixed Format | 10.000 | Darvel | NS 557 341 |
| 93.9 | Tobermory area, Highland | Radio Scotland (Highland) | BBC | Mixed Format | 5.000 | Glengorm | NM 265 565 |
| 93.9 | Innerleithen, Border | Radio Scotland (Borders) | BBC | Mixed Format | .020 | Innerleithen | NT 325 368 |
| 93.9 | Swansea area | Radio Wales | BBC | Mixed Format | .926 | Kilvey Hill | SS 672 940 |
| 93.9 | West County Galway | Raidio na Gaeltachta | RTE | Irish | 3.000 | Clifden | |
| 93.9 | West Kerry | Raidio na Gaeltachta | RTE | Irish | 2.000 | Cahirciveen | |
| 93.9 | North East Wicklow | Raidio na Gaeltachta | RTE | Irish | 1.000 | Greystones | |
| 93.9 | South Dublin | South Dublin Community R | Irish Community | Mixed Format | .025 | Dundrum | |
| 94.0 | North Northern Ireland | Radio 4 FM | BBC | Talk, News, Entertainment | 3.400 | Limavady | IC 711 296 |
| 94.0 | Tiverton, Devon | Radio 4 FM | BBC | Talk, News, Entertainment | .300 | Gogwell | SS 967 111 |
| 94.0 | Whitby, North Yorkshire | Radio 4 FM | BBC | Talk, News, Entertainment | .100 | Whitby | NZ 904 113 |
| 94.0 | Ferndale, Mid Glamorgan | Radio 4 FM | BBC | Talk, News, Entertainment | .010 | Ferndale | ST 006 970 |
| 94.0 | Whalley, Lancashire | Radio 4 FM | BBC | Talk, News, Entertainment | .010 | Whalley | SD 729 352 |
| 94.0 | Ludlow, Shropshire | Radio 4 FM | BBC | Talk, News, Entertainment | .010 | Ludlow | SO 498 741 |
| 94.0 | Keswick, Cumbria | Radio 4 FM | BBC | Talk, News, Entertainment | .030 | Keswick Forest | NY 223 244 |
| 94.0 | Wlshpool, Powys | Radio 4 FM | BBC | Talk, News, Entertainment | .024 | Long Mountain | SJ 265 057 |
| 94.0 | Llysven area, Powys | Radio 4 FM | BBC | Talk, News, Entertainment | .010 | Llysven | SO 137 361 |
| 94.0 | Inverness & Moray Firth area | Radio Scotland (Highland) | BBC | Mixed Format | 20.000 | Rosemarkie | NH 762 623 |
| 94.0 | Blaigowrie & Rattray, Tayside | Radio Scotland (Central) | BBC | Mixed Format | .032 | Rosemount | NO 203 435 |
| 94.0 | Newham, East London | Radio Ummah | Community | Asian | .025 | Goodmayes | TQ 463 872 |
| 94.0 | South East Ireland | Raidio na Gaeltachta | RTE | Irish | 100.000 | Mount Leinster | |
| 94.0 | West Donegal | Raidio na Gaeltachta | RTE | Irish | 3.000 | Aranmore | |
| 94.0 | Haute Normandie, France (2) | France Culture | Radio France | French Talk | 100.000 | Rouen, France | |
| 94.1 | Norfolk and Suffolk | Radio 4 FM | BBC | Talk, News, Entertainment | 250.000 | Tacolneston | TM 131 958 |
| 94.1 | West Cornwall | Radio 4 FM | BBC | Talk, News, Entertainment | 25.000 | Redruth | SW 690 394 |
| 94.1 | Whitehaven area, Cumbria | Radio 4 FM | BBC | Talk, News, Entertainment | .100 | Whitehaven | NX 992 123 |
| 94.1 | Upper Tame Valley, Gt Manco | Radio 4 FM | BBC | Talk, News, Entertainment | .095 | Saddleworth | SD 987 050 |
| 94.1 | Weardale, County Durham | Radio 4 FM | BBC | Talk, News, Entertainment | .180 | Weardale | NZ 025 384 |
| 94.1 | Newhaven & Seaford, Sussex | Radio 4 FM | BBC | Talk, News, Entertainment | .100 | Newhaven | TQ 435 006 |
| 94.1 | Lyme Regis, Dorset | Radio 4 FM | BBC | Talk, News, Entertainment | .050 | Lyme Regis | SY 345 935 |
| 94.1 | Leatherhead area, Surrey | Radio 4 FM | BBC | Talk, News, Entertainment | .025 | Mickleham | TQ 163 538 |
| 94.1 | Barnoldswick area, Lancs | Radio 4 FM | BBC | Talk, News, Entertainment | .020 | Barnoldswick | SD 897 490 |
| 94.1 | Cornholme, West Yorkshire | Radio 4 FM | BBC | Talk, News, Entertainment | .020 | Cornholme | SD 918 264 |
| 94.1 | Caterham, Surrey | Radio 4 FM | BBC | Talk, News, Entertainment | .015 | Caterham | TQ 343 557 |
| 94.1 | Eyemouth and Border coast | Radio Scotland (Borders) | BBC | Mixed Format | .100 | Eyemouth | NT 947 599 |
| 94.1 | Stranraer, D & G | Radio Scotland (Dumfries) | BBC | Mixed Format | .031 | Stranraer | NX 111 632 |
| 94.1 | Kinlochleven, Highland | Radio Scotland (Highland) | BBC | Mixed Format | .010 | Kinlochleven | NN 178 630 |
| 94.1 | Lampeter & Teifi Valley, Dyfed | Radio Cymru | BBC | Welsh | .400 | Mynydd Pencarreg | SN 577 430 |
| 94.1 | Ballybofey, Donegal | Raidio na Gaeltachta | RTE | Irish | 1.000 | Ballybofey | |
| 94.1 | Cork City | Raidio na Gaeltachta | RTE | Irish | .200 | Collins Barracks | |
| 94.1 | Lahinch, Clare | Raidio na Gaeltachta | RTE | Irish | .200 | Lehinch | |
| 94.2 | Reading | Radio 4 FM | BBC | Talk, News, Entertainment | 1.000 | Hemdean | SU 710 762 |
| 94.2 | Matlock & Bakewell, Derbys | Radio 4 FM | BBC | Talk, News, Entertainment | 1.200 | Stanton Moor | SK 246 637 |
| 94.2 | Hastings | Radio 4 FM | BBC | Talk, News, Entertainment | .500 | Hastings | TQ 807 100 |
| 94.2 | Leeds | Radio 4 FM | BBC | Talk, News, Entertainment | .200 | Beecroft Hill | SE 237 350 |
| 94.2 | West Tyneside, Tyne & Wear | Radio 4 FM | BBC | Talk, News, Entertainment | .042 | Fenham | NZ 216 648 |
| 94.2 | Llanrhaeadr ym Mochnant, Cl | Radio 4 FM | BBC | Talk, News, Entertainment | .050 | Llanrhaeadr ym Moch. | SJ 174 260 |
| 94.2 | Salisbury, Wiltshire | Radio 4 FM | BBC | Talk, News, Entertainment | .020 | Salisbury | SU 136 285 |
| 94.2 | Dartmouth area, Devon | Radio 4 FM | BBC | Talk, News, Entertainment | .005 | Kingswear | SX 887 511 |
| 94.2 | Isle of Lewis | Radio Scotland (Highland) | BBC | Mixed Format | 2.000 | Eitshal | NB 305 302 |
| 94.2 | Dalnacardoch, Tayside | Radio Scotland (Central) | BBC | Mixed Format | .025 | Dalnacardoch Wood | NN 720 714 |
| 94.2 | North Gwynedd & NW Clwyd | Radio Cymru | BBC | Welsh | 21.000 | Llanddona | SH 782 810 |
| 94.2 | Co Longford and North Midlands | Raidio na Gaeltachta | RTE | Irish | 16.000 | Cairn Hill | |
| 94.2 | North Donegal | Raidio na Gaeltachta | RTE | Irish | 4.000 | Fanad | |
| 94.2 | Dooradoyle, Co. Limerick | Regional Hospital Radio | Irish Hospital | Mixed Format | | | |
| 94.3 | South Wales & West England | Radio 4 FM | BBC | Talk, News, Entertainment | 250.000 | Wenvoe | ST 110 742 |
| 94.3 | Sheffield | Radio 4 FM | BBC | Talk, News, Entertainment | .320 | Tapton Hill, Sheffield | SK 324 870 |
| 94.3 | Scarborough area, N Yorks | Radio 4 FM | BBC | Talk, News, Entertainment | .250 | Oliver's Mount | SX 040 869 |
| 94.3 | Haslingden area, Lancs | Radio 4 FM | BBC | Talk, News, Entertainment | .083 | Haslingden | SD 795 236 |
| 94.3 | Ivybridge, Devon | Radio 4 FM | BBC | Talk, News, Entertainment | .050 | Ivybridge | SX 631 538 |
| 94.3 | Central Scotland | Radio Scotland (Central) | BBC | Mixed Format | 250.000 | Black Hill | NS 828 647 |
| 94.3 | Newham, East London | Voice of Africa | Community | African | .025 | Plaistow | TQ 392 853 |
| 94.3 | North West Mayo | Raidio na Gaeltachta | RTE | Irish | 2.000 | Achill | |
| 94.4 | East Kent | Radio 4 FM | BBC | Talk, News, Entertainment | 11.000 | Swingate | TR 334 429 |
| 94.4 | South Cumbria & NW Lancs | Radio 4 FM | BBC | Talk, News, Entertainment | 10.000 | Morecambe Bay | SD 239 791 |
| 94.4 | Thirsk & Northallerton area | Radio 4 FM | BBC | Talk, News, Entertainment | 5.000 | Woolmoor | SE 457 881 |
| 94.4 | Weymouth, Dorset | Radio 4 FM | BBC | Talk, News, Entertainment | .130 | Weymouth | SY 663 779 |
| 94.4 | Buxton, Derbyshire | Radio 4 FM | BBC | Talk, News, Entertainment | .100 | Buxton | SK 060 753 |
| 94.4 | High Wycombe | Radio 4 FM | BBC | Talk, News, Entertainment | .050 | High Wycombe | SU 856 942 |
| 94.4 | Salford and Swinton, Manchester | Salford City Radio | Community | Mixed Format | .025 | Swinton Civic Centre | SD 775 016 |
| 94.4 | South West Ireland | Raidio na Gaeltachta | RTE | Irish | 160.000 | Mullaghinish | |

UK and Ireland FM Transmitters

| MHz | Area | Station | Broadcaster | Format | kW | Transmitter Site | Grid |
|------|---------------------------------|------------------------------|-----------------|------------------------------|---------|--------------------|------------|
| 94.5 | Cambs, Beds, S Lincs, E Nthts | Radio 4 FM | BBC | Talk, News, Entertainment | 40.000 | Peterborough | TL 127 913 |
| 94.5 | North Northumberland | Radio 4 FM | BBC | Talk, News, Entertainment | 5.600 | Chatton | NU 105 264 |
| 94.5 | Brighton and Worthing area | Radio 4 FM | BBC | Talk, News, Entertainment | .600 | Whitehawk Hill | TQ 330 045 |
| 94.5 | Basingstoke | Radio 4 FM | BBC | Talk, News, Entertainment | .200 | Basingstoke | SU 600 488 |
| 94.5 | Marlborough area, Wilts | Radio 4 FM | BBC | Talk, News, Entertainment | .100 | Marlborough | SU 209 688 |
| 94.5 | Newtown, Powys | Radio 4 FM | BBC | Talk, News, Entertainment | .036 | Llandinam | SO 050 877 |
| 94.5 | Thurso & Wick area, Highland | Radio Scotland (Highland) | BBC | Mixed Format | 10.000 | Rumster Forest | NO 197 385 |
| 94.5 | Dee Valley, Grampian | Radio Scotland (Aberdeen) | BBC | Mixed Format | .042 | Tullich | NO 379 984 |
| 94.5 | East & Central Northern Ireland | Radio Ulster | BBC | Mixed Format | 250.000 | Divis | IJ 286 750 |
| 94.5 | Newcastle Emlyn area, Dyfed | Radio Cymru | BBC | Welsh | .088 | Llandyfriog | SN 348 412 |
| 94.5 | Dolgellau, Gwynedd | Radio Cymru | BBC | Welsh | .016 | Dolgellau | SH 727 185 |
| 94.6 | Burnley & Colne Valley, Lancs | Radio 4 FM | BBC | Talk, News, Entertainment | 1.000 | Pendle Forest | SD 825 384 |
| 94.6 | Perth area | Radio 4 FM | BBC | Talk, News, Entertainment | .964 | Kirkton Mailer | NO 102 210 |
| 94.6 | Swansea area | Radio 4 FM | BBC | Talk, News, Entertainment | .926 | Kilvey Hill | SS 672 940 |
| 94.6 | Bexhill, East Sussex | Radio 4 FM | BBC | Talk, News, Entertainment | .100 | Bexhill | TQ 744 080 |
| 94.6 | Speyside, Highland | Radio Scotland (Highland) | BBC | Mixed Format | .350 | Grantown | NJ 003 267 |
| 94.6 | Henley, Oxon & Marlow, Bucks | Radio Berkshire | BBC | Mixed Format | .250 | Henley | SU 780 822 |
| 94.6 | Stoke-on-Trent area | Radio Stoke | BBC | Mixed Format | 6.100 | Alsagers Bank | SJ 812 478 |
| 94.6 | Porth area, Mid Glamorgan | Radio Wales | BBC | Mixed Format | .010 | Porth | ST 029 919 |
| 94.6 | Naas, County Kildare | 4FM | 4FM | Oldies, Easy, Talk | .200 | Naas | |
| 94.6 | Borris, County Carlow | KCLR | Irish Ind | Adult, Oldies, Talk | .100 | Glencourn | |
| 94.6 | South Mayo | Claremorris Community Radio | Irish Community | Mixed Format | .025 | | |
| 94.6 | Roscommon Town | Ros FM | Irish Community | Mixed Format | .025 | | |
| 94.7 | South Islay | Radio 4 FM | BBC | Talk, News, Entertainment | .065 | Port Ellen | NR 338 452 |
| 94.7 | Ballachulish, Highland | Radio 4 FM | BBC | Talk, News, Entertainment | .025 | Ballachulish | NN 059 593 |
| 94.7 | Mallaig, Highland | Radio 4 FM | BBC | Talk, News, Entertainment | .014 | Mallaig | NM 676 965 |
| 94.7 | Herefordshire | BBC Hereford and Worcester | BBC | Mixed Format | 2.000 | Ridge Hill | SO 630 333 |
| 94.7 | S W Scotland & N Cumbria | Radio Scotland (Dumfries) | BBC | Mixed Format | 250.000 | Sandale | NY 266 398 |
| 94.7 | Chesterfield | Radio Sheffield | BBC | Mixed Format | .400 | Chesterfield | SK 383 764 |
| 94.7 | Aylesbury area | Three Counties Radio (Bucks) | BBC | Mixed Format | .200 | Quainton Hill | SP 750 213 |
| 94.7 | Newbridge area, Gwent | Radio Cymru | BBC | Welsh | .005 | Pennar | ST 209 958 |
| 94.7 | Burnham-on-Crouch area | Saint FM | Community | Mixed Format | .025 | Mayland Hill | TL 923 003 |
| 94.7 | Ballybofey, Donegal | Highland Radio | Communicorp | Adult, Irish & Country, Talk | .050 | Ballybofey | |
| 94.7 | Ballyshannon & Bundoran, Don. | Ocean FM | Irish Ind | Adult, Irish & Country, Talk | .100 | Ballyshannon | |
| 94.7 | North & Central Co. Tipperary | Spin South West | Communicorp | Contemporary | 1.000 | Devil's Bit | |
| 94.7 | Nord Pas de Calais, France (1) | France Bleu Nord | Radio France | French Oldies | 400.000 | Lille, France | |
| 94.8 | Skye, Harris, East N & S Uist | Radio 4 FM | BBC | Talk, News, Entertainment | 30.000 | Skriag | NG 451 408 |
| 94.8 | Channel Islands | Radio 4 FM | BBC | Talk, News, Entertainment | 16.000 | Les Platons | |
| 94.8 | North West Grampian | Radio 4 FM | BBC | Talk, News, Entertainment | .500 | Knock More | NJ 321 497 |
| 94.8 | Coventry and N Warwickshire | BBC Coventry & Warwickshire | BBC | Mixed Format | 2.200 | Meriden | SP 255 844 |
| 94.8 | North Devon | Radio Devon | BBC | Mixed Format | .674 | Huntshaw Cross | SS 527 221 |
| 94.8 | North Gwynedd & NW Clwyd | Radio Wales | BBC | Mixed Format | 10.000 | Llanddona | SH 782 810 |
| 94.8 | Rhondda Valley, Mid Glam | Radio Wales | BBC | Mixed Format | .006 | Ton Pentre | SS 960 955 |
| 94.8 | Cork City and SE County Cork | 4FM | 4FM | Oldies, Easy, Talk | 2.500 | Cork City | |
| 94.8 | Bantry, County Cork | 4FM | 4FM | Oldies, Easy, Talk | .200 | Bantry | |
| 94.8 | County Cavan | Northern Sound | Radio Kerry | Adult, Oldies, I&C, Talk | 3.000 | Sliabh Glach | |
| 94.8 | Suir Estuary, Waterford | WLR FM | Irish Ind | Adult, Oldies, Talk | .100 | Templeton | |
| 94.8 | Kilrush SW Clare | Radio Corca Baiscinn | Irish Community | Mixed Format | .025 | | |
| 94.9 | Shetland Islands | Radio 4 FM | BBC | Talk, News, Entertainment | 43.000 | Bressay | HU 503 387 |
| 94.9 | East Tayside and North Fife | Radio 4 FM | BBC | Talk, News, Entertainment | 17.000 | Forfar | NO 482 409 |
| 94.9 | Derry area | Radio 4 FM | BBC | Talk, News, Entertainment | 10.000 | Londonderry | IC 404 176 |
| 94.9 | Patna & Dalmellington, Ayrshire | Radio 4 FM | BBC | Talk, News, Entertainment | .200 | Lethanhill | NS 438 105 |
| 94.9 | Avon | Radio Bristol | BBC | Mixed Format | .500 | Dundry East | ST 573 665 |
| 94.9 | Lincolnshire | Radio Lincolnshire | BBC | Mixed Format | 6.000 | Belmont | TF 217 837 |
| 94.9 | London area | BBC London | BBC | Mixed Format, Rock, Soul | 4.000 | Crystal Palace | TQ 339 712 |
| 94.9 | Avoca, SE Co Wicklow | East Coast Radio | Irish Ind | Adult, Talk | .250 | Avoca | |
| 94.9 | Glendalough, Co Wicklow | East Coast Radio | Irish Ind | Adult, Talk | | Fassaroe | |
| 94.9 | County Dublin | 4FM | 4FM | Oldies, Easy, Talk | 2.500 | Three Rock | |
| 95.0 | Peebles, Border Region | Radio 4 FM | BBC | Talk, News, Entertainment | .020 | Peebles | NT 228 416 |
| 95.0 | Stroud area, Gloucestershire | Radio Gloucestershire | BBC | Mixed Format | .100 | Stroud | SO 836 077 |
| 95.0 | Ludlow, Shropshire | Radio Shropshire | BBC | Mixed Format | .010 | Ludlow | SO 498 741 |
| 95.0 | Newhaven & Seaford, Sussex | BBC Sussex | BBC | Mixed Format | .100 | Newhaven | TQ 435 006 |
| 95.0 | Cleveland, S Durham, N Yorks | BBC Tees | BBC | Mixed Format | 10.000 | Bilsdale West Moor | SE 553 962 |
| 95.0 | Ebbw Vale & Tredegar, Gwent | Radio Wales | BBC | Mixed Format | .030 | Ebbw Vale | SO 159 088 |
| 95.0 | Ogmore Vale, Mid Glamorgan | Radio Cymru | BBC | Welsh | .010 | Ogmore Vale | SS 929 894 |
| 95.0 | South West County Cork | 4FM | 4FM | Oldies, Easy, Talk | 5.000 | | |
| 95.0 | County Limerick | 95 FM Limerick | UTV | Adult, Talk | 6.000 | Woodcock Hill | |
| 95.1 | North Uist | Radio 4 FM | BBC | Talk, News, Entertainment | 2.000 | Clethraval | NF 751 716 |
| 95.1 | Isle of Lewis | Radio 4 FM | BBC | Talk, News, Entertainment | 2.000 | Eitshal | NB 305 302 |
| 95.1 | Largs, Rothesay, Clyde Mouth | Radio 4 FM | BBC | Talk, News, Entertainment | .570 | Rothesay | NS 125 691 |
| 95.1 | Strachur & Inveraray, Strathcl | Radio 4 FM | BBC | Talk, News, Entertainment | .018 | Strachur | NM 094 027 |
| 95.1 | Corran and Onich, Highland | Radio 4 FM | BBC | Talk, News, Entertainment | .050 | Ardgour | NM 989 626 |
| 95.1 | Greater Manchester | Radio Manchester | BBC | Mixed Format | 4.600 | Holme Moss | SE 095 041 |
| 95.1 | East Norfolk and North Suffolk | Radio Norfolk | BBC | Mixed Format | 4.000 | Stoke Holy Cross | TG 258 026 |
| 95.1 | Newark and East Notts | Radio Nottingham | BBC | Mixed Format | .200 | Newark | SK 873 538 |
| 95.1 | Horsham | BBC Sussex | BBC | Mixed Format | .040 | Horsham | TQ 176 307 |
| 95.1 | Ballycastle, Northern Ireland | Radio Ulster | BBC | Mixed Format | .100 | Ballycastle | ID 077 423 |
| 95.1 | Carmarthenshire | Radio Wales | BBC | Mixed Format | 3.000 | Carmel | SN 576 153 |
| 95.1 | Blaenavon & Abersychan | Radio Wales | BBC | Mixed Format | .010 | Blaenavon | SO 277 063 |
| 95.1 | West County Waterford | WLR FM | Irish Ind | Adult, Oldies, Talk | 5.000 | Dungarvan | |

UK and Ireland FM Transmitters

| MHz | Area | Station | Broadcaster | Format | kW | Transmitter Site | Grid |
|------|---------------------------------|-----------------------------|--------------|------------------------------------|---------|-------------------|------------|
| 95.2 | Fort Augustus area, Highland | Radio 4 FM | BBC | Talk, News, Entertainment | 1.000 | Fort Augustus | NH 361 049 |
| 95.2 | Campbeltown, Strathclyde | Radio 4 FM | BBC | Talk, News, Entertainment | .400 | Campbeltown | NR 707 172 |
| 95.2 | East Cornwall & West Devon | Radio Cornwall | BBC | Mixed Format | 4.300 | Caradon Hill | SX 273 707 |
| 95.2 | Kendal, Cumbria | Radio Cumbria | BBC | Mixed Format | .200 | Kendal | SD 540 912 |
| 95.2 | Oxfordshire and West Bucks | Radio Oxford | BBC | Mixed Format | 5.800 | Oxford | SP 567 105 |
| 95.2 | Abergavenny & Usk Valley | Radio Wales | BBC | Mixed Format | .040 | Abergavenny | SO 244 126 |
| 95.2 | South and West Fife | Kingdom FM | Ind/ Bauer | Adult | .200 | Knock Hill | NT 054 937 |
| 95.2 | NE Ireland, SE Northern Ireland | Lyric FM | RTE | Classical, Jazz | 40.000 | Clermont Carn | |
| 95.2 | Lahinch and Ennistimon, Clare | Clare FM | Irish Ind | Adult, Oldies, Talk | .200 | Ennistimon | |
| 95.2 | Fermoy & Mitchelstown, Co Cork | 4FM | 4FM | Oldies, Easy, Talk | .200 | Fermoy | |
| 95.2 | West County Donegal | Highland Radio | Communicorp | Adult, Country | .500 | Arranmore Island | |
| 95.2 | Dingle, County Kerry | Radio Kerry | Radio Kerry | Adult, Oldies, I&C, Talk | .250 | Dingle | |
| 95.2 | Dunkerque, France (6) | RTL | France | French Talk | 1.000 | Dunkerque, France | |
| 95.3 | Grampian Region | Radio 4 FM | BBC | Talk, News, Entertainment | 150.000 | Meldrum | NJ 760 329 |
| 95.3 | Oban area, Highland | Radio 4 FM | BBC | Talk, News, Entertainment | 3.600 | Oban | NM 850 290 |
| 95.3 | Crieff area, Tayside | Radio 4 FM | BBC | Talk, News, Entertainment | .125 | Crieff | NN 814 200 |
| 95.3 | Girvan, Ayrshire | Radio 4 FM | BBC | Talk, News, Entertainment | .100 | Girvan | NX 211 981 |
| 95.3 | Kirkconnel & Sanquhar, D & G | Radio 4 FM | BBC | Talk, News, Entertainment | .040 | Kirkconnel | NS 746 150 |
| 95.3 | Wigtown Bay area, D & G | Radio 4 FM | BBC | Talk, News, Entertainment | .064 | Cambret Hill | NX 524 578 |
| 95.3 | Matlock & Bakewell, Derbys | Radio Derby | BBC | Mixed Format | 1.200 | Stanton Moor | SK 246 637 |
| 95.3 | South East Essex | BBC Essex | BBC | Mixed Format | 1.200 | South Benfleet | TQ 790 867 |
| 95.3 | West Halifax | Radio Leeds | BBC | Mixed Format | .084 | Luddenden | SE 048 248 |
| 95.3 | Otley & Ilkley area, W Yorks | Radio Leeds | BBC | Mixed Format | .064 | Wharfedale | SE 198 485 |
| 95.3 | Brighton and Worthing area | BBC Sussex | BBC | Mixed Format | 1.200 | Whitehawk Hill | TQ 330 045 |
| 95.3 | Newtownabbey, N Ireland | Radio Ulster | BBC | Mixed Format | .020 | Carmoney Hill | IJ 336 829 |
| 95.3 | Ceredigion & SW Gwynedd | Radio Wales | BBC | Mixed Format | 120.000 | Blaenplwyf | SN 569 756 |
| 95.3 | Thorne-Moorends, South Yorks | TMCR | Community | Mixed Format | .025 | Thorne | SE 685 134 |
| 95.3 | West County Limerick | 95 FM Limerick | UTV | Adult, Talk | 1.000 | Barna | |
| 95.3 | Carrick on Suir, Tipperary | Tipp FM | Irish Ind | Adult, Oldies, Talk | .150 | Carrick-on-Suir | |
| 95.4 | East Berkshire | Radio Berkshire | BBC | Mixed Format | .500 | Windsor Castle | SU 968 770 |
| 95.4 | Tyneside, Durham, S Nthmblnd | Radio Newcastle | BBC | Mixed Format | 10.000 | Pontop Pike | NZ 147 527 |
| 95.4 | North Northern Ireland | Radio Ulster | BBC | Mixed Format | 3.400 | Limavady | IC 711 296 |
| 95.4 | Wrexham area | Radio Wales | BBC | Mixed Format | .700 | Wrexham | SJ 301 537 |
| 95.4 | West County Cork | 4FM | 4FM | Oldies, Easy, Talk | 10.000 | Nowen Hill | |
| 95.4 | Athlone and W Westmeath | Midlands 103 Westmeath | Tindle | Adult, Oldies, Irish&Country, Talk | .200 | Athlone | |
| 95.4 | Westport, Mayo | MWR FM | Irish Ind | Adult, Irish & Country, Talk | .050 | Westport | |
| 95.4 | West Bretagne, France (3) | France Inter | Radio France | French Mixed format | 170.000 | Brest, France | |
| 95.5 | Penicuik, Lothian | Radio 4 FM | BBC | Talk, News, Entertainment | .200 | Penicuik | NT 229 597 |
| 95.5 | Blaigowrie & Rattray, Tayside | Radio 4 FM | BBC | Talk, News, Entertainment | .032 | Rosemount | NO 203 435 |
| 95.5 | Carmarthen, Dyfed | Radio 4 FM | BBC | Talk, News, Entertainment | .007 | Carmarthen | SN 412 213 |
| 95.5 | East and Central Lancashire | Radio Lancashire | BBC | Mixed Format | 1.600 | Hameldon Hill | SD 808 288 |
| 95.5 | Central Nottinghamshire | Radio Nottingham | BBC | Mixed Format | 2.000 | Fishponds Hill | SK 514 606 |
| 95.5 | Somerset | BBC Somerset | BBC | Mixed Format | 9.000 | Mendip | ST 563 488 |
| 95.5 | Lowestoft area, Suffolk | Radio Suffolk | BBC | Mixed Format | 2.000 | Lowestoft | TM 523 942 |
| 95.5 | Bedfordshire & North Herts | Three Counties Radio | BBC | Mixed Format | 1.000 | Sandy Heath | TL 204 494 |
| 95.5 | Swansea Valley, W Glam | Radio Wales | BBC | Mixed Format | .048 | Varteg Hill | SN 776 077 |
| 95.5 | Scarborough area, N Yorks | Radio York | BBC | Mixed Format | .250 | Oliver's Mount | SX 040 869 |
| 95.5 | North West County Clare | Clare FM | Irish Ind | Adult, Oldies, Talk | .700 | Burren Hill | |
| 95.5 | Kilrush, Clare | Clare FM | Irish Ind | Adult, Oldies, Talk | .600 | Kilrush | |
| 95.5 | South County Meath | LM FM | UTV | Adult, Oldies, Talk | 2.000 | Red Gap Mountain | |
| 95.5 | Balina, Mayo | MWR FM | Irish Ind | Adult, Irish & Country, Talk | .020 | Ballina | |
| 95.5 | Boulogne, France (5) | France Bleu Nord | Radio France | French Oldies | 1.000 | Boulogne, France | |
| 95.6 | Thurso & Wick area, Highland | Radio 4 FM | BBC | Talk, News, Entertainment | 10.000 | Rumster Forest | ND 197 385 |
| 95.6 | Fermanagh and South Tyrone | Radio 4 FM | BBC | Talk, News, Entertainment | 9.800 | Brougher Mountain | IH 350 527 |
| 95.6 | Kinlochleven, Highland | Radio 4 FM | BBC | Talk, News, Entertainment | .010 | Kinlochleven | NN 178 630 |
| 95.6 | S Kapdale, E Islay, Jura | Radio 4 FM | BBC | Talk, News, Entertainment | 1.100 | South Knapdale | NR 837 748 |
| 95.6 | North Cumbria | Radio Cumbria | BBC | Mixed Format | 15.000 | Sandale | NY 266 398 |
| 95.6 | North Norfolk | Radio Norfolk | BBC | Mixed Format | 2.000 | West Runton | TG 186 412 |
| 95.6 | West Midlands | Radio WM | BBC | Mixed Format | 11.000 | Sutton Coldfield | SK 113 003 |
| 95.6 | Isle of Sheppey, Kent | Sheppey Community Radio | Community | Mixed Format | .020 | Minster | TQ 968 733 |
| 95.6 | Fermoy & Mitchelstown, Cork | Cork's 96 FM | UTV | Adult, Contemporary, Talk | .200 | Turbeigh | |
| 95.6 | North County Wexford | South East Radio | Irish Ind | Adult, Oldies, I&C, Talk | 4.000 | Mount Leinster | |
| 95.6 | Basse Normandie, France (2) | France Musique | Radio France | French Classical | 50.000 | Caen, France | |
| 95.7 | E Lewis, N Skye & W Highland | Radio 4 FM | BBC | Talk, News, Entertainment | 50.000 | Melvaig | NG 757 900 |
| 95.7 | North Islay | Radio 4 FM | BBC | Talk, News, Entertainment | .080 | Bowmore | NR 318 590 |
| 95.7 | Kingussie, Highland | Radio 4 FM | BBC | Talk, News, Entertainment | .035 | Kingussie | NN 769 985 |
| 95.7 | North Cambridgeshire | Radio Cambridgeshire(North) | BBC | Mixed Format | 5.100 | Peterborough | TL 127 913 |
| 95.7 | Plymouth area | Radio Devon (Plymouth) | BBC | Mixed Format | 1.000 | Plympton | SX 531 555 |
| 95.7 | Llanfyllin, Powys | Radio Cymru | BBC | Welsh | .014 | Llanfyllin | SJ 151 181 |
| 95.7 | Penistone, South Yorkshire | Penistone Community Radio | Community | Mixed Format | .020 | Hoylandswaive | SE 259 045 |
| 95.7 | Raphoe and Convoys, E Donegal | Highland Radio | Communicorp | Adult, Irish & Country, Talk | 2.000 | Feirn Hill | |
| 95.7 | Tullamore, Offaly | Midlands 103 | Tindle | Adult, Oldies, Irish&Country, Talk | .100 | Tullamore | |
| 95.7 | Boyle, Roscommon | Shannonside 104 FM | Radio Kerry | Adult, Oldies, Contemp, Talk | .020 | Boyle | |
| 95.7 | Flanders, Belgium (6) | BRTN Radio 1 | BRTN | Flemish | 50.000 | Egem, Belgium | |
| 95.8 | Central Scotland | Radio 4 FM | BBC | Talk, News, Entertainment | 250.000 | Black Hill | NS 828 647 |
| 95.8 | Exeter area | Radio Devon | BBC | Mixed Format | .400 | St Thomas | SX 898 922 |
| 95.8 | Cirencester | Radio Gloucestershire | BBC | Mixed Format | .080 | Cirencester | SP 004 057 |
| 95.8 | Merseyside & West Cheshire | Radio Merseyside | BBC | Mixed Format | 8.000 | Allerton Park | SJ 421 866 |
| 95.8 | Whitby, North Yorkshire | BBC Tees | BBC | Mixed Format | .100 | Whitby | NZ 904 113 |
| 95.8 | Aberdare area, Mid Glam. | Radio Wales | BBC | Mixed Format | .042 | Aberdare | SO 034 013 |
| 95.8 | London area | Capital FM (London) | Global Radio | Contemporary | 4.000 | Croydon | TQ 332 696 |
| 95.8 | Galway City | Galway Bay FM | Irish Ind | Adult, Talk | .100 | Galway City | |
| 95.8 | Co Louth & N Co Meath | LM FM | UTV | Adult, Talk | 10.000 | Mount Oriel | |
| 95.8 | West County Cork | Cork's 96 FM | UTV | Adult, Contemporary, Talk | 2.000 | Nowen Hill | |

UK and Ireland FM Transmitters

| MHz | Area | Station | Broadcaster | Format | kW | Transmitter Site | Grid |
|------|---------------------------------|---------------------------------|-----------------|------------------------------------|---------|----------------------|------------|
| 95.9 | South East Grampian Region | Radio 4 FM | BBC | Talk, News, Entertainment | 2.100 | Durris | NO 763 897 |
| 95.9 | South Uist | Radio 4 FM | BBC | Talk, News, Entertainment | 1.000 | Daliburgh | NF 736 216 |
| 95.9 | Fort William area, Highland | Radio 4 FM | BBC | Talk, News, Entertainment | 1.500 | Fort William | NN 117 772 |
| 95.9 | Humberside | Radio Humberside | BBC | Mixed Format | 9.600 | High Hunsley | SE 945 350 |
| 95.9 | East Suffolk | Radio Suffolk | BBC | Mixed Format | 2.000 | Aldeburgh | TM 442 596 |
| 95.9 | Pembrokeshire | Radio Wales | BBC | Mixed Format | 20.000 | Haverfordwest | SN 028 261 |
| 95.9 | South Gwent | Radio Wales | BBC | Mixed Format | .500 | Christchurch | ST 353 896 |
| 95.9 | Thanet, Kent | Heart Kent | Global Radio | Adult | .270 | Thanet | TR 366 678 |
| 95.9 | East County Clare | Clare FM | Irish Ind | Adult, Oldies, Talk | | Woodcock Hill | |
| 96.0 | East & Central Northern Ireland | Radio 4 FM | BBC | Talk, News, Entertainment | 125.000 | Divis | IJ 286 750 |
| 96.0 | Orkney Islands | Radio 4 FM | BBC | Talk, News, Entertainment | 41.000 | Keelylang Hill | HY 378 102 |
| 96.0 | S & Central Cambridgeshire | Radio Cambridgeshire (South) | BBC | Mixed Format | 1.000 | Madingley, Cambridge | TL 392 594 |
| 96.0 | Isles of Scilly | Radio Cornwall | BBC | Mixed Format | .060 | Isles of Scilly | SV 911 124 |
| 96.0 | Buxton, Derbyshire | Radio Derby | BBC | Mixed Format | .100 | Buxton | SK 060 753 |
| 96.0 | Okehampton, Devon | Radio Devon | BBC | Mixed Format | .070 | Okehampton | SX 586 967 |
| 96.0 | North Northumberland | Radio Newcastle | BBC | Mixed Format | 5.600 | Chatton | NU 105 264 |
| 96.0 | Shropshire | Radio Shropshire | BBC | Mixed Format | 4.800 | The Wrekin | SJ 628 082 |
| 96.0 | West Dorset | Wessex FM | TLRC (UKRD) | Adult, Oldies | .062 | Bridport | SY 453 915 |
| 96.0 | Cobin & Monkstown, Cork | Cork's 96 FM | UTV | Adult, Contemporary, Talk | .200 | Carrigaline | |
| 96.0 | Callan, County Kilkenny | KCLR | Irish Ind | Adult, Oldies, Talk | .200 | Callan | |
| 96.0 | West Dublin | West Dublin Access Radio | Irish Community | Mixed Format | | | |
| 96.1 | Tobermory area, Highland | Radio 4 FM | BBC | Talk, News, Entertainment | 5.000 | Glengorm | NM 265 565 |
| 96.1 | Speyside, Highland | Radio 4 FM | BBC | Talk, News, Entertainment | .350 | Grantown | NJ 003 267 |
| 96.1 | Ness of Lewis | Radio 4 FM | BBC | Talk, News, Entertainment | .200 | Ness of Lewis | NB 533 603 |
| 96.1 | Ullapool, Highland | Radio 4 FM | BBC | Talk, News, Entertainment | .050 | Ullapool | NH 142 935 |
| 96.1 | Innerleithen, Border | Radio 4 FM | BBC | Talk, News, Entertainment | .020 | Innerleithen | NT 325 368 |
| 96.1 | Portree, Skye | Radio 4 FM | BBC | Talk, News, Entertainment | .010 | Penfiler | NG 489 417 |
| 96.1 | S Hampshire E Dorset & IOW | BBC Radio Solent | BBC | Mixed Format | 10.000 | Rowridge | SZ 447 865 |
| 96.1 | South Cumbria | Radio Cumbria | BBC | Mixed Format | 3.200 | Morecambe Bay | SD 239 791 |
| 96.1 | Newtown, Powys | Radio Cymru | BBC | Welsh | .036 | Llandinam | SO 050 877 |
| 96.1 | Colchester & North East Essex | Heart Essex | Global Radio | Adult | .500 | Wivenhoe Park | TM 02 8239 |
| 96.1 | Ashford area, Kent | Heart Kent | Global Radio | Adult | .225 | Wye | TR 066 472 |
| 96.1 | Central Fife | Kingdom FM | Ind/ Bauer | Adult | .500 | Purin Hill | NT 252 059 |
| 96.1 | Rotherham area | Rother FM | Lincs | Adult, Oldies | .200 | Rotherham | SK 432 913 |
| 96.1 | Falmouth & Penryn, Cornwall | The Source | Community | Mixed Format | .025 | Penryn | SW 769 347 |
| 96.1 | North County Cork | Cork's 96 FM | UTV | Adult, Contemporary, Talk | 1.000 | Mount Hillery | |
| 96.1 | Clonaslee, Laois | Midlands 103 | Tindle | Adult, Oldies, Irish&Country, Talk | .100 | Clonaslee | |
| 96.1 | County Mayo | MWR FM | Irish Ind | Adult, Irish & Country, Talk | 5.000 | Srahenna Kiltmach | |
| 96.1 | Waterford City | WLR FM | Irish Ind | Adult, Oldies, Talk | .005 | Waterford | |
| 96.2 | South Nottinghamshire | Capital FM (East Midlands) | Global Radio | Contemporary | 1.000 | Mapperley Ridge | SK 583 424 |
| 96.2 | Tunbridge Wells area, Kent | KM-FM (West Kent) | Kent Messenger | Adult | .190 | Tunbridge Wells | TQ 607 440 |
| 96.2 | North and Central Devon | Heart Devon | Global Radio | Adult | 2.500 | Huntshaw Cross | SS 527 221 |
| 96.2 | Aylesbury area | Mix 96 | TLRC (UKRD) | Adult | 1.000 | Quanton Hill | SP 750 213 |
| 96.2 | North East Norfolk | North Norfolk Radio | Tindle | Adult | 2.580 | Stody | TG 073 333 |
| 96.2 | Fakenham, Norfolk | North Norfolk Radio | Tindle | Adult | .010 | Fakenham | TF 926 302 |
| 96.2 | West Tyneside, Tyne & Wear | Real Radio (North East) | GMG | Adult, Talk, Sport | .050 | Fenham | NZ 216 648 |
| 96.2 | North East Greater Manchester | Revolution FM | Independent | Adult | .100 | Oldham Civic Centre | SD 923 051 |
| 96.2 | Shetland Islands | SIBC | Independent | Contemporary, Adult | 4.000 | Bressay | HU 503 387 |
| 96.2 | Coventry | Touch FM (Coventry) | Quidern | Adult | .100 | Coventry City Centre | SP 331 795 |
| 96.2 | Scarborough & East N Yorks | Yorkshire Coast R (Scarborough) | TLRC (UKRD) | Adult | .625 | Olivers Mount | SX 040 869 |
| 96.2 | Central County Cork | Cork's 96 FM | UTV | Adult, Contemporary, Talk | .200 | Macroom | |
| 96.2 | North & East County Wicklow | East Coast Radio | Irish Ind | Adult, Talk | 10.000 | Bray Head | |
| 96.2 | Dunfanaghy and North Donegal | Highland Radio | Communicorp | Adult, Irish & Country, Talk | 4.000 | Hornhead | |
| 96.2 | Graiguenamagh, Kilkenny | KCLR | Irish Ind | Adult, Oldies, Talk | .200 | Graiguenamagh | |
| 96.2 | Urlingford, Kilkenny | KCLR | Irish Ind | Adult, Oldies, Talk | .200 | Urlingford | |
| 96.2 | South West Kerry | Radio Kerry | Radio Kerry | Adult, Oldies, I&C, Talk | 3.000 | Portmagee | |
| 96.2 | Laois | Midlands 103 | Tindle | Adult, Oldies, Irish&Country, Talk | .250 | Portlaoise | |
| 96.2 | Castlepollard, N Westmeath | Midlands 103 Westmeath | Tindle | Adult, Oldies, Irish&Country, Talk | .100 | Castlepollard | |
| 96.2 | Enniscorthy, Wexford | South East Radio | Irish Ind | Adult, Oldies, I&C, Talk | .020 | Enniscorthy | |
| 96.2 | Wexford town | South East Radio | Irish Ind | Adult, Oldies, I&C, Talk | .020 | Wexford town | |
| 96.2 | North Co Wexford | South East Radio | Irish Ind | Adult, Oldies, I&C, Talk | .020 | Gorey | |
| 96.2 | Dunkerque, France (6) | Europe 2 | France | French Contemporary | 1.000 | Dunkerque, France | |
| 96.3 | Leeds area | Aire FM | Bauer | Contemporary | 2.500 | Tingley | SE 279 266 |
| 96.3 | South East Essex | Heart Essex | Global Radio | Adult | 1.030 | South Benfleet | TQ 790 867 |
| 96.3 | North Clwyd & NE Gwynedd | Heart North West & Wales | Global Radio | Adult | 1.250 | Great Orme Head | SH 766 834 |
| 96.3 | Avon | Heart West Country | Global Radio | Adult | 2.000 | Dundry | ST 551 669 |
| 96.3 | Glasgow and Paisley area | Rock Radio (Scotland) | GMG | Rock | .200 | Gleniffer Braes | NS 451 598 |
| 96.3 | Chorley, Lancashire | Central Radio | UTV | Adult | | | |
| 96.3 | Plymouth | Cross Rhythms Plymouth | Community | Christian | .030 | Mannamead | SX 487 504 |
| 96.3 | County Monaghan | Northern Sound | Radio Kerry | Adult, Oldies, I&C, Talk | 5.000 | Callaigh | |

UK and Ireland FM Transmitters

| MHz | Area | Station | Broadcaster | Format | kW | Transmitter Site | Grid |
|------|---------------------------------|------------------------------|----------------|------------------------------------|---------|----------------------|------------|
| 96.4 | Birmingham area | BRMB FM | Orion | Contemporary | 10.000 | Sutton Coldfield | SK 113 003 |
| 96.4 | North Cumbria | CFM | Bauer | Adult, Contemporary | 1.250 | Caldbeck | NY 299 425 |
| 96.4 | Grimsby area | Compass FM | Lincs | Oldies, Soft | .100 | Bevan House | TA 279 102 |
| 96.4 | North Northern Ireland | Downtown Radio | Bauer | Adult, Oldies | 2.000 | Limavady | IC 711 296 |
| 96.4 | West Surrey and NE Hampshire | The Eagle | UKRD | Adult | 3.000 | Guildford | SU 975 486 |
| 96.4 | Torbay | Heart Devon | Global Radio | Contemporary | 1.000 | Beacon Hill | SX 857 620 |
| 96.4 | West Suffolk | Heart East Anglia | Global Radio | Adult | 2.000 | Great Barton | TL 886 686 |
| 96.4 | Folkestone | KM-FM (Shepway) | Kent Messenger | Adult | .100 | Folkestone | TR 229 382 |
| 96.4 | East Cheshire | Signal One | UTV | Contemporary | .250 | Sutton Common | SJ 933 676 |
| 96.4 | Hexham & Tyne Valley, Nthmb | Smooth Radio (North East) | GMG | Oldies, Easy | .200 | Newton | NZ 036 653 |
| 96.4 | Perth area | Tay FM | Bauer | Contemporary | .800 | Perth | NO 108 212 |
| 96.4 | Dundee | Tay FM | Bauer | Contemporary | .100 | Tay Bridge | NO 430 284 |
| 96.4 | Swansea area | The Wave | UTV | Contemporary | 1.380 | Kilvey Hill | SS 672 940 |
| 96.4 | Corby, Northants | Corby Radio | Community | Mixed Format | .025 | Corby | SP 881 885 |
| 96.4 | County Clare | Clare FM | Irish Ind | Adult, Oldies, Talk | 5.000 | Maghera | |
| 96.4 | Cork city and East County Cork | Cork's 96 FM | UTV | Adult, Contemporary, Talk | 1.000 | Holyhill | |
| 96.4 | Bantry, SW County Cork | Cork's 96 FM | UTV | Adult, Contemporary, Talk | .200 | Bantry | |
| 96.4 | South County Wexford | South East Radio | Irish Ind | Adult, Oldies, I&C, Talk | .200 | Forth Mountain | |
| 96.4 | New Ross, Wexford | South East Radio | Irish Ind | Adult, Oldies, I&C, Talk | .020 | New Ross | |
| 96.5 | Mansfield & Ashfields, Notts | Capital FM (East Midlands) | Global Radio | Contemporary | .050 | Fishponds Hill | SK 514 606 |
| 96.5 | Taunton area | Heart West Country | Global Radio | Adult | .100 | Taunton | ST 240 225 |
| 96.5 | Marlborough area, Wilts | Heart Wiltshire | Global Radio | Adult | .050 | Marlborough | SU 209 688 |
| 96.5 | Blackpool area | Wave FM | UTV | Adult | .100 | Blackpool Tower | SD 306 360 |
| 96.5 | Stranraer area, D & G | West Sound (South West) | Bauer | Adult, Contemporary | .000 | Cairn Pat | NX 044 563 |
| 96.5 | Bolton | Bolton FM | Community | Mixed Format | .025 | Bolton | SD 718 082 |
| 96.5 | Isle of Bute, Argyll | Bute FM | Community | Mixed Format | .025 | Rothsay Town | NS 089 645 |
| 96.5 | Dundalk area, Louth | LM FM | UTV | Adult, Talk | .500 | Castletown Mount | |
| 96.5 | Athboy, County Meath | LM FM | UTV | Adult, Talk | .020 | Athboy | |
| 96.5 | Oldcastle, County Meath | LM FM | UTV | Adult, Talk | .020 | Oldcastle | |
| 96.5 | Trim, County Meath | LM FM | UTV | Adult, Talk | .020 | Trim | |
| 96.5 | Carlingford & Omeath, Louth | LM FM | UTV | Adult, Talk | .020 | Omeath | |
| 96.5 | Central and East Westmeath | Midlands 103 Westmeath | Irish Ind | Adult, Oldies, Irish&Country, Talk | .500 | Mullingar | |
| 96.5 | Haute Normandie, France (2) | France Inter | Radio France | French Mixed format | 100.000 | Rouen, France | |
| 96.6 | Lampeter & Teifi Valley, Dyfed | Radio Ceredigion | Tindle | Mixed Music, Welsh | .400 | Mynydd Pencarreg | SN 577 430 |
| 96.6 | Fermanagh and South Tyrone | Downtown Radio | Bauer | Adult, Oldies | 8.200 | Brougher Mountain | IH 350 527 |
| 96.6 | Tavistock, Devon (mono) | Heart Devon | Global Radio | Adult | .040 | Tavistock | SX 485 716 |
| 96.6 | West Hertfordshire | Heart Hertfordshire | Adventure | Adult | .500 | Pimlico | TL 088 045 |
| 96.6 | Northamptonshire | Heart Home Counties | Global Radio | Adult | 4.000 | Northampton | SP 760 647 |
| 96.6 | Kirkcaldy, Fife | Kingdom FM | Ind/ Bauer | Adult | .010 | Kirkcaldy | NT 289 926 |
| 96.6 | Blandford area, Dorset | Mid West FM | Independent | Adult, Oldies | .100 | North Dorset Council | ST 888 071 |
| 96.6 | Speyside, Highland | Moray Firth Radio (Speyside) | Bauer | Adult, Contemporary | .450 | Cairngorm ski lift | NJ 006 048 |
| 96.6 | Fort William area, Highland | Nevis Radio | Independent | Adult, Contemporary | .450 | Trislaig | NN 086 749 |
| 96.6 | Arbroath, Tayside | RNA FM | Independent | Mixed Music | .020 | Arbroath Infirmary | NO 634 404 |
| 96.6 | Chichester & Bognor Regis | Spirit FM | TLRC (UKRD) | Adult, Oldies | .200 | The Trundle | SU 873 112 |
| 96.6 | Cleveland, S Durham, N Yorks | TFM | Bauer | Contemporary | 8.900 | Bilsdale West Moor | SE 553 962 |
| 96.6 | Gloucester | GFM | Community | Mixed Format, Ethnic | .020 | Clapham Court | SO 835 189 |
| 96.6 | County Kilkenny | KCLR | Irish Ind | Adult, Oldies, Talk | 5.000 | Johnswell Mt Nugent | |
| 96.6 | Killarney, County Kerry | Radio Kerry | Radio Kerry | Adult, Oldies, I&C, Talk | .100 | Tullig | |
| 96.7 | North and West Kent | Radio Kent | BBC | Mixed Format | 8.700 | Wrotham | TQ 595 604 |
| 96.7 | Ashbourne area, Derbyshire | Ashbourne Radio | Independent | Adult, Oldies | .200 | Ashbourne | SK 182 474 |
| 96.7 | Merseyside & West Cheshire | City FM | Bauer | Contemporary | 8.200 | Allerton Park | SJ 421 866 |
| 96.7 | Belfast area | City Beat | CN Group | Adult | .550 | Black Mountain | IJ 278 727 |
| 96.7 | Winchester & Southampton | Heart South Coast | Global Radio | Adult | .500 | Crabwood Farm | SU 4490295 |
| 96.7 | West Norfolk | KLFM | UKRD | Adult, Contemporary | 2.600 | Great Massingham | TF 788 228 |
| 96.7 | Grantham, Lincolnshire | Lincs FM | Lincs | Adult, Contemporary | .050 | Grantham | SK 905 337 |
| 96.7 | Fraserburgh area, Grampian | Moray Firth Radio (Kinnaird) | Bauer | Adult, Contemporary | .100 | Mormond Hill | NJ 982 569 |
| 96.7 | Ayrshire | West FM | Bauer | Contemporary | 2.200 | Darvel | NS 557 341 |
| 96.7 | Kidderminster area | Wyvern FM | Orion | Contemporary | .100 | Kidderminster | SO 808 739 |
| 96.7 | Halifax | Phoenix Radio | Community | Mixed Format | .025 | Halifax | SG 103 242 |
| 96.7 | County Dublin | Lyric FM | RTE | Classical, Jazz | 10.000 | Three Rock | |
| 96.8 | South Wales & West England | Radio Cymru | BBC | Welsh | 250.000 | Wenvoe | ST 110 742 |
| 96.8 | Border Region | Radio Borders | Bauer | Adult, Contemporary | 5.000 | Selkirk | NT 500 294 |
| 96.8 | Lochinver & Enard Bay, Highland | Lochbroom FM | Independent | Adult | .500 | Polbain | NB 999 109 |
| 96.8 | Kinsale County Cork | Cork's 96 FM | UTV | Adult, Contemporary, Talk | .400 | Kinsale | |
| 96.8 | Youghal, County Cork | Cork's 96 FM | UTV | Adult, Contemporary, Talk | .200 | Monatrea | |
| 96.8 | County Galway | Galway Bay FM | Irish Ind | Adult, Talk | 5.000 | Abbeyknockmoy Hill | |
| 96.8 | Ilkeston, Derbyshire | Erewash Sound | Community | Mixed Format | .025 | Ilkeston | SK 464 416 |
| 96.8 | West Netherlands (4) | NOS Radio 3 | NOS | Dutch Contemporary | 100.000 | Lopik, Netherlands | |
| 96.8 | Dunkerque, France (6) | France Culture | Radio France | French Talk | | Dunkerque, France | |
| 96.9 | South Cumbria & NW Lancs | The Bay | CN Group | Adult | 3.200 | Morecambe Bay | SD 239 791 |
| 96.9 | South and Central London | Choice FM | Global Radio | Rhythm | .050 | Croydon | TQ 332 696 |
| 96.9 | Bedfordshire & North Herts | Heart Home Counties | Global Radio | Adult | .900 | Sandy Heath | TL 204 494 |
| 96.9 | Newhaven & Seaford, Sussex | Heart Sussex | Global Radio | Adult | .100 | Newhaven | TQ 435 006 |
| 96.9 | East Grampian Region | Northsound One | Bauer | Contemporary | 10.000 | Durris | NO 763 897 |
| 96.9 | Stafford | Signal One (Stafford) | UTV | Contemporary | .200 | Pye Green | SJ 987 145 |
| 96.9 | Humberside | Viking FM | Bauer | Contemporary | 9.400 | High Hunsley | SE 945 350 |
| 96.9 | South Manchester | ALL FM | Community | Mixed Format | .050 | Longsight | SJ 875 951 |
| 96.9 | East County Donegal and Derry | 1102-104 | Irish Ind | Contemporary | 5.000 | Scalpe | |
| 96.9 | Co Carlow & S Co Kildare | KCLR | Irish Ind | Adult, Oldies, Talk | 1.000 | Rossmore | |

UK and Ireland FM Transmitters

| MHz | Area | Station | Broadcaster | Format | kW | Transmitter Site | Grid |
|------|---------------------------------|-------------------------------|----------------|--------------------------|--------|------------------------------|------------|
| 97.0 | Dumbarton & Alexandria | Clyde 1 | Bauer | Contemporary | .050 | Millburn Muir | NS 378 796 |
| 97.0 | Plymouth area | Heart Devon | Global Radio | Adult | 2.000 | Plympton | SX 531 555 |
| 97.0 | Exeter area | Heart Devon | Global Radio | Contemporary | .900 | St Thomas | SX 898 922 |
| 97.0 | Dover and Folkestone area | Heart Kent | Global Radio | Adult | .500 | Dover | TR 274 397 |
| 97.0 | Reading | Heart Thames Valley | Global Radio | Adult | .500 | Broad Street Mall | SU 713 733 |
| 97.0 | Coventry & Warwickshire | Mercia FM | Orion | Contemporary | 2.000 | Shilton | SP 410 836 |
| 97.0 | Glen Coe, Highland | Nevis Radio | Independent | Adult, Contemporary | .250 | Glencoe | NN 260 515 |
| 97.0 | Dumfriesshire | West Sound (South West) | Bauer | Adult, Contemporary | 1.000 | Riddings Hill | NX 903 779 |
| 97.0 | Rochdale | Crescent Radio | Community | Asian | .020 | Stoneyfield | SD 896 126 |
| 97.0 | NE Ireland, SE Northern Ireland | 2FM | RTE | Contemporary, Adult | 40.000 | Clermont Carn | |
| 97.0 | Central and East County Kerry | Radio Kerry | Radio Kerry | Adult, Oldies, I&C, Talk | 20.000 | Mullaghanish | |
| 97.1 | Channel Islands | Radio 1 | BBC | New Music, Contemporary | 16.000 | Les Platons | |
| 97.1 | Carmarthenshire | Radio Carmarthenshire | Town & Country | Adult, Oldies, Welsh | 3.000 | Carmel | SN 576 153 |
| 97.1 | Penistone area, South Yorks | Dearne FM | Lincs | Adult, Oldies | .050 | Penistone | SE 259 045 |
| 97.1 | Haslemere area, Surrey | Kestrel FM | Tindle | Adult | .275 | Haslemere | SU 886 331 |
| 97.1 | Larne, Northern Ireland | Downtown Radio | Bauer | Adult, Oldies | .080 | Larne | ID 395 037 |
| 97.1 | South and East Suffolk | Heart East Anglia | Global Radio | Adult | 3.400 | Foxhall Heath | TM 212 445 |
| 97.1 | Wirral and North East Clywd | Heart North West and Wales | Global Radio | Adult | 1.000 | Storeton | SJ 314 841 |
| 97.1 | Yeovil area | Heart West Country | Global Radio | Adult | .400 | Chedington | ST 501 050 |
| 97.1 | Tyneside, N Durham, S Nthmb | Metro FM | Bauer | Contemporary | 10.000 | Burnhope | NZ 184 474 |
| 97.1 | Braemar and Upper Dee Valley | NECR | Independent | Adult, Oldies | .300 | Morore | ND 132 866 |
| 97.1 | Turriff, Grampian | NECR | Independent | Adult, Oldies | .100 | Markethill Industrial Estate | ND729 505 |
| 97.1 | Nottingham | Faza AWP | Community | Asian | .040 | Forest Road East | SK 582 428 |
| 97.1 | Luton | Radio Lab | Community | Mixed Format | .025 | Luton | TL 075 211 |
| 97.1 | North West Mayo | MWR FM | Irish Ind | Adult, I&C, Talk | 1.500 | Achill | |
| 97.1 | South County Tipperary | Tipp FM | Irish Ind | Adult, Oldies, Talk | 15.000 | Scrothea | |
| 97.2 | Wolverhampton area | Beacon Radio | Orion | Contemporary | 2.000 | Turners Hill | SO 969 887 |
| 97.2 | Wellingborough area, Northants | Connect FM | Adventure | Oldies, Adult | .100 | Studio, Wellingborough | SP 907 839 |
| 97.2 | Swindon area & Cirencester | Heart Wiltshire | Global Radio | Adult | .700 | Blunsdon | SU 143 900 |
| 97.2 | Bristol | Kiss 101 | Bauer | Dance | .300 | Pur Down | ST 610 764 |
| 97.2 | South and East IOM | Manx Radio FM | Independent | Mixed Format | 11.800 | Carnane | SC 372 746 |
| 97.2 | Harrogate area | Stray FM | TLRC (UKRD) | Adult | .600 | Harlow Hill | SE 288 542 |
| 97.2 | Coleraine area | Q97.2 Causeway Coast Radio | Northern Media | Adult, Oldies | .310 | Maddybenny More | IC 847 376 |
| 97.2 | Dorchester & Weymouth | Wessex FM | TLRC (UKRD) | Adult, Oldies | .625 | Bincombe Hill | SY 678 857 |
| 97.2 | Cambridge | Cam FM | Community | New Music | .025 | Cambridge Univ Library | TL 441 584 |
| 97.2 | Grantham, Lincolnshire | Gravity FM | Community | Mixed Format | .025 | Springfield Rd, Grantham | SK 909 347 |
| 97.2 | Brighton | Radio Reverb | Community | Mixed Format | .050 | Brighton Racecourse | TQ 330 051 |
| 97.2 | Wythenshawe, Manchester | Wythenshawe FM | Community | Mixed Format | .050 | Wythenshawe | SJ 827 871 |
| 97.2 | Youghal, Co Cork | 4FM | 4FM | Oldies, Easy, Talk | .200 | Monatrea | |
| 97.2 | Gort, County Galway | Galway Bay FM | Irish Ind | Adult, Talk | .050 | Gort | |
| 97.2 | Central Leitrim & NW Cavan | Shannonside 104 FM | Radio Kerry | Adult, Oldies, I&C, Talk | .250 | Slieve Anierin | |
| 97.3 | Lothian and Fife | Forth FM | Bauer | Contemporary | 6.900 | Craigkelly | NT 233 872 |
| 97.3 | Ilfracombe area, Devon | Heart Devon | Global Radio | Adult | .100 | Ilfracombe | SC 507 465 |
| 97.3 | London area | LBC | Global Radio | Talk | 4.000 | Croydon | TQ 332 696 |
| 97.3 | Blaenau Gwent | BRFM | Community | Mixed Format | .050 | Brynmawr | SD 190 123 |
| 97.3 | Leicester | Kohinoor FM | Community | Asian | | | |
| 97.3 | S Kildare, E Laois, N Carlow | KFM | Irish Ind | Soft, Talk | 2.000 | Rossmore | |
| 97.4 | Southwold area, Suffolk | The Beach | Tindle | Adult | .240 | Blythburgh | TM 453 752 |
| 97.4 | Great Yarmouth | The Beach | Tindle | Adult | .050 | Great Yarmouth | TG 520 076 |
| 97.4 | South Gwent | Capital FM (South Wales) | Global Radio | Contemporary | .500 | Christchurch | ST 353 896 |
| 97.4 | Cardigan & Newcastle Emlyn | Radio Ceredigion | Tindle | Mixed Music, Welsh | .400 | Penwaun | SN 154 442 |
| 97.4 | East & Central Northern Ireland | Cool FM | Bauer | Contemporary | 3.200 | Black Mountain | IJ 278 727 |
| 97.4 | Sheffield | Hallam FM | Bauer | Contemporary | .400 | Tapton Hill, Sheffield | SK 324 870 |
| 97.4 | Haverhill, Suffolk | Heart Cambridgeshire | Global Radio | Adult | .100 | Haverhill | TL 662 449 |
| 97.4 | Newmarket, Suffolk | Heart Cambridgeshire | Global Radio | Adult | .004 | Icwell Hill | TL 640 635 |
| 97.4 | Banbury & Brackley area | Heart Thames Valley | Global Radio | Adult | .300 | Farthinghoe | SP 532 387 |
| 97.4 | N Dorset, SW Wilts, SE Somerset | Mid West FM | Independent | Adult, Oldies | .125 | Shaftesbury | ST 864 235 |
| 97.4 | Inverness & Moray Firth area | Moray Firth Radio (Inverness) | Bauer | Adult, Contemporary | 10.000 | Mounteagle | NH 639 580 |
| 97.4 | West, South & Central Lancs | Rock FM | Bauer | Contemporary | 2.000 | Winter Hill | SD 660 144 |
| 97.4 | Stamford area, Lincs | Rutland Radio | Lincs | Oldies, Soft | .048 | East Casterton | TF 019 080 |
| 97.4 | Canterbury | Canterbury Student Radio | Community | New Music | .025 | Eliot College | TR 141 596 |
| 97.4 | Dunoon, Argyll | Dunoon Community Radio | Community | Mixed Format | .025 | Dunoon | NS 173 765 |
| 97.4 | Neath | XS | Community | Pop, New Music | .025 | Neath | SS 756 975 |
| 97.4 | Central County Cork | 4FM | 4FM | Oldies, Easy, Talk | 4.000 | Macroom | |
| 97.4 | Cobin & Monkstown, Co Cork | 4FM | 4FM | Oldies, Easy, Talk | .200 | Carrigaline | |
| 97.4 | East Galway | Galway Bay FM | Irish Ind | Adult, Talk | .300 | Ballinasloe | |
| 97.4 | West County Galway | Galway Bay FM | Irish Ind | Adult, Talk | .125 | Clifden | |
| 97.4 | Portrane, Dublin | St Ita's Hospital Radio | Irish Hospital | Mixed Format | | | |
| 97.5 | Carmarthen | Radio Carmarthenshire | Town & Country | Adult, Oldies, Welsh | .020 | Carmarthen | SN 412 213 |
| 97.5 | Southend, Essex | Heart Essex | Global Radio | Adult | .100 | Southend Radio House | TQ 881 854 |
| 97.5 | Portsmouth area | Heart South Coast | Global Radio | Adult | .850 | Fort Widley | SU 657 065 |
| 97.5 | Horsham | Heart Sussex | Global Radio | Adult | .030 | Horsham | TQ 176 307 |
| 97.5 | Pitlochry & Aberfeldy, Tayside | Heartland FM | Independent | Mixed Music | .115 | Faire Mhor | NN 993 583 |
| 97.5 | Bradford area | The Pulse | UTV | Contemporary, Adult | .500 | Idle | SE 163 374 |
| 97.5 | Tyneside, N Durham, S Nthmb | Smooth Radio (North East) | GMG | Oldies, Easy | 9.000 | Burnhope | NZ 184 474 |
| 97.5 | Llanelli | Scarlet FM | Town & Country | Adult, Oldies | .200 | Llanelli | SN 510 023 |
| 97.5 | Girvan, Ayrshire | West FM | Bauer | Contemporary | .150 | Girvan | NX 211 981 |
| 97.5 | Nottingham | Kemet Radio | Community | Rhythm, Soul | .025 | Nottingham | SK 560 407 |
| 97.5 | Midsomer Norton, Avon | Somer Valley FM | Community | Mixed Format | .025 | Midsomer Norton RFC | ST 662 528 |
| 97.5 | Carrickmacross & Kingscourt | Northern Sound | Radio Kerry | Adult, Oldies, I&C, Talk | .200 | Carrickmacross | |
| 97.5 | East County Waterford | WLR FM | Irish Ind | Adult, Oldies, Talk | 8.000 | Carrickperish | |

UK and Ireland FM Transmitters

| MHz | Area | Station | Broadcaster | Format | kW | Transmitter Site | Grid |
|------|----------------------------------|------------------------------|--------------|---------------------------|---------|-------------------------|------------|
| 97.6 | Folkestone area | Radio Kent | BBC | Mixed Format | .100 | Folkestone | TR 229 382 |
| 97.6 | West Lothian | Forth FM | Bauer | Contemporary | .100 | Black Hill | NS 828 647 |
| 97.6 | NW & C Herts, S Beds, E Bucks | Heart Home Counties | Global Radio | Adult | 1.000 | Dunstable | TL 044 210 |
| 97.6 | Scunthorpe area | Lincs FM | Lincs | Adult, Contemporary | .025 | Trent View Flats | SE 882 092 |
| 97.6 | Aberdeen | Northsound One | Bauer | Contemporary | .025 | Balgownie | NJ 927 104 |
| 97.6 | Herefordshire | Wyvern FM | Orion | Contemporary | .800 | Ridge Hill | SO 630 333 |
| 97.6 | North and East County Kildare | KFM | Irish Ind | Soft, Talk | 2.000 | Slieve Thule | |
| 97.6 | North County Kerry | Radio Kerry | Radio Kerry | Adult, Oldies, I&C, Talk | .500 | Knockanure Ballybun. | |
| 97.6 | South West County Tipperary | Tipp FM | Irish Ind | Adult, Oldies, Talk | 5.000 | Keeper Hill | |
| 97.7 | N Cumbria & S W Scotland | Radio 1 | BBC | New Music, Contemporary | 250.000 | Sandale | NY 266 398 |
| 97.7 | Devon and East Cornwall | Radio 1 | BBC | New Music, Contemporary | 160.000 | North Hessary Tor | SX 578 742 |
| 97.7 | North East Essex & South Suffolk | Radio 1 | BBC | New Music, Contemporary | 5.000 | Manningtree | TM 123 295 |
| 97.7 | North Uist | Radio 1 | BBC | New Music, Contemporary | 2.000 | Cletraval | NF 751 716 |
| 97.7 | West Surrey and NE Hampshire | Radio 1 | BBC | New Music, Contemporary | 3.000 | Guildford | SU 975 486 |
| 97.7 | Hastings | Radio 1 | BBC | New Music, Contemporary | .500 | Hastings | TQ 807 100 |
| 97.7 | North Islay | Radio 1 | BBC | New Music, Contemporary | .080 | Bowmore | NR 318 590 |
| 97.7 | Deiniolen & Llanberis, Gwynd | Radio 1 | BBC | New Music, Contemporary | .050 | Deiniolen | SH 576 621 |
| 97.7 | Grantham, Lincolnshire | Radio 1 | BBC | New Music, Contemporary | .050 | Grantham | SK 905 337 |
| 97.7 | Ballachulish, Highland | Radio 1 | BBC | New Music, Contemporary | .025 | Ballachulish | NN 059 593 |
| 97.7 | Cirencester | Radio 1 | BBC | New Music, Contemporary | .010 | Cirencester Town | SP 023 021 |
| 97.7 | Portree, Skye | Radio 1 | BBC | New Music, Contemporary | .010 | Penfiler | NG 489 417 |
| 97.7 | Ffestiniog area, Gwynedd | Radio 1 | BBC | New Music, Contemporary | .049 | Ffestiniog | SH 709 392 |
| 97.7 | Mallaig, Highland | Radio 1 | BBC | New Music, Contemporary | .014 | Mallaig | NM 676 965 |
| 97.7 | Llanidloes, Powys | Radio 1 | BBC | New Music, Contemporary | .005 | Llanidloes | SN 948 844 |
| 97.7 | Greater Manchester | XFM (Manchester) | Global Radio | Modern Rock | 1.000 | Sunley Building | SJ 844 983 |
| 97.8 | Burnley & Colne Valley, Lancs | Radio 1 | BBC | New Music, Contemporary | 1.000 | Pendle Forest | SD 825 384 |
| 97.8 | North West Grampian | Radio 1 | BBC | New Music, Contemporary | .500 | Knock More | NJ 321 497 |
| 97.8 | Nailsworth & Stroud, Gloucs | Radio 1 | BBC | New Music, Contemporary | .100 | Nailsworth | ST 849 990 |
| 97.8 | Newbury & West Berkshire | Radio 1 | BBC | New Music, Contemporary | .100 | Newbury | SU 494 687 |
| 97.8 | Calne, Wiltshire | Radio 1 | BBC | New Music, Contemporary | .032 | Calne | ST 997 699 |
| 97.8 | Vale of Neath, West Glam | Radio 1 | BBC | New Music, Contemporary | .010 | Rheola | SN 841 061 |
| 97.8 | Betws-y-Coed & Llanrwst | Radio 1 | BBC | New Music, Contemporary | .010 | Betws-y-Coed | SH 825 582 |
| 97.8 | Basildon, Essex | Phoenix FM | Community | Mixed Format | .025 | Basildon | TQ 707 884 |
| 97.8 | North West Ireland | Lyric FM | RTE | Classical, Jazz | 120.000 | Truskmore | |
| 97.8 | South East County Cork | Lyric FM | RTE | Classical, Jazz | 3.000 | Crosshaven | |
| 97.8 | Zeeiland, Netherlands (4) | NOS Radio 2 | NOS | Dutch Adult, Oldies, Easy | 50.000 | Philippine, Netherlands | |
| 97.8 | West Bretagne, France (3) | France Culture | Radio France | French Talk | 170.000 | Brest, France | |
| 97.9 | Midlands | Radio 1 | BBC | New Music, Contemporary | 250.000 | Sutton Coldfield | SK 113 003 |
| 97.9 | Shetland Islands | Radio 1 | BBC | New Music, Contemporary | 43.000 | Bressay | HU 503 387 |
| 97.9 | East Tayside and North Fife | Radio 1 | BBC | New Music, Contemporary | 17.000 | Forfar | NO 482 409 |
| 97.9 | Barmouth area, Gwynedd | Radio 1 | BBC | New Music, Contemporary | .200 | Llwyn Onn | SH 625 175 |
| 97.9 | Ness of Lewis | Radio 1 | BBC | New Music, Contemporary | .200 | Ness of Lewis | NB 533 603 |
| 97.9 | Patna & Dalmellington, Ayrshire | Radio 1 | BBC | New Music, Contemporary | .200 | Lethanhill | NS 438 105 |
| 97.9 | Ullapool, Highland | Radio 1 | BBC | New Music, Contemporary | .050 | Ullapool | NH 142 935 |
| 97.9 | Trowbridge area, Wiltshire | Radio 1 | BBC | New Music, Contemporary | .050 | Westwood | ST 817 598 |
| 97.9 | Windermere & Ambleside, Cmb | Radio 1 | BBC | New Music, Contemporary | .064 | Windermere | SD 383 980 |
| 97.9 | Dumbarton & Alexandria | Radio 1 | BBC | New Music, Contemporary | .050 | Millburn Muir | NS 378 796 |
| 97.9 | Warrenpoint, Northern Ireland | Radio 1 | BBC | New Music, Contemporary | .032 | Rostrevor Forest | IJ 189 176 |
| 97.9 | Wensleydale, North Yorks | Radio 1 | BBC | New Music, Contemporary | .027 | Wensleydale | SD 992 907 |
| 97.9 | NE Donegal & North N Ireland | Lyric FM | RTE | Classical, Jazz | 10.000 | Moville | |
| 97.9 | SE Tipperary & N Waterford | Lyric FM | RTE | Classical, Jazz | 1.000 | Clonmel | |
| 97.9 | South West County Cork | Lyric FM | RTE | Classical, Jazz | 1.000 | Castletownbere | |
| 97.9 | Waterford City | Lyric FM | RTE | Classical, Jazz | .200 | Gallows Hill | |
| 98.0 | Isle of Man | Radio 1 | BBC | New Music, Contemporary | 11.000 | Douglas | SC 373 746 |
| 98.0 | Carmarthenshire | Radio 1 | BBC | New Music, Contemporary | 3.000 | Carmel | SN 576 153 |
| 98.0 | Campbeltown, Strathclyde | Radio 1 | BBC | New Music, Contemporary | .400 | Campbeltown | NR 707 172 |
| 98.0 | Colwyn Bay area, Clwyd | Radio 1 | BBC | New Music, Contemporary | .100 | Penmaen Rhos | SH 877 779 |
| 98.0 | Otley & Ilkley area, W Yorks | Radio 1 | BBC | New Music, Contemporary | .064 | Wharfedale | SE 198 485 |
| 98.0 | Hebden Bridge, West Yorks | Radio 1 | BBC | New Music, Contemporary | .025 | Hebden Bridge | SD 988 267 |
| 98.0 | Purley & Coulsdon, London | Radio 1 | BBC | New Music, Contemporary | .025 | Kenley | TQ 329 592 |
| 98.0 | Ebbw Vale & Tredegar, Gwent | Radio 1 | BBC | New Music, Contemporary | .030 | Ebbw Vale | SO 159 088 |
| 98.0 | Peebles, Border Region | Radio 1 | BBC | New Music, Contemporary | .020 | Peebles | NT 228 416 |
| 98.0 | Porth area, Mid Glamorgan | Radio 1 | BBC | New Music, Contemporary | .010 | Porth | ST 029 919 |
| 98.0 | Walsden, West Yorkshire | Radio 1 | BBC | New Music, Contemporary | .010 | Walsden South | SD 937 215 |
| 98.0 | High Wycombe area | Three Counties Radio (Bucks) | BBC | Mixed Format | .200 | High Wycombe | SU 856 942 |
| 98.0 | Brentwood, Essex | Phoenix FM | Community | Mixed Format | .025 | Brentwood | TQ 598 935 |
| 98.0 | Bristol | Ujima Radio | Community | Mixed Format | .025 | Bristol | ST 603 740 |
| 98.0 | Mid Kerry | Lyric FM | RTE | Classical, Jazz | 1.000 | Knockmoyle | |
| 98.0 | Casla, Galway | Lyric FM | RTE | Classical, Jazz | 4.000 | Casla | |
| 98.0 | Nord Pas de Calais, France (1) | France Culture | Radio France | French Talk | 400.000 | Lille, France | |
| 98.1 | North East England | Radio 1 | BBC | New Music, Contemporary | 134.000 | Pontop Pike | NZ 147 527 |
| 98.1 | Skye, Harris, East N & S Uist | Radio 1 | BBC | New Music, Contemporary | 30.000 | Skraig | NG 451 408 |
| 98.1 | North Devon | Radio 1 | BBC | New Music, Contemporary | 1.000 | Barnstaple | SS 502 289 |
| 98.1 | Largs, Rothesay, Clyde Mouth | Radio 1 | BBC | New Music, Contemporary | .570 | Rothesay | NS 125 691 |
| 98.1 | Plymouth | Radio 1 | BBC | New Music, Contemporary | .040 | Plympton | SX 531 555 |
| 98.1 | Bradford | Radio 1 | BBC | New Music, Contemporary | .025 | Idle | SE 163 374 |
| 98.1 | Blaenavon & Abersychan | Radio 1 | BBC | New Music, Contemporary | .010 | Blaenavon | SO 277 063 |
| 98.1 | Cwmafan, West Glamorgan | Radio 1 | BBC | New Music, Contemporary | .010 | Cwmafan | SS 798 936 |
| 98.1 | Barry, South Wales | Bro Radio | Community | Mixed Format | .025 | Barry | ST 119 697 |
| 98.1 | West County Waterford | Lyric FM | RTE | Classical, Jazz | 3.000 | Dungarvan | |
| 98.1 | Dublin Region | 98FM | Communicorp | Adult | 5.000 | Three Rock | |

UK and Ireland FM Transmitters

| MHz | Area | Station | Broadcaster | Format | kW | Transmitter Site | Grid |
|------|--------------------------------|------------------------------|---------------|-------------------------------|---------|----------------------|------------|
| 98.2 | Central Southern England | Radio 1 | BBC | New Music, Contemporary | 250.000 | Rowridge | SZ 447 865 |
| 98.2 | Milton Keynes and West Beds | Radio 1 | BBC | New Music, Contemporary | 10.000 | Bow Brickhill | SP 914 342 |
| 98.2 | Herefordshire & NE Gloucs | Radio 1 | BBC | New Music, Contemporary | 10.000 | Ridge Hill | SO 630 333 |
| 98.2 | West, South & Central Lancs | Radio 1 | BBC | New Music, Contemporary | 4.000 | Winter Hill | SD 660 144 |
| 98.2 | Fort Augustus area, Highland | Radio 1 | BBC | New Music, Contemporary | 1.000 | Fort Augustus | NH 361 049 |
| 98.2 | Penicuik, Lothian | Radio 1 | BBC | New Music, Contemporary | .200 | Penicuik | NT 229 597 |
| 98.2 | Berwick- upon- Tweed | Radio 1 | BBC | New Music, Contemporary | .050 | Berwick- upon- Tweed | NT 980 547 |
| 98.2 | Llangeinor, Pontycymer, M Gm | Radio 1 | BBC | New Music, Contemporary | .010 | Llangeinor | SS 905 886 |
| 98.3 | Ceredigion & SW Gwynedd | Radio 1 | BBC | New Music, Contemporary | 250.000 | Blaenplwyf | SN 569 756 |
| 98.3 | Grampian Region | Radio 1 | BBC | New Music, Contemporary | 150.000 | Meldrum | NJ 760 329 |
| 98.3 | Derry area | Radio 1 | BBC | New Music, Contemporary | 31.000 | Londonderry | IC 404 176 |
| 98.3 | Lincolnshire & E Humberside | Radio 1 | BBC | New Music, Contemporary | 16.000 | Belmont | TF 217 837 |
| 98.3 | South East Northern Ireland | Radio 1 | BBC | New Music, Contemporary | 2.000 | Camlough | IJ 055 246 |
| 98.3 | South West Central Region | Radio 1 | BBC | New Music, Contemporary | 1.000 | Ben Gullipen | NN 598 045 |
| 98.3 | Folkestone area | Radio 1 | BBC | New Music, Contemporary | .100 | Folkestone | TR 229 382 |
| 98.3 | West Halifax | Radio 1 | BBC | New Music, Contemporary | .084 | Luddenden | SE 048 248 |
| 98.3 | Okehampton, Devon | Radio 1 | BBC | New Music, Contemporary | .070 | Okehampton | SX 586 967 |
| 98.3 | Abergavenny & Usk Valley | Radio 1 | BBC | New Music, Contemporary | .040 | Abergavenny | SO 244 126 |
| 98.3 | Kirkconnel & Sanguhar, D & G | Radio 1 | BBC | New Music, Contemporary | .040 | Kirkconnel | NS 746 150 |
| 98.3 | Wigtown Bay area, D & G | Radio 1 | BBC | New Music, Contemporary | .064 | Cambret Hill | NX 524 578 |
| 98.3 | Corran and Onich, Highland | Radio 1 | BBC | New Music, Contemporary | .050 | Ardgour | NM 989 626 |
| 98.3 | Dunquin, Kerry | Lyric FM | RTE | Classical, Jazz | .100 | Maamclassach | |
| 98.3 | Bantry, SW County Cork | Lyric FM | RTE | Classical, Jazz | 2.000 | Bantry | |
| 98.3 | Cork City | Cork Campus Radio | Irish Student | New Music | | | |
| 98.3 | East Bretagne, France (3) | France Culture | Radio France | French Talk | 100.000 | Rennes, France | |
| 98.4 | Torbay | Radio 1 | BBC | New Music, Contemporary | 1.000 | Beacon Hill | SX 857 620 |
| 98.4 | Bodmin area, Cornwall | Radio 1 | BBC | New Music, Contemporary | .200 | Penaligon Downs | SX 026 683 |
| 98.4 | West Berkshire & East Wilts | Radio 1 | BBC | New Music, Contemporary | .125 | Membury | SU 307 763 |
| 98.4 | Ballycastle, Northern Ireland | Radio 1 | BBC | New Music, Contemporary | .100 | Ballycastle | ID 077 423 |
| 98.4 | Isles of Scilly | Radio 1 | BBC | New Music, Contemporary | .060 | Isles of Scilly | SV 911 124 |
| 98.4 | Newtownabbey, N Ireland | Radio 1 | BBC | New Music, Contemporary | .020 | Carmoney Hill | IJ 336 829 |
| 98.4 | Chippenham, Wiltshire | Radio 1 | BBC | New Music, Contemporary | .010 | Chippenham | ST 914 751 |
| 98.4 | Strachur & Inveraray, Strathcl | Radio 1 | BBC | New Music, Contemporary | .018 | Strachur | NN 094 027 |
| 98.4 | Rhondda Valley, Mid Glam | Radio 1 | BBC | New Music, Contemporary | .006 | Ton Pentre | SS 960 955 |
| 98.4 | Ramsay, Isle of Man | Energy FM | Independent | Contemporary | .040 | Ramsay | SC 449 945 |
| 98.4 | Barrhead, Near Glasgow | Pulse FM | Community | Mixed Format | | | |
| 98.4 | West Ireland | Lyric FM | RTE | Classical, Jazz | 160.000 | Maghera | |
| 98.4 | Falcarragh, Donegal | Lyric FM | RTE | Classical, Jazz | .300 | Magherdorty | |
| 98.5 | Clwyd, Merseyside, W Cheshire | Radio 1 | BBC | New Music, Contemporary | 16.000 | Llangollen | SJ 209 488 |
| 98.5 | London area | Radio 1 | BBC | New Music, Contemporary | 4.000 | Crystal Palace | TQ 339 712 |
| 98.5 | Oban area, Highland | Radio 1 | BBC | New Music, Contemporary | 3.600 | Oban | NM 850 290 |
| 98.5 | Keighley area, West Yorks | Radio 1 | BBC | New Music, Contemporary | 1.000 | Keighley | SE 069 444 |
| 98.5 | Cambridge area | Radio 1 | BBC | New Music, Contemporary | .260 | Madingley, Cambridge | TL 392 594 |
| 98.5 | Girvan, Ayrshire | Radio 1 | BBC | New Music, Contemporary | .100 | Girvan | NX 211 981 |
| 98.5 | Todmorden, West Yorks | Radio 1 | BBC | New Music, Contemporary | .100 | Todmorden | SD 957 241 |
| 98.5 | Northampton | Radio 1 | BBC | New Music, Contemporary | .124 | Northampton | SP 760 647 |
| 98.5 | Chard, Somerset | Radio 1 | BBC | New Music, Contemporary | .033 | Chard | ST 358 086 |
| 98.5 | Swansea Valley, W Glam | Radio 1 | BBC | New Music, Contemporary | .048 | Varteg Hill | SN 776 077 |
| 98.5 | Cardmarthen, Dyfed | Radio 1 | BBC | New Music, Contemporary | .007 | Cardmarthen | SN 412 213 |
| 98.5 | Brecon, Powys | Radio 1 | BBC | New Music, Contemporary | .010 | Brecon | SO 030 299 |
| 98.5 | Edinburgh | Garrison FM (Edinburgh) | Community | Adult (for Army and families) | .020 | Edinburgh Garrison | NT 227 683 |
| 98.5 | County Monaghan | Lyric FM | RTE | Classical, Jazz | 3.000 | Monaghan | |
| 98.5 | North Innishowen | Lyric FM | RTE | Classical, Jazz | 1.000 | Malin | |
| 98.5 | Boulogne, France (5) | Transat FM | France | French | | Boulogne, France | |
| 98.6 | Cleveland, S Durham, N Yorks | Radio 1 | BBC | New Music, Contemporary | 5.000 | Bilsdale West Moor | SE 553 962 |
| 98.6 | Perth area | Radio 1 | BBC | New Music, Contemporary | .964 | Kirkton Mailer | NO 102 210 |
| 98.6 | Chesterfield | Radio 1 | BBC | New Music, Contemporary | .400 | Chesterfield | SK 383 764 |
| 98.6 | Swindon area | Radio 1 | BBC | New Music, Contemporary | .200 | Blunsdon | SU 143 900 |
| 98.6 | South Islay | Radio 1 | BBC | New Music, Contemporary | .065 | Port Ellen | NR 338 452 |
| 98.6 | Kendal, Cumbria | Radio 1 | BBC | New Music, Contemporary | .100 | Kendal | SD 540 912 |
| 98.6 | Bath | Radio 1 | BBC | New Music, Contemporary | .082 | Bath | ST 769 654 |
| 98.6 | Gloucester & Cheltenham | Radio 1 | BBC | New Music, Contemporary | .072 | Churchdown Hill | SO 880 188 |
| 98.6 | Exeter | Radio 1 | BBC | New Music, Contemporary | .055 | St Thomas | SX 898 922 |
| 98.6 | Abertillery, Gwent | Radio 1 | BBC | New Music, Contemporary | .010 | Abertillery | SO 244 023 |
| 98.6 | Croeserw, West Glamorgan | Radio 1 | BBC | New Music, Contemporary | .010 | Croeserw | SS 858 952 |
| 98.6 | Minehead, Somerset | Radio 1 | BBC | New Music, Contemporary | .010 | Minehead | SS 966 452 |
| 98.6 | South and East IOM | Energy FM | Independent | Contemporary | 2.000 | Carnane | SC 372 746 |
| 98.6 | Hillfields Coventry | The Hillz | Community | Mixed Format, Ethnic | .025 | Coventry | SP 340 797 |
| 98.6 | Mid Tipperary | Lyric FM | RTE | Classical, Jazz | 3.000 | Suir Valley | |
| 98.6 | Kinsale, Cork | Lyric FM | RTE | Classical, Jazz | .010 | Kinsale | |
| 98.6 | Flanders, Belgium (6) | BRTN Radio 2 (East Flanders) | BRTN | Flemish | 50.000 | Egem, Belgium | |

UK and Ireland FM Transmitters

| MHz | Area | Station | Broadcaster | Format | kW | Transmitter Site | Grid |
|------|----------------------------------|--------------------------|-----------------|-------------------------|---------|-------------------------|------------|
| 98.7 | Border Region | Radio 1 | BBC | New Music, Contemporary | 50.000 | Ashkirk | NT 470 244 |
| 98.7 | E Lewis, N Skye & W Highland | Radio 1 | BBC | New Music, Contemporary | 50.000 | Melvaig | NG 757 900 |
| 98.7 | Central Powys | Radio 1 | BBC | New Music, Contemporary | 2.800 | Llandrindod Wells | SO 018 635 |
| 98.7 | West Dorset | Radio 1 | BBC | New Music, Contemporary | .200 | Bridport | SY 453 915 |
| 98.7 | Frome, Somerset | Radio 1 | BBC | New Music, Contemporary | .060 | Egford Hill | ST 764 481 |
| 98.7 | Conwy & Llandudno, Gwynnd | Radio 1 | BBC | New Music, Contemporary | .050 | Conwy | SH 781 765 |
| 98.7 | West Kilbride area, Strathclyde | Radio 1 | BBC | New Music, Contemporary | .050 | West Kilbride | NS 215 483 |
| 98.7 | Larne, Northern Ireland | Radio 1 | BBC | New Music, Contemporary | .032 | Larne | ID 395 037 |
| 98.7 | Llanfyllin, Powys | Radio 1 | BBC | New Music, Contemporary | .014 | Llanfyllin | SJ 151 181 |
| 98.7 | Combe Martin, Devon | Radio 1 | BBC | New Music, Contemporary | .004 | Combe Martin | SS 582 462 |
| 98.7 | Kingussie, Highland | Radio 1 | BBC | New Music, Contemporary | .035 | Kingussie | NN 769 985 |
| 98.7 | Cardiff | Radio Cardiff | Community | Ethnic | .025 | Butetown | ST 187 752 |
| 98.7 | Birmingham | New Style Radio | Community | Soul | .020 | Cambridge Tower | SP 062 869 |
| 98.7 | East Ireland | Lyric FM | RTE | Classical, Jazz | 40.000 | Kippure | |
| 98.7 | Dingle Peninsula, County Kerry | Lyric FM | RTE | Classical, Jazz | .020 | Ballydavid | |
| 98.8 | London & South East England | Radio 1 | BBC | New Music, Contemporary | 250.000 | Wrotham | TQ 595 604 |
| 98.8 | Chalford & Stroud, Gloucs | Radio 1 | BBC | New Music, Contemporary | .100 | Chalford | SO 883 017 |
| 98.8 | Pontypool & Cwmbran, Gwent | Radio 1 | BBC | New Music, Contemporary | .050 | Pontypool | ST 284 990 |
| 98.8 | Aberdare area, Mid Glam. | Radio 1 | BBC | New Music, Contemporary | .042 | Aberdare | SO 034 013 |
| 98.8 | Greenock & Firth of Clyde | Radio 1 | BBC | New Music, Contemporary | .032 | Rosneath | NS 258 811 |
| 98.8 | Ogmore Vale, Mid Glamorgan | Radio 1 | BBC | New Music, Contemporary | .010 | Ogmore Vale | SS 929 894 |
| 98.8 | Pitlochry & Aberfeldy, Tayside | Radio 1 | BBC | New Music, Contemporary | .200 | Pitlochry | NN 923 565 |
| 98.8 | Leith, Edinburgh | Leith FM | Community | Mixed Format | .025 | Leith | NT 270 760 |
| 98.8 | Newcastle-upon-Tyne | Spice FM | Community | Asian | .025 | W. Road, Newcastle | NZ 221 646 |
| 98.8 | Cork City and East County Cork | Lyric FM | RTE | Classical, Jazz | 10.000 | Spur Hill | |
| 98.8 | East Donegal | Lyric FM | RTE | Classical, Jazz | 2.000 | Holywell Hill | |
| 98.8 | North Kerry | Lyric FM | RTE | Classical, Jazz | 2.000 | Knockanure Ballybun | |
| 98.9 | North West and Yorkshire | Radio 1 | BBC | New Music, Contemporary | 250.000 | Holme Moss | SE 095 041 |
| 98.9 | Orkney Islands | Radio 1 | BBC | New Music, Contemporary | 41.000 | Keelylang Hill | HY 378 102 |
| 98.9 | Pembrokeshire | Radio 1 | BBC | New Music, Contemporary | 20.000 | Haverfordwest | SN 028 261 |
| 98.9 | South Uist | Radio 1 | BBC | New Music, Contemporary | 1.000 | Daliburgh | NF 736 216 |
| 98.9 | Bristol | Radio 1 | BBC | New Music, Contemporary | 1.300 | Ilchester Crescent | ST 577 700 |
| 98.9 | Crieff area, Tayside | Radio 1 | BBC | New Music, Contemporary | .125 | Crieff | NN 814 200 |
| 98.9 | Rhymney area, Mid Glam | Radio 1 | BBC | New Music, Contemporary | .020 | Rhymney | SO 127 042 |
| 98.9 | Fort William area, Highland | Radio 1 | BBC | New Music, Contemporary | 1.500 | Fort William | NN 117 772 |
| 98.9 | S Kapdale, E Islay, Jura | Radio 1 | BBC | New Music, Contemporary | 1.100 | South Knapdale | NR 837 748 |
| 98.9 | Central Mayo | Lyric FM | RTE | Classical, Jazz | 3.000 | Castlebar | |
| 98.9 | West Netherlands (4) | NOS Radio 1 | NOS | Dutch News, Talk | 100.000 | Lopik, Netherlands | |
| 99.0 | Fermanagh and South Tyrone | Radio 1 | BBC | New Music, Contemporary | 9.800 | Brougher Mountain | IH 350 527 |
| 99.0 | South East Grampian Region | Radio 1 | BBC | New Music, Contemporary | 2.100 | Durris | NO 763 897 |
| 99.0 | Porthmadog area, Gwynedd | Radio 1 | BBC | New Music, Contemporary | .100 | Llandecwyn | SH 644 371 |
| 99.0 | Hexham & Tyne Valley, Nthmb | Radio 1 | BBC | New Music, Contemporary | .100 | Newton | NZ 036 653 |
| 99.0 | Teignmouth area, Devon | Radio 1 | BBC | New Music, Contemporary | .100 | Holcombe Down | SX 934 752 |
| 99.0 | Weston-super-mare, Avon | Radio 1 | BBC | New Music, Contemporary | .040 | Hutton | ST 361 588 |
| 99.0 | Machynlleth, Dyfed | Radio 1 | BBC | New Music, Contemporary | .060 | Machynlleth | SH 723 003 |
| 99.0 | Kilkeel, Northern Ireland | Radio 1 | BBC | New Music, Contemporary | .025 | Kilkeel | IJ 281 180 |
| 99.0 | Ventnor, Isle of Wight | Radio 1 | BBC | New Music, Contemporary | .020 | Ventnor | SZ 567 783 |
| 99.0 | Alderney | Radio Guernsey | BBC | Mixed Format | .010 | Fort Albert | WA 589 086 |
| 99.0 | Limerick city | Lyric FM | RTE | Classical, Jazz | 2.500 | Woodcock H, Limerick | |
| 99.0 | Fermoy & Mitchelstown, Cork | Lyric FM | RTE | Classical, Jazz | .100 | Fermoy | |
| 99.0 | Dunkerque, France (6) | France Info | Radio France | French News | 1.000 | Dunkerque, France | |
| 99.1 | Oxon, Bucks, Berks, S Midlands | Radio 1 | BBC | New Music, Contemporary | 46.000 | Oxford | SP 567 105 |
| 99.1 | Ayrshire | Radio 1 | BBC | New Music, Contemporary | 10.000 | Darvel | NS 557 341 |
| 99.1 | Tobermoray area, Highland | Radio 1 | BBC | New Music, Contemporary | 5.000 | Glenngorm | NM 265 565 |
| 99.1 | Swansea area | Radio 1 | BBC | New Music, Contemporary | .926 | Kilvey Hill | SS 672 940 |
| 99.1 | South Devon | Radio 1 | BBC | New Music, Contemporary | .250 | Salcombe | SX 753 398 |
| 99.1 | Axminster & Seaton, Devon | Radio 1 | BBC | New Music, Contemporary | .080 | Axe Valley | SY 283 945 |
| 99.1 | Innerleithen, Border | Radio 1 | BBC | New Music, Contemporary | .020 | Innerleithen | NT 325 368 |
| 99.1 | Darwen, Lancashire | Radio 1 | BBC | New Music, Contemporary | .010 | Darwen | SD 708 223 |
| 99.1 | Newbridge area, Gwent | Radio 1 | BBC | New Music, Contemporary | .005 | Pennar | ST 209 958 |
| 99.1 | West County Galway | Lyric FM | RTE | Classical, Jazz | 3.000 | Clifden | |
| 99.1 | West Kerry | Lyric FM | RTE | Classical, Jazz | 2.000 | Cahirciveen | |
| 99.1 | North East Wicklow | Lyric FM | RTE | Classical, Jazz | 1.000 | Greystones | |
| 99.1 | Tallaght, County Dublin | Tallaght Community Radio | Irish Community | Mixed Format | .025 | | |
| 99.2 | Inverness & Moray Firth area | Radio 1 | BBC | New Music, Contemporary | 20.000 | Rosemarkie | NH 762 623 |
| 99.2 | North Northern Ireland | Radio 1 | BBC | New Music, Contemporary | 3.400 | Limavady | IC 711 296 |
| 99.2 | Tiverton, Devon | Radio 1 | BBC | New Music, Contemporary | .300 | Gogwell | SS 967 111 |
| 99.2 | Bexhill, East Sussex | Radio 1 | BBC | New Music, Contemporary | .100 | Bexhill | TQ 744 080 |
| 99.2 | Whitby, North Yorkshire | Radio 1 | BBC | New Music, Contemporary | .100 | Whitby | NZ 904 113 |
| 99.2 | Blairgowrie & Rattray, Tayside | Radio 1 | BBC | New Music, Contemporary | .032 | Rosemount | NO 203 435 |
| 99.2 | Ferndale, Mid Glamorgan | Radio 1 | BBC | New Music, Contemporary | .010 | Ferndale | ST 006 970 |
| 99.2 | Llysven area, Powys | Radio 1 | BBC | New Music, Contemporary | .010 | Llysven | SO 137 361 |
| 99.2 | Whalley, Lancashire | Radio 1 | BBC | New Music, Contemporary | .010 | Whalley | SD 729 352 |
| 99.2 | Ludlow, Shropshire | Radio 1 | BBC | New Music, Contemporary | .010 | Ludlow | SO 498 741 |
| 99.2 | Keswick, Cumbria | Radio 1 | BBC | New Music, Contemporary | .030 | Keswick Forest | NY 223 244 |
| 99.2 | Welshpool, Powys | Radio 1 | BBC | New Music, Contemporary | .024 | Long Mountain | SJ 265 057 |
| 99.2 | Coalville and Ashby-de-la-Zouche | Hermitage FM | Community | Mixed Format | .050 | Hoo Ash Farm, Coalville | SJ 897 898 |
| 99.2 | South East Ireland | Lyric FM | RTE | Classical, Jazz | 100.000 | Mount Leinster | |
| 99.2 | West Donegal | Lyric FM | RTE | Classical, Jazz | 3.000 | Aranmore | |
| 99.2 | Calais, France (6) | RTL 2 | France | French Dance | 1.000 | Calais, France | |

UK and Ireland FM Transmitters

| MHz | Area | Station | Broadcaster | Format | kW | Transmitter Site | Grid |
|-------|---------------------------------|------------------------------|-----------------|-------------------------|---------|--------------------------|------------|
| 99.3 | Norfolk and Suffolk | Radio 1 | BBC | New Music, Contemporary | 250.000 | Tacolneston | TM 131 958 |
| 99.3 | West Cornwall | Radio 1 | BBC | New Music, Contemporary | 25.000 | Redruth | SW 690 394 |
| 99.3 | Lampeter & Teifi Valley, Dyfed | Radio 1 | BBC | New Music, Contemporary | .400 | Mynydd Pencarreg | SN 577 430 |
| 99.3 | Eyemouth and Border coast | Radio 1 | BBC | New Music, Contemporary | .100 | Eyemouth | NT 947 599 |
| 99.3 | Whitehaven area, Cumbria | Radio 1 | BBC | New Music, Contemporary | .100 | Whitehaven | NX 992 123 |
| 99.3 | Upper Tame Valley, Gt Manics | Radio 1 | BBC | New Music, Contemporary | .095 | Saddleworth | SD 987 050 |
| 99.3 | Weardale, County Durham | Radio 1 | BBC | New Music, Contemporary | .180 | Weardale | NZ 025 384 |
| 99.3 | Newhaven & Seaford, Sussex | Radio 1 | BBC | New Music, Contemporary | .100 | Newhaven | TQ 435 006 |
| 99.3 | Lyme Regis, Dorset | Radio 1 | BBC | New Music, Contemporary | .050 | Lyme Regis | SY 345 935 |
| 99.3 | Stranraer, D & G | Radio 1 | BBC | New Music, Contemporary | .031 | Stranraer | NX 111 632 |
| 99.3 | Leatherhead area, Surrey | Radio 1 | BBC | New Music, Contemporary | .025 | Mickleham | TQ 163 538 |
| 99.3 | Barnoldswick area, Lancs | Radio 1 | BBC | New Music, Contemporary | .020 | Barnoldswick | SD 897 490 |
| 99.3 | Cornholme, West Yorkshire | Radio 1 | BBC | New Music, Contemporary | .020 | Cornholme | SD 918 264 |
| 99.3 | Caterham, Surrey | Radio 1 | BBC | New Music, Contemporary | .015 | Caterham | TQ 343 557 |
| 99.3 | Kinlochleven, Highland | Radio 1 | BBC | New Music, Contemporary | .010 | Kinlochleven | NN 178 630 |
| 99.3 | Ballybofey, Donegal | Lyric FM | RTE | Classical, Jazz | 1.000 | Ballybofey | |
| 99.3 | Cork City | Lyric FM | RTE | Classical, Jazz | .200 | Collins Barracks | |
| 99.3 | Lahinch, Clare | Lyric FM | RTE | Classical, Jazz | .200 | Lehinch | |
| 99.4 | North Gwynedd & NW Clwyd | Radio 1 | BBC | New Music, Contemporary | 21.000 | Llanddona | SH 782 810 |
| 99.4 | Isle of Lewis | Radio 1 | BBC | New Music, Contemporary | 2.000 | Eitshal | NB 305 302 |
| 99.4 | Reading | Radio 1 | BBC | New Music, Contemporary | 1.000 | Hemdean | SU 710 762 |
| 99.4 | Matlock & Bakewell, Derbys | Radio 1 | BBC | New Music, Contemporary | 1.200 | Stanton Moor | SK 246 637 |
| 99.4 | Leeds | Radio 1 | BBC | New Music, Contemporary | .200 | Beecroft Hill | SE 237 350 |
| 99.4 | West Tyneside, Tyne & Wear | Radio 1 | BBC | New Music, Contemporary | .042 | Fenham | NZ 216 648 |
| 99.4 | Llanrhaeadr ym Mochant, Cl | Radio 1 | BBC | New Music, Contemporary | .050 | Llanrhaeadr ym Moch. | SJ 174 260 |
| 99.4 | Salisbury, Wiltshire | Radio 1 | BBC | New Music, Contemporary | .020 | Salisbury | SU 136 285 |
| 99.4 | Dartmouth area, Devon | Radio 1 | BBC | New Music, Contemporary | .005 | Kingswear | SX 887 511 |
| 99.4 | Speyside, Highland | Radio 1 | BBC | New Music, Contemporary | .350 | Grantown | NJ 003 267 |
| 99.4 | Co Longford and North Midlands | Lyric FM | RTE | Classical, Jazz | 16.000 | Cairn Hill | |
| 99.4 | North Donegal | Lyric FM | RTE | Classical, Jazz | 4.000 | Fanad | |
| 99.5 | Central Scotland | Radio 1 | BBC | New Music, Contemporary | 250.000 | Black Hill | NS 828 647 |
| 99.5 | South Wales & West England | Radio 1 | BBC | New Music, Contemporary | 250.000 | Wenvoe | ST 110 742 |
| 99.5 | East Kent | Radio 1 | BBC | New Music, Contemporary | 11.000 | Swingate | TR 334 429 |
| 99.5 | Sheffield | Radio 1 | BBC | New Music, Contemporary | .320 | Tapton Hill, Sheffield | SK 324 870 |
| 99.5 | Scarborough area, N Yorks | Radio 1 | BBC | New Music, Contemporary | .250 | Oliver's Mount | SX 040 869 |
| 99.5 | Haslingden area, Lancs | Radio 1 | BBC | New Music, Contemporary | .083 | Haslingden | SD 795 236 |
| 99.5 | Ivybridge, Devon | Radio 1 | BBC | New Music, Contemporary | .050 | Ivybridge | SX 631 538 |
| 99.5 | North West Mayo | Lyric FM | RTE | Classical, Jazz | 2.000 | Achill | |
| 99.6 | South Cumbria & NW Lancs | Radio 1 | BBC | New Music, Contemporary | 10.000 | Morecambe Bay | SD 239 791 |
| 99.6 | Thirsk & Northallerton area | Radio 1 | BBC | New Music, Contemporary | 5.000 | Woolmoor | SE 457 881 |
| 99.6 | Weymouth, Dorset | Radio 1 | BBC | New Music, Contemporary | .130 | Weymouth | SY 663 779 |
| 99.6 | Buxton, Derbyshire | Radio 1 | BBC | New Music, Contemporary | .100 | Buxton | SK 060 753 |
| 99.6 | High Wycombe | Radio 1 | BBC | New Music, Contemporary | .050 | High Wycombe | SU 856 942 |
| 99.6 | South West Ireland | Lyric FM | RTE | Classical, Jazz | 160.000 | Mullaghanish | |
| 99.6 | Basse Normandie, France (6) | France Inter | Radio France | French Mixed format | 50.000 | Caen, France | |
| 99.7 | East & Central Northern Ireland | Radio 1 | BBC | New Music, Contemporary | 250.000 | Divis | IJ 286 750 |
| 99.7 | Cambs, Beds, S Lincs, E Nthnts | Radio 1 | BBC | New Music, Contemporary | 40.000 | Peterborough | TL 127 913 |
| 99.7 | Thurso & Wick area, Highland | Radio 1 | BBC | New Music, Contemporary | 10.000 | Rumster Forest | ND 197 385 |
| 99.7 | North Northumberland | Radio 1 | BBC | New Music, Contemporary | 5.600 | Chatton | NU 105 264 |
| 99.7 | Brighton and Worthing area | Radio 1 | BBC | New Music, Contemporary | .600 | Whitehawk Hill | TQ 330 045 |
| 99.7 | Basingstoke | Radio 1 | BBC | New Music, Contemporary | .200 | Basingstoke | SU 600 488 |
| 99.7 | Marlborough area, Wilts | Radio 1 | BBC | New Music, Contemporary | .100 | Marlborough | SU 209 688 |
| 99.7 | Newcastle Emlyn area, Dyfed | Radio 1 | BBC | New Music, Contemporary | .088 | Llandyfriog | SN 348 412 |
| 99.7 | Dee Valley, Grampian | Radio 1 | BBC | New Music, Contemporary | .042 | Tullich | NO 379 984 |
| 99.7 | Newtown, Powys | Radio 1 | BBC | New Music, Contemporary | .036 | Llandinam | SO 050 877 |
| 99.7 | Dolgellau, Gwynedd | Radio 1 | BBC | New Music, Contemporary | .016 | Dolgellau | SH 727 185 |
| 99.7 | Oldham | Oldham FM | Community | Mixed Format | .025 | Oldham | SD 923 051 |
| 99.8 | Hay on Wye area | Radio 1 | BBC | New Music, Contemporary | .010 | Clyro | SO 204 432 |
| 99.8 | Hull area | KCFM | Lincs | Adult, Oldies | 6.250 | Humber Bridge North Pier | TA 025 253 |
| 99.8 | Burnley, Nelson and Colne | 2BR | TLRC | Adult | .750 | Pendle Forest | SD 825 384 |
| 99.8 | Knowsley, Merseyside | KCC Live | Community | Mixed Format | .025 | Knowsley | SJ 442 908 |
| 99.8 | Aberdeen | SHMU FM | Community | Mixed Format | .025 | Stewart Park Court | NW 917082 |
| 99.8 | Zeeland, Netherlands (4) | NOS Radio 3 | NOS | Dutch Contemporary | 30.000 | Goes, Netherlands | |
| 99.9 | N Cumbria & S W Scotland | Classic FM | Global Radio | Light Classical | 250.000 | Sandale | NY 266 398 |
| 99.9 | Norwich area | Radio Norwich | Tindle/ Ind | Adult | 99.900 | Stoke Holy Cross | TG 258 026 |
| 99.9 | North West Co Wicklow | East Coast Radio | Irish Ind | Adult, Talk | 1.000 | Saggart | |
| 99.9 | South West Co Wicklow | East Coast Radio | Irish Ind | Adult, Talk | | Carnew | |
| 99.8 | Limerick | Wired FM | Irish Student | New Music | | | |
| 99.9 | Boulogne and Calais, France (5) | France Culture | Radio France | French Talk | 1.000 | Boulogne, France | |
| 100.0 | Devon and East Cornwall | Classic FM | Global Radio | Light Classical | 160.000 | North Hessary Tor | SX 578 742 |
| 100.0 | London area | Kiss FM | Bauer | Dance, Rhythm | 2.000 | Croydon | TQ 332 696 |
| 100.0 | Dumbarton & Alexandria | Real Radio (Scotland) | GMG | Adult, Talk | .100 | Millburn Muir | NS 378 796 |
| 100.0 | North West Ireland | Today FM | Communicorp | Adult, Talk | 120.000 | Truskmore | |
| 100.0 | South East County Cork | Today FM | Communicorp | Adult, Talk | 3.000 | Crosshaven | |
| 100.0 | Dundalk | Radio Active Dundalk FM | Irish Community | Mixed Format | .025 | | |
| 100.1 | Midlands | Classic FM | Global Radio | Light Classical | 250.000 | Sutton Coldfield | SK 113 003 |
| 100.1 | East Tayside and North Fife | Classic FM | Global Radio | Light Classical | 10.625 | Angus | NO 394 407 |
| 100.1 | Kendal, Cumbria | Lakeland Radio | CN Group/ Ind | Adult, Oldies | .200 | Kendal | SD 540 912 |
| 100.1 | NE Donegal & North N Ireland | Today FM | Communicorp | Adult, Talk | 10.000 | Moville | |
| 100.1 | SE Tipperary & N Waterford | Today FM | Communicorp | Adult, Talk | 1.000 | Clonmel | |
| 100.1 | South West County Cork | Today FM | Communicorp | Adult, Talk | 1.000 | Castletownbere | |
| 100.1 | Waterford City | Today FM | Communicorp | Adult, Talk | .200 | Gallows Hill | |
| 100.1 | Haute Normandie, France (2) | France Bleu Haute Normandie | Radio France | French Oldies | 115.000 | Rouen, France | |
| 100.1 | Flanders, Belgium (6) | BRTN Radio 2 (West Flanders) | BRTN | Flemish | 50.000 | Egem, Belgium | |

UK and Ireland FM Transmitters

| MHz | Area | Station | Broadcaster | Format | kW | Transmitter Site | Grid |
|-------|--|-------------------------------------|-----------------|-------------------------------|---------|------------------------|------------|
| 100.2 | South and East Isle of Man | Classic FM | Global Radio | Light Classical | 1.000 | Douglas | SC 373 746 |
| 100.2 | Bath | Classic FM | Global Radio | Light Classical | .200 | Bath | ST 769 654 |
| 100.2 | North East Essex | Dream 100 FM | Tindle | Adult | 2.000 | Telstar Nurseries | TM 192 187 |
| 100.2 | Mid Kerry | Today FM | Communicorp | Adult, Talk | 1.000 | Knockmoyle | |
| 100.3 | Central Southern England | Classic FM | Global Radio | Light Classical | 250.000 | Rowridge | SZ 447 865 |
| 100.3 | North East England | Classic FM | Global Radio | Light Classical | 130.000 | Pontop Pike | NZ 147 527 |
| 100.3 | Bradford | Classic FM | Global Radio | Light Classical | .500 | Idle | SE 163 374 |
| 100.3 | Glasgow and Clydeside area | Real Radio (Scotland) | GMG | Adult, Talk | 20.000 | Black Hill | NS 828 647 |
| 100.3 | County Dublin | Radio Nova | Irish Ind | Classic Rock | 10.000 | Three Rock | |
| 100.3 | West County Waterford | Today FM | Communicorp | Adult, Talk | 3.000 | Dungarvan | |
| 100.4 | Milton Keynes and West Beds | Classic FM | Global Radio | Light Classical | 10.000 | Bow Brickhill | SP 914 342 |
| 100.4 | Herefordshire & Gloucester | Classic FM | Global Radio | Light Classical | 4.800 | Ridge Hill | SO 630 333 |
| 100.4 | Medway towns | KM-FM (Medway) | Global Radio | Adult | .040 | Hoo St Werburgh | TQ 774 731 |
| 100.4 | North West England | Smooth Radio (North West) | GMG | Oldies, Easy | 5.000 | Winter Hill | SD 660 144 |
| 100.4 | Calais, France (6) | Radio 6 | France | French | | Calais, France | |
| 100.5 | Grampian Region | Classic FM | Global Radio | Light Classical | 150.000 | Meldrum | NJ 760 329 |
| 100.5 | Derry area | Classic FM | Global Radio | Light Classical | 31.000 | Londonderry | IC 404 176 |
| 100.5 | Pembrokeshire, W Carmarthens | Classic FM | Global Radio | Light Classical | 7.300 | Preseli | SN 176 306 |
| 100.5 | Lincolnshire & S Humberside | Classic FM | Global Radio | Light Classical | 6.400 | Belmont | TF 217 837 |
| 100.5 | South East Northern Ireland | Five FM | Northern Media | Adult, Oldies | 1.000 | Camrough | IJ 055 246 |
| 100.5 | Totnes area, Devon | Heart West Midlands | Global Radio | Adult | .300 | Totnes | SX 795 598 |
| 100.5 | Meath, Kildare, NW Wicklow | Radio Nova | Irish Ind | Classic Rock | | Saggart | |
| 100.6 | South, Central & West London | Classic FM | Global Radio | Light Classical | 2.000 | Crystal Palace | TQ 339 712 |
| 100.6 | Lisburn, Northern Ireland | BFBS Northern Ireland | Community | Mixed Format | .020 | Lisburn | IJ 262 659 |
| 100.6 | West Ireland | Today FM | Communicorp | Adult, Talk | 160.000 | Maghera | |
| 100.7 | West and North Gwynedd | Classic FM | Global Radio | Light Classical | 18.750 | Arfon | SH 476 463 |
| 100.7 | West Midlands region | Heart Devon | Global Radio | Adult | 11.000 | Sutton Coldfield | SK 113 003 |
| 100.7 | Cleveland, S Durham, N Yorks | Real Radio (North East) | GMG | Adult, Talk, Sport | 8.900 | Bilsdale West Moor | SE 553 962 |
| 100.7 | County Monaghan | Today FM | Communicorp | Adult, Talk | 3.000 | Monaghan | |
| 100.7 | North Innishowen | Today FM | Communicorp | Adult, Talk | 1.000 | Malin | |
| 100.7 | West Netherlands (4) | Q Music | Netherlands | Dutch Adult | 100.000 | Lopik, Netherlands | |
| 100.7 | Dunkerque, France (6) | Kestrel FM | France | French | | Dunkerque, France | |
| 100.8 | Swindon | Classic FM | Global Radio | Light Classical | .720 | Blunsdon | SU 143 900 |
| 100.8 | Dartmouth area, Devon | Heart Devon | Global Radio | Adult | .100 | Dartmouth | SX 866 508 |
| 100.8 | Windermere & Ambleside, Cmb | Lakeland Radio | CN Group/ Ind | Adult, Oldies | .120 | Windermere | SD 383 980 |
| 100.8 | Porlock, Somerset | Total Star Somerset | One Gold | Adult, Oldies | .108 | Porlock | SS 883 462 |
| 100.8 | <i>Watchet, Somerset</i> | Total Star Somerset | <i>One Gold</i> | <i>Adult, Oldies</i> | .200 | <i>Watchet</i> | |
| 100.8 | <i>Exe and Barle Valleys, Somerset</i> | Total Star Somerset | <i>One Gold</i> | <i>Adult, Oldies</i> | 2.000 | <i>Brushford</i> | |
| 100.8 | Cumbernauld & Kirkintilloch | Revival Radio | Community | Christian | .025 | Cumbernauld | NS 765 750 |
| 100.8 | Mid Tipperary | Today FM | Communicorp | Adult, Talk | 3.000 | Suir Valley | |
| 100.9 | London & South East England | Classic FM | Global Radio | Light Classical | 250.000 | Wrotham | TQ 595 604 |
| 100.9 | Border Region | Classic FM | Global Radio | Light Classical | 5.400 | Selkirk | NT 500 294 |
| 100.9 | East Ireland | Today FM | Communicorp | Adult, Talk | 40.000 | Kippure | |
| 101.0 | West Tyneside and Tyne Valley | Classic FM | Global Radio | Light Classical | .050 | Fenham | NZ 216 648 |
| 101.0 | South Wales & West England | Kiss 101 | Bauer | Dance | 40.000 | Mendip | ST 563 488 |
| 101.0 | Holywood, Northern Ireland | BFBS Northern Ireland | Community | Mixed Format | .025 | Palace Barracks | IJ 392 777 |
| 101.0 | West Glasgow | Insight | Community | Talk (Visually Impaired) | .025 | Glasgow | NS 547 688 |
| 101.0 | Cork City and East County Cork | Today FM | Communicorp | Adult, Talk | 10.000 | Spur Hill | |
| 101.0 | East Donegal | Today FM | Communicorp | Adult, Talk | 2.000 | Holywell Hill | |
| 101.1 | North West and Yorkshire | Classic FM | Global Radio | Light Classical | 250.000 | Holme Moss | SE 095 041 |
| 101.1 | Ceredigion | Classic FM | Global Radio | Light Classical | 10.000 | Blaenplwyf | SN 569 756 |
| 101.1 | Kilkeel, Northern Ireland | Five FM | Northern Media | Adult, Oldies | .042 | Kilkeel | IJ 281 180 |
| 101.1 | Lothian and Fife | Real Radio (Scotland) | GMG | Adult, Talk | 10.000 | Craigkelly | NT 233 872 |
| 101.1 | Greenock & Firth of Clyde | Real Radio (Scotland) | GMG | Adult, Talk | .100 | Rosneath | NS 258 811 |
| 101.1 | Havant area, Hampshire | Angel Radio (Havant) | Community | Nostalgia | .020 | Battens Way | SU 718 076 |
| 101.1 | Southampton | Unity 101 | Community | Ethnic | .020 | Midanbury | SU 447 142 |
| 101.1 | Central Mayo | Today FM | Communicorp | Adult, Talk | 3.000 | Castlebar | |
| 101.2 | South Devon | Heart Devon | Global Radio | Adult | 1.150 | Soar | SX 718 376 |
| 101.2 | Fermanagh and South Tyrone | Q101.2 West | Northern Media | Adult, Oldies, Country | 8.200 | Brougher Mountain | IH 350 527 |
| 101.2 | Hexham & Tyne Valley, Nthmb | Real Radio (North East) | GMG | Adult, Talk, Sport | .200 | Newton | NZ 036 653 |
| 101.2 | Sunderland | Real Radio (North East) | GMG | Adult, Talk, Sport | .070 | Hendon | NZ 409 556 |
| 101.2 | North East Grampian | Waves Radio | Independent | Adult | 1.650 | Mormond Hill | NJ 982 569 |
| 101.2 | Limerick city | Today FM | Communicorp | Adult, Talk | 2.500 | Woodcock H, Limerick | |
| 101.2 | North West Netherlands (4) | Sky Radio | Netherlands | Dutch Adult | 200.000 | Hilversum, Netherlands | |
| 101.3 | Oxon, Bucks, Berks, S Midlands | Classic FM | Global Radio | Light Classical | 46.000 | Oxford | SP 567 105 |
| 101.3 | Ayrshire | Classic FM | Global Radio | Light Classical | 8.000 | Darvel | NS 557 341 |
| 101.3 | Swansea area | Classic FM | Global Radio | Light Classical | 1.000 | Kilvey Hill | SS 672 940 |
| 101.3 | West County Galway | Today FM | Communicorp | Adult, Talk | 3.000 | Clifden | |
| 101.3 | West Kerry | Today FM | Communicorp | Adult, Talk | 2.000 | Cahirciveen | |
| 101.3 | Galway | Flirt FM | Irish Student | New Music | .025 | | |
| 101.3 | Dunkerque, France (6) | NRJ | France | French Adult | 1.000 | Dunkerque, France | |
| 101.4 | Inverness & Moray Firth area | Classic FM | Global Radio | Light Classical | 11.000 | Mounteagle | NH 639 580 |
| 101.4 | Bristol | Classic FM | Global Radio | Light Classical | .200 | Pur Down | ST 610 764 |
| 101.4 | Derby | Smooth Radio (East Midlands) | GMG | Oldies, Easy | .190 | Drum Hill | SK 375 425 |
| 101.4 | Newry, Northern Ireland | IUR FM | Community | Mixed Format | .020 | Newry Golf Club | |
| 101.4 | West London | On FM | Community | Mixed Format (Irish Audience) | .025 | Hammersmith | TQ 232 786 |
| 101.4 | South East Ireland | Today FM | Communicorp | Adult, Talk | 100.000 | Mount Leinster | |
| 101.4 | West Donegal | Today FM | Communicorp | Adult, Talk | 3.000 | Aranmore | |
| 101.4 | Abbeysneale | West Limerick 102 | Irish Community | Mixed Format | .025 | | |
| 101.5 | Norfolk and Suffolk | Classic FM | Global Radio | Light Classical | 250.000 | Tacolneston | TM 131 958 |
| 101.5 | West Cornwall | Classic FM | Global Radio | Light Classical | 10.000 | Redruth | SW 690 394 |
| 101.5 | Ballybofey, Donegal | Today FM | Communicorp | Adult, Talk | | Ballybofey | |
| 101.5 | Flanders, Belgium ⁶ | Radio Donna | BRTN | Flemish | 50.000 | Egem, Belgium | |

UK and Ireland FM Transmitters

| MHz | Area | Station | Broadcaster | Format | kW | Transmitter Site | Grid |
|-------|---------------------------------|----------------------------|-----------------|-------------------------|---------|------------------------|------------|
| 101.6 | North Clwyd & NE Gwynedd | Classic FM | Global Radio | Light Classical | 2.500 | Great Orme Head | SH 766 834 |
| 101.6 | Cleveland and South Durham | Classic FM | Global Radio | Light Classical | 2.000 | Bilsdale West Moor | SE 553 962 |
| 101.6 | Leeds | Classic FM | Global Radio | Light Classical | .300 | Beecroft Hill | SE 237 350 |
| 101.6 | Fourmarks & Alresford, Hants | Kestrel FM | Tindle | Adult | .100 | Four Marks | SU 674 354 |
| 101.6 | Hindhead area, Surrey | Kestrel FM | Tindle | Adult | .065 | Hindhead | SU 886 356 |
| 101.6 | Sevenoaks area, Kent | KM-FM (West Kent) | Kent Messenger | Adult | .400 | Wrotham | TQ 595 604 |
| 101.6 | Lichfield & Tamworth area | Touch FM (Staffordshire) | Quidern | Adult | .063 | Lichfield | SK 164 043 |
| 101.6 | Slough | Asian Star | Community | Asian | .025 | Slough | SU 979 798 |
| 101.6 | North Donegal | Today FM | Communicorp | Adult, Talk | 4.000 | Fanad | |
| 101.6 | Shannon Estuary, Limerick | West Limerick 102 | Irish Community | Mixed Format | .025 | | |
| 101.6 | Boulogne, France (5) | RFM Nord | France | French Adult | | Boulogne, France | |
| 101.7 | Central Scotland | Classic FM | Global Radio | Light Classical | 250.000 | Black Hill | NS 828 647 |
| 101.7 | South Wales & West England | Classic FM | Global Radio | Light Classical | 250.000 | Wenvoe | ST 110 742 |
| 101.7 | Sheffield | Classic FM | Global Radio | Light Classical | .500 | Tapton Hill, Sheffield | SK 324 870 |
| 101.7 | Harlow, Essex & East Herts | Heart Essex | Global Radio | Adult | .100 | Rye Hill | TL 449 067 |
| 101.7 | North West Mayo | Today FM | Communicorp | Adult, Talk | 2.000 | Achill | |
| 101.8 | East Kent | Classic FM | Global Radio | Light Classical | 5.200 | Dover | TR 274 397 |
| 101.8 | South Cumbria and NW Lancs | Classic FM | Global Radio | Light Classical | 6.400 | Morecambe Bay | SD 239 791 |
| 101.8 | Reading | Classic FM | Global Radio | Light Classical | .500 | Hemdean | SU 710 762 |
| 101.8 | Winksworth, Derbyshire | Ashbourne Radio | Independent | Adult, Oldies | .045 | Hardhurst Farm | SK 297 529 |
| 101.8 | Petersfield, Hampshire | Kestrel FM | Tindle | Adult | .100 | Rams Walk | SU 748 233 |
| 101.8 | Tyneside, N Durham, S Nthmb | Real Radio (North East) | GMG | Adult, Talk, Sport | 10.000 | Burnhope | NZ 184 474 |
| 101.8 | Dewsbury, West Yorkshire | Branch FM | Community | Christian | .025 | Dewsbury | SE 252 230 |
| 101.8 | Stoke-on-Trent | Cross Rhythms City Radio | Community | Contemporary, Christian | .060 | Stoke-on-Trent | SJ 917 496 |
| 101.8 | Market Weighton area, E Yorks | Vixen 101 | Community | Mixed Format | .025 | Market Weighton | SE 903 421 |
| 101.8 | Wolverhampton | WCR | Community | Mixed Format | .025 | Wolverhampton | SO 917 984 |
| 101.8 | South West Ireland | Today FM | Communicorp | Adult, Talk | 160.000 | Mullaghanish | |
| 101.8 | County Dublin | Today FM | Communicorp | Adult, Talk | 10.000 | Three Rock | |
| 101.9 | East & Central Northern Ireland | Classic FM | Global Radio | Light Classical | 250.000 | Divis | IJ 286 750 |
| 101.9 | Cambs, Beds, S Lincs, E Nthnts | Classic FM | Global Radio | Light Classical | 40.000 | Peterborough | TL 127 913 |
| 101.9 | Brighton and Worthing area | Classic FM | Global Radio | Light Classical | .500 | Whitehawk Hill | TQ 330 045 |
| 101.9 | Ivybridge, Devon | Heart Devon | Global Radio | Adult | .500 | Ivybridge | SX 631 538 |
| 101.9 | Dee Valley, Grampian | NECR | Independent | Adult, Oldies | .225 | Tullich | ND 379 984 |
| 101.9 | Zeeland, Netherlands (4) | Sky Radio | Netherlands | Dutch Adult | 50.000 | Goes, Netherlands | |
| 102.0 | Greater Manchester | Capital FM (Manchester) | Global Radio | Contemporary | 1.000 | Sunley Building | SJ 844 983 |
| 102.0 | Barnsley | Dearne FM | Lincs | Adult, Oldies | .450 | Ardley | SE 390 061 |
| 102.0 | Hastings | Heart Sussex | Global Radio | Adult | .200 | Hastings | TQ 807 100 |
| 102.0 | Alton & Bordon area, Hants | Kestrel FM | Tindle | Adult | .100 | Brockham Hill | SU 723 428 |
| 102.0 | Ryde & North East Isle of Wight | Isle of Wight Radio | Independent | Adult | .020 | Ryde Pier | SZ 593 936 |
| 102.0 | Ventnor, SE Isle of Wight | Isle of Wight Radio | Independent | Adult | .020 | Ventnor | SZ 567 783 |
| 102.0 | Cowes, Isle of Wight | Isle of Wight Radio | Independent | Adult | .007 | Cowes | SZ 496 903 |
| 102.0 | Matlock & Bakewell, Derbys | Peak FM | Forever | Contemporary, Adult | .080 | Stanton Moor | SK 246 637 |
| 102.0 | South Wiltshire | Spire FM | TLRC (UKRD) | Adult | 1.250 | Camp Hill | SU 112 337 |
| 102.0 | S & C Warwickshire, E Worcs | Touch FM (Warwickshire) | Quidern | Adult, Contemporary | 3.000 | Lark Stoke | SP 187 427 |
| 102.0 | Ipswich area | Town FM | Tindle | Adult, Oldies | 2.000 | Warren Heath | TM 190 425 |
| 102.0 | Dundee | Wave 102 | UTV | Soft, Adult | .100 | Dundee Law | ND 392 313 |
| 102.0 | N Wexford, S Carlow, Kilkenny | Beat 102-103 | Irish Ind | Contemporary | 6.000 | Mount Leinster | |
| 102.0 | Cork City | CUH FM | Irish Hospital | Mixed format | | Wilton Hospital, Cork | |
| 102.1 | North East Grampian | NECR | Independent | Adult, Oldies | 1.250 | Meldrum | NJ 760 329 |
| 102.1 | Swansea area | Bay Radio | Town & Country | Oldies, Soft | 1.250 | Kilvey Hill | SS 672 940 |
| 102.1 | Teesdale, County Durham | Radio Teesdale | Community | Mixed Format | .100 | Mickleton | NY 974 220 |
| 102.1 | County Galway | 102-104 | Irish Ind | Contemporary | 5.000 | Loughrea | |
| 102.1 | Flanders, Belgium (6) | Studio Brussel | BRTN | Flemish | 50.000 | Egem, Belgium | |
| 102.2 | Birmingham area | Capital FM (West Midlands) | Global Radio | Contemporary | 1.000 | Metropolitan House | SP 055 862 |
| 102.2 | Workington | CFM | Bauer | Adult, Contemporary | .815 | Broughton Moor | NY 058 330 |
| 102.2 | Penicuik, Lothian | Forth FM | Bauer | Contemporary | .500 | Penicuik | NT 229 597 |
| 102.2 | West Wiltshire | Heart Wiltshire | Global Radio | Adult | .500 | Naish Hill | ST 947 686 |
| 102.2 | Lincolnshire & S Humberside | Lincs FM | Lincs | Adult, Contemporary | 6.400 | Belmont | TF 217 837 |
| 102.2 | Ullapool, Highland | Lochbroom FM | Independent | Adult | .700 | Ullapool | NH 142 935 |
| 102.2 | East Cornwall & West Devon | Pirate FM | UKRD | Adult, Contemporary | 2.500 | Caradon Hill | SX 273 707 |
| 102.2 | Lerwick, Shetland | SIBC | Independent | Contemporary, Adult | .025 | Lerwick | HU 475 415 |
| 102.2 | London area | Smooth Radio | GMG | Oldies, Easy | 2.000 | Croydon | TQ 332 696 |
| 102.2 | South West Waterford | Beat 102-103 | Irish Ind | Contemporary | 5.000 | Dungarvan | |
| 102.2 | Dublin Region | Q102.2 | UTV | Soft, Oldies | 2.000 | Three Rock | |
| 102.2 | West County Limerick | West Limerick 102 | Irish Community | Mixed Format | .025 | | |
| 102.3 | Thirsk area, North Yorkshire | Star Radio North East | TLRC (UKRD) | Adult | .044 | Calvert's Carpets | SE 429 819 |
| 102.3 | Windermere & Ambleside, Cmb | The Bay | CN Group | Adult | .040 | Windermere | SD 383 980 |
| 102.3 | Berwick- upon- Tweed | Radio Borders | Bauer | Adult, Contemporary | .010 | Berwick- upon- Tweed | NT 980 547 |
| 102.3 | Largs, Rothesay, Clyde Mouth | Clyde 1 | Bauer | Contemporary | .600 | Rothesay | NS 125 691 |
| 102.3 | Ballymena and Antrim | Downtown Radio | Bauer | Adult, Oldies | .625 | Portglenone | ID 008 028 |
| 102.3 | Bournemouth area | Heart South Coast | Global Radio | Adult | 2.000 | Nine Barrow Down | SZ 009 811 |
| 102.3 | Mallaig, Arisaig & SE Skye | Nevis Radio | Independent | Adult, Contemporary | .800 | Cnoc Malagan | NG 654 081 |
| 102.3 | Pontypridd area, Mid Glamorgan | Real Radio (Wales) | GMG | Adult, Talk | | Eglwysilan | |
| 102.3 | Littlehampton and Arundel | Spirit FM | TLRC | Adult, Oldies | .480 | Hammerpot | TQ 072 055 |
| 102.3 | Market Harborough, Leics | Harborough FM | Community | Mixed Format | .050 | Little Oxendon Farm | SP 727 840 |

UK and Ireland FM Transmitters

| MHz | Area | Station | Broadcaster | Format | kW | Transmitter Site | Grid |
|-------|-----------------------------------|---------------------------------|-----------------|------------------------------------|---------|------------------------|------------|
| 102.4 | Derry area | Downtown Radio | Bauer | Adult, Oldies | 10.000 | Londonderry | IC 404 176 |
| 102.4 | Peel, Isle of Man | Energy FM | Independent | Contemporary | .025 | Beary Peak | SC 295 832 |
| 102.4 | East Norfolk and NE Suffolk | Heart East Anglia | Global Radio | Adult | 3.300 | Stoke Holy Cross | TG 258 026 |
| 102.4 | Gloucester/ Cheltenham area | Heart Gloucestershire | Global Radio | Adult | 2.000 | Churchdown Hill | SO 880 188 |
| 102.4 | East Sussex | Heart Sussex | Global Radio | Adult | 8.200 | Heathfield | TQ 566 220 |
| 102.4 | Ballachulish & L Leven, Highland | Nevis Radio | Independent | Adult, Contemporary | 1.600 | Glenachulish | NN 034 591 |
| 102.4 | Minehead and Watchet | Total Star Somerset | One Gold | Adult, Oldies | 4.000 | Minehead North | SS 965 472 |
| 102.4 | Burton & Swadlincote area | Touch FM (Staffordshire) | Quidern | Adult | .060 | Burton | SK 266 227 |
| 102.4 | Wigan and Skelmersdale area | WISH 102.4 | UTV | Adult | .100 | Billinge Hill | SD 423 016 |
| 102.4 | Bridlington, East Yorkshire | Yorkshire Coast R (Bridlington) | TLRC (UKRD) | Adult | .100 | Buckley Barn | TA 165 714 |
| 102.4 | Hartlepool | Radio Hartlepool | Community | Mixed Format | .025 | Hartlepool | NZ 505 326 |
| 102.4 | South Rotherham | Redroad FM | Community | Mixed Format | .025 | Wales Sheffield | SK 477 826 |
| 102.4 | Banbridge, Northern Ireland | Shine FM | Community | Christian | .025 | Bridge Street | IJ 125 459 |
| 102.4 | South Tipperary | Beat 102-103 | Irish Ind | Contemporary | 5.000 | Clonmel | |
| 102.5 | Penrith, Cumbria | CFM | Bauer | Adult, Contemporary | .100 | Penrith | NY 531 313 |
| 102.5 | Newtownabbey, N Ireland | City Beat | CN Group | Adult | .020 | Carmoney Hill | IJ 336 829 |
| 102.5 | Glasgow and Clydeside area | Clyde 1 | Bauer | Contemporary | 15.000 | Black Hill | NS 828 647 |
| 102.5 | Pembrokeshire | Radio Pembrokeshire | Town & Country | Adult, Oldies | 20.000 | Haverfordwest | SN 028 261 |
| 102.5 | Thurso & Wick area, Highland | Moray Firth Radio (Caithness) | Bauer | Adult, Contemporary | 1.200 | Ben Dorrery | ND 063 551 |
| 102.5 | Huddersfield & Halifax area | The Pulse | UTV | Contemporary, Adult | 2.000 | Vicars Lot | SE 071 172 |
| 102.5 | Stourbridge | The Bridge | Community | Mixed Format | .025 | Brierly Hill | SO 918 867 |
| 102.5 | Leicester | EAVA FM | Community | African | .025 | Central Leicester | SK 592 063 |
| 102.5 | Aldershot, Mytchett, Pirbright | Garrison FM (Aldershot) | Community | Adult (for Army and families) | .020 | Aldershot | SU 864 512 |
| 102.5 | Newcastle | NE1 FM | Community | Mixed Format | .025 | Gateshead | NZ 266 615 |
| 102.5 | Hedge End, West End, Botley | Skyline Community Radio | Community | Mixed Format | .020 | Hedge End | SU 480 128 |
| 102.5 | Totnes, Devon | Soundart Radio | Community | Mixed Format | .025 | Dartington Hall | SX 79 8628 |
| 102.5 | County Sligo | Ocean FM | Irish Ind | Adult, Irish & Country, Talk | 5.000 | Truskmore | |
| 102.5 | County Kerry | Spin South West | Communicorp | Contemporary | 2.500 | Slieve Mish | |
| 102.5 | Killaloe, Clare | Spin South West | Communicorp | Contemporary | .080 | Killaloe | |
| 102.5 | Calais, France (6) | RFM Nord | France | French Adult | | Calais, France | |
| 102.6 | Richmond area, North Yorks | Fresh Radio | Independent | Adult | .100 | Richmond | NZ 168 017 |
| 102.6 | Chelmsford & Central Essex | Heart Essex | Global Radio | Adult | 2.000 | Bakers Wood | TL 660 034 |
| 102.6 | Oxfordshire and West Bucks | Heart Thames Valley | Global Radio | Adult | 9.000 | Oxford | SP 567 105 |
| 102.6 | Somerset | Heart West Country | Global Radio | Adult | 4.000 | Mendip | ST 563 488 |
| 102.6 | Alnwick area, Northumberland | Metro FM | Bauer | Contemporary | .200 | Shilbottle | NU 191 081 |
| 102.6 | Upper Don Valley, Grampian | NECR | Independent | Adult, Oldies | .300 | Scar Hill | NJ 486 112 |
| 102.6 | Stoke-on-Trent area | Signal One | UTV | Contemporary | 4.000 | Alsagers Bank | SJ 812 478 |
| 102.6 | Newark, Nottinghamshire | Boundary Sound | Community | Mixed Format | .025 | Severn Trent Tower | SK 814 538 |
| 102.6 | Doncaster | Sine FM | Community | Mixed Format | .031 | Doncaster | SE 576 028 |
| 102.6 | Gorey, County Wexford | Beat 102-103 | Independent | Contemporary | .025 | Gorey | |
| 102.6 | Cork city | C103 | UTV | Adult, Oldies, I&C, Talk | .200 | Holyhill | |
| 102.6 | Borris in Ossary, Laois | Midlands 103 | Tindle | Adult, Oldies, Irish&Country, Talk | | Borris in Ossary | |
| 102.6 | Stradbally, Laois | Midlands 103 | Tindle | Adult, Oldies, Irish&Country, Talk | | Stradbally | |
| 102.6 | Basse Normandie, France (2) | France Bleu Basse Normandie | Radio France | French Oldies | 50.000 | Caen, France | |
| 102.7 | Keighley area, West Yorks | Radio Leeds | BBC | Mixed Format | .500 | Keighley | SE 069 444 |
| 102.7 | Skye, Harris, East N & S Uist | Cuillin FM | Independent | Mixed Format, Gaelic | 9.040 | Skriag | NG 451 408 |
| 102.7 | N Cambridgeshire & S Lincs | Heart Cambridgeshire | Global Radio | Adult | 4.000 | Gunthorpe | TF 187 036 |
| 102.7 | North Sussex and East Surrey | Heart Sussex | Global Radio | Adult | 3.600 | Reigate | TQ 256 521 |
| 102.7 | NE Ireland, SE Northern Ireland | Raidio na Gaeltachta | RTE | Irish | 40.000 | Clermont Carn | |
| 102.7 | Bantry, W County Cork | C103 | UTV | Adult, Oldies, I&C, Talk | .200 | Bantry | |
| 102.7 | Counties Clare and Limerick | Spin South West | Communicorp | Contemporary | 10.000 | Maghera | |
| 102.7 | West Netherlands (4) | Radio 538 | Netherlands | Dutch Contemporary | 100.000 | Rotterdam, Netherlands | |
| 102.8 | Durham and North County Durham | Star Radio North East | TLRC (UKRD) | Adult, Oldies | .500 | Burnhope | NZ 184 474 |
| 102.8 | Derby, Burton & S Derbyshire | Capital FM (East Midlands) | Global Radio | Contemporary | .920 | Drum Hill | SK 375 425 |
| 102.8 | Canterbury area | Heart Kent | Global Radio | Adult | 1.000 | Dunkirk | TR 078 590 |
| 102.8 | Keith & Buckie area, Grampian | Moray Firth Radio (Keith) | Bauer | Adult, Contemporary | 1.000 | Tor Sliag | NJ 425 581 |
| 102.8 | West Cornwall | Pirate FM | UKRD | Adult, Contemporary | 10.200 | Redruth | SW 690 394 |
| 102.8 | Welshpool area, Powys | Real Radio (Wales) | GMG | Adult, Talk | .200 | Long Mountain | SJ 265 057 |
| 102.8 | East Tayside and North Fife | Tay FM | Bauer | Contemporary | 5.250 | Angus | NO 394 407 |
| 102.8 | Worcestershire | Wyvern FM | Orion | Contemporary | 1.000 | Great Malvern | SO 774 464 |
| 102.8 | Poole | The Bay | Community | Mixed Format | .025 | Poole | SZ 034 933 |
| 102.8 | Bollington, Cheshire | Canalside Radio | Community | Mixed Format | .048 | Bollington | SJ 934 781 |
| 102.8 | Chorley, Lancashire | Chorley FM | Community | Mixed Format | .020 | Chorley | SD 574 174 |
| 102.8 | Luton | Diverse FM | Community | Ethnic | .025 | Farley Hill | TL 075 213 |
| 102.8 | East Waterford | Beat 102-103 | Independent | Contemporary | 5.000 | Carrickpherish | |
| 102.9 | Barnsley and Rotherham | Hallam FM | Bauer | Contemporary | .500 | Ardley | SE 390 061 |
| 102.9 | N Hampshire & W Berkshire | Heart Thames Valley | Global Radio | Adult | 4.000 | Hannington | SU 527 568 |
| 102.9 | Leamington Spa & Warwick | Mercia FM | Orion | Contemporary | .050 | Leamington Spa | SP 329 663 |
| 102.9 | Derry area | Q 102.9 | Northern Media | Adult, Oldies | 5.000 | Minkey Hill | IC 397 173 |
| 102.9 | Fermoy & Mitchelstown, Cork | C103 | UTV | Adult, Oldies, I&C, Talk | .200 | Turbeigh | |
| 102.9 | East County Wicklow | East Coast Radio | Irish Ind | Adult, Talk | 4.000 | Wicklow Head | |
| 102.9 | West County Wicklow | East Coast Radio | Irish Ind | Adult, Talk | 5.000 | Baltinglass | |
| 102.9 | West Kerry | Spin South West | Communicorp | Contemporary | 3.000 | Caherciveen | |
| 102.9 | Roscrea, County Tipperary | Spin South West | Communicorp | Contemporary | .200 | Roscrea | |
| 102.9 | Killarney, County Kerry | Spin South West | Communicorp | Contemporary | .100 | Killarney | |
| 102.9 | Castlebar, Mayo (moving to 100.3) | Community Radio Castlebar | Irish Community | Mixed Format | .025 | | |

UK and Ireland FM Transmitters

| MHz | Area | Station | Broadcaster | Format | kW | Transmitter Site | Grid |
|-------|----------------------------------|---------------------------------|-----------------|------------------------------|---------|-----------------------------|------------|
| 103.0 | S & Central Cambridgeshire | Heart Cambridgeshire | Global Radio | Adult | 1.000 | Madingley, Cambridge | TL 392 594 |
| 103.0 | West and North Gwynedd | Heart Cymru | Global Radio | Adult, Welsh | 18.750 | Arfon | SH 476 463 |
| 103.0 | East Devon | Heart Devon | Global Radio | Adult | 1.000 | Stockland Hill | ST 222 014 |
| 103.0 | Stroud area, Gloucestershire | Heart Gloucestershire | Global Radio | Adult | .100 | Stroud | SO 836 077 |
| 103.0 | Weston-Super-Mare | Heart West Country | Global Radio | Adult | .100 | Worlebury Hill | ST 325 637 |
| 103.0 | Bath | Heart West Country | Global Radio | Adult | .080 | Bath | ST 769 654 |
| 103.0 | Isle of Lewis | Isles FM | Independent | Mixed format, Gaelic | 2.000 | Eitshal | NB 305 302 |
| 103.0 | West Tyneside, Tyne & Wear | Metro FM | Bauer | Contemporary | .050 | Fenham | NZ 216 648 |
| 103.0 | Peterhead area, Grampian | Northsound One | Bauer | Contemporary | .174 | Stirling Hill | NK 124 411 |
| 103.0 | Greater Manchester | Piccadilly Key 103 | Bauer | Contemporary | 4.000 | Saddleworth | SD 987 050 |
| 103.0 | Wigtown Bay area, D & G | West Sound (South West) | Bauer | Adult, Contemporary | .064 | Cambret Hill | NX 524 578 |
| 103.0 | Dumbarton area | Your Radio | Independent | Adult | .100 | Dumbarton | NS 391 754 |
| 103.0 | St Boswells, Border Region | Brick FM | Community | Mixed Format | .025 | St Boswells RFC | NT 595 307 |
| 103.0 | Melton Mowbray | The Eye | Community | Mixed Format | .040 | White Lodge | SK 721 238 |
| 103.0 | Kinsale County Cork | C103 | UTV | Adult, Oldies, I&C, Talk | .400 | Kinsale | |
| 103.0 | Youghal, County Cork | C103 | UTV | Adult, Oldies, I&C, Talk | .200 | Monatrea | |
| 103.0 | Limerick City | Spin South West | Communicorp | Contemporary | .500 | Woodcock Hill | |
| 103.1 | Shropshire | Beacon Radio | Orion | Contemporary | 2.700 | The Wrekin | SJ 628 082 |
| 103.1 | Peebles, Border Region | Radio Borders | Bauer | Adult, Contemporary | .035 | Peebles | NT 228 416 |
| 103.1 | Stirling and Falkirk area | Central FM | Independent | Adult, Contemporary | .500 | Earls Hill | NS 718 884 |
| 103.1 | South East Northern Ireland | Downtown Radio | Bauer | Adult, Oldies | 2.000 | Camlough | IJ 055 246 |
| 103.1 | West Kent | Heart Kent | Global Radio | Adult | 4.000 | Bluebell Hill | TQ 757 613 |
| 103.1 | Whitby, North Yorkshire | Yorkshire Coast R (Scarborough) | TLRC (UKRD) | Adult | .080 | Whitby | NZ 904 113 |
| 103.1 | Burngreave, Sheffield | Burngreave Community R | Community | Mixed Format | .250 | Shirecliffe Lane, Sheffield | SK 353 895 |
| 103.1 | Nelson, Lancashire | Pendle Community Radio | Community | Mixed Format | .025 | Brierfields | SD 861 362 |
| 103.1 | Rhyl, Wales | Point FM | Community | Mixed Format | .025 | Rhyl | SJ 009 817 |
| 103.1 | Saltcoats, Ayrshire | 3TFM | Community | Mixed Format | .025 | Saltcoats | NS 255426 |
| 103.1 | South County Wexford | Beat 102-103 | Irish Ind | Contemporary | .200 | Forth Mountain | |
| 103.1 | Carrick on Suir & SW Kilkenny | Beat 102-103 | Independent | Contemporary | .025 | Carrick on Suir | |
| 103.1 | Longford, Roscommon, Leitrim | I102-104 | Irish Ind | Contemporary | 5.000 | Cairn Hill | |
| 103.1 | North West County Mayo | I102-104 | Irish Ind | Contemporary | 1.400 | Achill | |
| 103.1 | Glencolumbkille, Donegal | Ocean FM | Irish Ind | Adult, Irish & Country, Talk | .100 | Glencolumbkille | |
| 103.1 | East Bretagne, France (3) | France Bleu Armorique | Radio France | French Oldies | 125.000 | Rennes, France | |
| 103.2 | South Durham & W Cleveland | Star Radio North East | TLRC (UKRD) | Adult, Oldies | .400 | Darlington | NZ 284 187 |
| 103.2 | Kendal, Cumbria | The Bay | CN Group | Adult | .100 | Kendal | SD 540 912 |
| 103.2 | South Hampshire and Wight | Capital FM (South Coast) | Global Radio | Contemporary | 2.000 | Chillerton Down | SZ 475 835 |
| 103.2 | Cardiff and South Glamorgan | Capital FM (South Wales) | Global Radio | Contemporary | 2.000 | Wenallt | ST 153 835 |
| 103.2 | Mansfield & Ashfields, Notts | Mansfield 103.2 FM | Independent | Adult | .100 | Fishponds Hill | SK 514 606 |
| 103.2 | Hexham & Tyne Valley, Nthmb | Metro FM | Bauer | Contemporary | .120 | Newton | NZ 036 653 |
| 103.2 | Huntly & Glen of Foudland, Gmp | NECR | Independent | Adult, Oldies | .300 | Hill of Foudland | NJ 608 335 |
| 103.2 | North West Norfolk | North Norfolk Radio | Tindle | Adult | .250 | Bunkers Hill | TF 903 388 |
| 103.2 | Cromer & Sheringham, Norfolk | North Norfolk Radio | Tindle | Adult | .250 | Aylmerton | TG 188 408 |
| 103.2 | Bradford area | Sunrise Radio (Yorkshire) | Sunrise | Asian | .400 | Idle | SE 163 374 |
| 103.2 | West Belfast | Feile FM | Community | Mixed Format | .025 | Belfast West | IJ 329 747 |
| 103.2 | Preston | Preston FM | Community | Mixed Format | .025 | Preston | SD 542 291 |
| 103.2 | Leicester city | Takeover Radio | Community | Childrens, Pop | .025 | Gorse Hill City Farm | SK 569 062 |
| 103.2 | Dublin | Dublin City FM | Irish Community | Mixed Format | .500 | Three Rock | |
| 103.3 | Ceredigion | Radio Ceredigion | Tindle | Mixed Music, Welsh | 5.800 | Blaenplwyf | SN 569 756 |
| 103.3 | Greenock & Firth of Clyde | Clyde 1 | Bauer | Contemporary | .100 | Rosneath | NS 258 811 |
| 103.3 | Milton Keynes area | Heart Home Counties | Global Radio | Adult | 2.000 | Bow Brickhill | SP 914 342 |
| 103.3 | Whaley Bridge, New Mills, Derbys | High Peak Radio | Independent | Adult, Oldies | .170 | Buxworth | SK 026835 |
| 103.3 | Castleton to Heathersage, Derbys | High Peak Radio | Independent | Adult, Oldies | .100 | Hope Valley | SK 177 842 |
| 103.3 | North London | London Greek Radio | Independent | Greek | .050 | Alexandra Palace | TQ 297 901 |
| 103.3 | Oban area, Highland | Oban FM/ Clyde 2 | Independent | Mixed Music | .315 | Oban | NM 850 290 |
| 103.3 | Penicuik, Lothian | Real Radio (Scotland) | GMG | Adult, Talk | .500 | Penicuik | NT 229 597 |
| 103.3 | Bury St Edmunds, Suffolk | RWS FM | Community | Mixed Format | .050 | Bury St Edmunds | TL 850 627 |
| 103.3 | West County Cork | C103 (West) | UTV | Adult, Oldies, I&C, Talk | 5.000 | Nowen Hill | |
| 103.3 | East County Donegal & Derry | Highland Radio | Communicorp | Adult, Irish & Country, Talk | 5.000 | Burnfoot | |
| 103.3 | West County Galway | I102-104 | Irish Ind | Contemporary | 2.000 | Clifden | |
| 103.3 | Galway City | I102-104 | Irish Ind | Contemporary | .250 | Tonabrocky | |
| 103.3 | North County Monaghan (m) | News Talk 106-108 FM | Communicorp | News, Talk | .250 | Lugad Hill | |
| 103.3 | Boulogne, France (5) | France Inter | Radio France | French Mixed format | 1.000 | Boulogne, France | |
| 103.3 | Dunkerque, France (6) | France Inter | Radio France | French Mixed format | | Dunkerque, France | |
| 103.4 | Devon and East Cornwall | Radio Devon | BBC | Mixed Format | 15.000 | North Hessary Tor | SX 578 742 |
| 103.4 | Great Yarmouth & Lowestoft | The Beach | Tindle | Adult | 2.000 | Lowestoft | TM 523 942 |
| 103.4 | Eyemouth and Border coast | Radio Borders | Bauer | Adult, Contemporary | .500 | Eyemouth | NT 947 599 |
| 103.4 | Whitehaven area, Cumbria | CFM | Bauer | Adult, Contemporary | .400 | Whitehaven | NX 992 123 |
| 103.4 | Newcastle, Northern Ireland | Downtown Radio | Bauer | Adult, Oldies | .200 | Newcastle | IJ 362 302 |
| 103.4 | Doncaster and Rotherham area | Hallam FM | Bauer | Contemporary | 1.500 | Clifton | SK 518 959 |
| 103.4 | Henley, Oxon | Heart Thames Valley | Global Radio | Adult | .100 | Henley | SU 780 822 |
| 103.4 | East Clwyd and West Cheshire | Heart North West and Wales | Global Radio | Adult | 1.400 | Wrexham | SJ 301 537 |
| 103.4 | Sunderland area | Sun FM | TLRC (UKRD) | Adult, Oldies | .180 | High Haining | NE 357 512 |

UK and Ireland FM Transmitters

| MHz | Area | Station | Broadcaster | Format | kW | Transmitter Site | Grid |
|-------|-------------------------------------|-----------------------------|-----------------|------------------------------------|---------|-----------------------|------------|
| 103.5 | West Kilbride area, Strathclyde | Radio 4 FM | BBC | Talk, News, Entertainment | .050 | West Kilbride | NS 215 483 |
| 103.5 | Swansea Valley, W Glam | Radio 4 FM | BBC | Talk, News, Entertainment | .048 | Varteg Hill | SN 776 077 |
| 103.5 | Larne, Northern Ireland | Radio 4 FM | BBC | Talk, News, Entertainment | .032 | Larne | ID 395 037 |
| 103.5 | Ffestiniog area, Gwynedd | Radio 4 FM | BBC | Talk, News, Entertainment | .049 | Ffestiniog | SH 709 392 |
| 103.5 | Central and North Essex | BBC Essex | BBC | Mixed Format | 12.000 | Great Braxted | TL 870 149 |
| 103.5 | South Wiltshire | Radio Wiltshire | BBC | Mixed Format | 2.000 | Newton Barrow | SU 099 354 |
| 103.5 | Abergavenny & Usk Valley | Radio Cymru | BBC | Welsh | .040 | Abergavenny | SO 244 126 |
| 103.5 | Tobermory area, Highland | Radio nan Gaidheal | BBC | Gaelic | 5.000 | Glengorm | NM 265 565 |
| 103.5 | Nortallerton & Bedale area, N Yorks | Star Radio North East | TLRC (UKRD) | Adult | .200 | Northallerton | SE 795 619 |
| 103.5 | Brighton and Worthing area | Heart Sussex | Global Radio | Adult | .900 | Whitehawk Hill | TQ 330 045 |
| 103.5 | Lancaster | Diversity FM | Community | Mixed Format | .025 | Ashton Memorial | SD 488 613 |
| 103.5 | Govan, Glasgow | Sunny Govan Radio | Community | Mixed Format | .025 | Glasgow | NS 536 640 |
| 103.5 | Cobin & Monkstown, Cork | C103 | UTV | Adult, Oldies, I&C, Talk | .200 | Carrigaline | |
| 103.5 | Laois, Offaly & Westmeath | Midlands 103 | Tindle | Adult, Oldies, Irish&Country, Talk | 1.226 | Slieve Bloom Mountain | |
| 103.5 | North County Kerry | Spin South West | Communicorp | Contemporary | 2.000 | Knockanure | |
| 103.6 | North Gwynedd & NW Clwyd | Radio 4 FM | BBC | Talk, News, Entertainment | 21.000 | Llanddona | SH 782 810 |
| 103.6 | Inverness & Moray Firth area | Radio 4 FM | BBC | Talk, News, Entertainment | 20.000 | Rosemarkie | NH 762 623 |
| 103.6 | Stranraer, D & G | Radio 4 FM | BBC | Talk, News, Entertainment | .031 | Stranraer | NX 111 632 |
| 103.6 | Croeserw, West Glamorgan | Radio 4 FM | BBC | Talk, News, Entertainment | .010 | Croeserw | SS 858 952 |
| 103.6 | Machynlleth, Dyfed | Radio 4 FM | BBC | Talk, News, Entertainment | .060 | Machynlleth | SH 723 003 |
| 103.6 | Dolgellau, Gwynedd | Radio 4 FM | BBC | Talk, News, Entertainment | .016 | Dolgellau | SH 727 185 |
| 103.6 | Weston-super-mare, Avon | Radio Bristol | BBC | Mixed Format | .050 | Hutton | ST 361 588 |
| 103.6 | East Northamptonshire | Radio Northampton | BBC | Mixed Format | .800 | Geddington | SP 908 839 |
| 103.6 | Swindon area | Radio Swindon | BBC | Mixed Format | .500 | Blunsdon | SU 143 900 |
| 103.6 | Welshpool, Powys | Radio Cymru | BBC | Welsh | .024 | Long Mountain | SJ 265 057 |
| 103.6 | North Islay (mono) | Radio nan Gaidheal | BBC | Gaelic | .080 | Bowmore | NR 318 590 |
| 103.6 | Walsall | Ambur Radio | Community | Asian, Mixed Format | .025 | Walsall | SP 015 974 |
| 103.6 | Stonebridge & Harlesden (mono) | BANG | Community | Mixed Format | .025 | Harlesden | TQ 219 834 |
| 103.6 | Lincoln | Lincoln City Radio | Community | Mixed Format, Nostalgia, Easy | .012 | Lincoln Temp | SK 977 714 |
| 103.6 | Tameside | Tameside Community Radio | Community | Mixed Format | | Harrop Edge | SJ 984 964 |
| 103.7 | Lampeter & Teifi Valley, Dyfed | Radio 4 FM | BBC | Talk, News, Entertainment | .400 | Mynydd Pencarreg | SN 577 430 |
| 103.7 | South & Central Warwickshire | BBC Coventry & Warwickshire | BBC | Mixed Format | 1.400 | Lark Stoke | SP 187 427 |
| 103.7 | Hexham & Tyne Valley, Nthmb | Radio Newcastle | BBC | Mixed Format | .100 | Newton | NZ 036 653 |
| 103.7 | Merthyr Tydfil area, Mid Glam | Radio Wales | BBC | Mixed Format | .025 | Merthyr Tydfil | SO 057 065 |
| 103.7 | Central & S North Yorkshire | Radio York | BBC | Mixed Format | 2.000 | Acklam Wold | SE 795 619 |
| 103.7 | East Tayside and North Fife | Radio nan Gaidheal | BBC | Gaelic | 17.000 | Forfar | NO 482 409 |
| 103.7 | North Uist | Radio nan Gaidheal | BBC | Gaelic | 2.000 | Cletraval | NF 751 716 |
| 103.7 | Ballachulish, Highland | Radio nan Gaidheal | BBC | Gaelic | .025 | Ballachulish | NN 059 593 |
| 103.7 | S Kapdale, E Islay, Jura | Radio nan Gaidheal | BBC | Gaelic | 1.100 | South Knapdale | NR 837 748 |
| 103.7 | Jersey | Channel FM | Tindle | Adult | 4.000 | Fremont Point | UT 634 559 |
| 103.7 | North Isle of Man | Manx Radio FM | Independent | Mixed Format | 4.000 | Jurby | SC 365 991 |
| 103.7 | Leek and Biddulph, Staffordshire | Moorlands Radio | Community | Mixed Format | .050 | Rails Farm | SJ 915 585 |
| 103.7 | North County Cork | C103 | UTV | Adult, Oldies, I&C, Talk | 2.500 | Mount Hillery | |
| 103.7 | County Mayo | I102-104 | Irish Ind | Contemporary | 1.750 | Castlebar | |
| 103.7 | Connemara | I102-104 | Irish Ind | Contemporary | .500 | Seanafaistín | |
| 103.7 | Nord Pas de Calais, France (1) | France Inter | Radio France | French Mixed format | 400.000 | Lille, France | |
| 103.8 | Central Powys | Radio 4 FM | BBC | Talk, News, Entertainment | 2.800 | Llandrindod Wells | SO 018 635 |
| 103.8 | Greenock & Firth of Clyde | Radio 4 FM | BBC | Talk, News, Entertainment | .032 | Rosneath | NS 258 811 |
| 103.8 | South Nottinghamshire | Radio Nottingham | BBC | Mixed Format | 1.000 | Mapperley Ridge | SK 583 424 |
| 103.8 | Dorchester & Weymouth | BBC Radio Solent for Dorset | BBC | Mixed Format | .500 | Bincombe Hill | SY 678 857 |
| 103.8 | NW & C Herts, S Beds, E Bucks | Three Counties Radio | BBC | Mixed Format | .500 | Zouches Farm | TL 045 210 |
| 103.8 | Llanrhaeadr ym Mochnant, Cl | Radio Cymru | BBC | Welsh | .050 | Llanrhaeadr ym Moch. | SJ 174 260 |
| 103.8 | Dublin Region | Spin FM (Dublin) | Communicorp | Contemporary | 5.000 | Three Rock | |
| 103.9 | Border Region | Radio 4 FM | BBC | Talk, News, Entertainment | 50.000 | Ashkirk | NT 470 244 |
| 103.9 | Pitlochry & Aberfeldy, Tayside | Radio 4 FM | BBC | Talk, News, Entertainment | .200 | Pitlochry | NN 923 565 |
| 103.9 | Warrenpoint, Northern Ireland | Radio 4 FM | BBC | Talk, News, Entertainment | .032 | Rostrevor Forest | IJ 189 176 |
| 103.9 | Kilkeel, Northern Ireland | Radio 4 FM | BBC | Talk, News, Entertainment | .025 | Kilkeel | IJ 281 180 |
| 103.9 | West Cornwall | Radio Cornwall | BBC | Mixed Format | 18.000 | Redruth | SW 690 394 |
| 103.9 | West, South & Central Lancs | Radio Lancashire | BBC | Mixed Format | 2.000 | Winter Hill | SD 660 144 |
| 103.9 | Leeds | Radio Leeds | BBC | Mixed Format | .100 | Beecroft Hill | SE 237 350 |
| 103.9 | South Suffolk | Radio Suffolk | BBC | Mixed Format | 5.000 | Manningtree | TM 123 295 |
| 103.9 | Cardiff and South Glamorgan | Radio Wales | BBC | Mixed Format | 2.000 | Wenallt | ST 153 835 |
| 103.9 | E Lewis, N Skye & W Highland | Radio nan Gaidheal | BBC | Gaelic | 50.000 | Melvaig | NG 757 900 |
| 103.9 | Central County Cork | C103 | UTV | Adult, Oldies, I&C, Talk | 3.000 | Macroom | |
| 103.9 | Tipperary | Tipp FM | Irish Ind | Adult | 1.600 | Devils Bit | |
| 103.9 | Boulogne, France (5) | Europe 1 | France | French Talk | | Boulogne, France | |
| 104.0 | Ceredigion & SW Gwynedd | Radio 4 FM | BBC | Talk, News, Entertainment | 250.000 | Blaenplwyf | SN 569 756 |
| 104.0 | Nuneaton, Warwickshire | BBC Coventry & Warwickshire | BBC | Mixed Format | .050 | Nuneaton | SP 340 938 |
| 104.0 | Worcestershire | BBC Hereford and Worcester | BBC | Mixed Format | 2.000 | Great Malvern | SO 774 464 |
| 104.0 | North Sussex and East Surrey | BBC Surrey | BBC | Mixed Format | 3.800 | Reigate | TQ 256 521 |
| 104.0 | Largs, Rothesay, Clyde Mouth | Radio nan Gaidheal | BBC | Gaelic | .570 | Rothesay | NS 125 691 |
| 104.0 | Kingussie, Highland | Radio nan Gaidheal | BBC | Gaelic | .035 | Kingussie | NN 769 985 |
| 104.0 | Youghal, Cork | Community Radio Youghal | Irish Community | Mixed Format | .025 | Youghal | |
| 104.1 | Deiniolen & Llanberis, Gwynd | Radio 4 FM | BBC | Talk, News, Entertainment | .050 | Deiniolen | SH 576 621 |
| 104.1 | Dumbarton & Alexandria | Radio 4 FM | BBC | Talk, News, Entertainment | .050 | Millburn Muir | NS 378 796 |
| 104.1 | N Hampshire & W Berkshire | Radio Berkshire | BBC | Mixed Format | 3.000 | Hannington | SU 527 568 |
| 104.1 | West Cumbria | Radio Cumbria | BBC | Mixed Format | 1.000 | Whitehaven | NX 992 123 |
| 104.1 | Keswick, Cumbria | Radio Cumbria | BBC | Mixed Format | .030 | Keswick Forest | NY 223 244 |
| 104.1 | South Yorkshire & North Notts | Radio Sheffield | BBC | Mixed Format | 4.400 | Holme Moss | SE 095 041 |
| 104.1 | South West Shropshire | Radio Shropshire | BBC | Mixed Format | .080 | Clun | SO 324 799 |
| 104.1 | Stafford | Radio Stoke | BBC | Mixed Format | .070 | Stafford | SJ 923 232 |
| 104.1 | Blaenavon & Abersychan | Radio Cymru | BBC | Welsh | .010 | Blaenavon | SO 277 063 |
| 104.1 | Lothian and Fife | Radio nan Gaidheal | BBC | Gaelic | 2.500 | Craigkelly | NT 233 872 |
| 104.1 | Roscommon/Long'd/S Leitrim | Shannonside 104 FM | Radio Kerry | Adult, Oldies, I&C, Talk | 2.000 | Slieve Bawn | |

UK and Ireland FM Transmitters

| MHz | Area | Station | Broadcaster | Format | kW | Transmitter Site | Grid |
|-------|--------------------------------|------------------------------|--------------|------------------------------|---------|----------------------|------------|
| 104.2 | East Kent | Radio Kent | BBC | Mixed Format | 11.000 | Swingate | TR 334 429 |
| 104.2 | Northamptonshire | Radio Northampton | BBC | Mixed Format | 4.000 | Northampton | SP 760 647 |
| 104.2 | Windermere & Ambleside, Cmb | Radio Cumbria | BBC | Mixed Format | .064 | Windermere | SD 383 980 |
| 104.2 | Swansea area | Radio Cymru | BBC | Welsh | .926 | Kilvey Hill | SS 672 940 |
| 104.2 | Grampian Region | Radio nan Gaidheal | BBC | Gaelic | 150.000 | Meldrum | NJ 760 329 |
| 104.2 | South Uist | Radio nan Gaidheal | BBC | Gaelic | 1.000 | Daliburgh | NF 736 216 |
| 104.2 | Strachur & Inveraray, Strathcl | Radio nan Gaidheal | BBC | Gaelic | .018 | Strachur | NN 094 620 |
| 104.2 | Fort William area, Highland | Radio nan Gaidheal | BBC | Gaelic | 1.500 | Fort William | NN 117 772 |
| 104.2 | Port Erin, Isle of Man | Three FM | Independent | Adult, Oldies | .025 | The Howe | SC 197 678 |
| 104.2 | Ramsay, Isle of Man | Three FM | Independent | Adult, Oldies | .030 | Ramsay | SC 449 945 |
| 104.2 | West County Limerick | 4FM | 4FM | Oldies, Easy, Talk | 10.000 | Woodcock Hill | |
| 104.2 | West County Galway | 4FM | 4FM | Oldies, Easy, Talk | 1.000 | Clifden | |
| 104.2 | Cobin & Monkstown, County Cork | Red FM | Irish Ind | Contemporary, Dance | .200 | Crosshaven | |
| 104.3 | Ayrshire | Radio 4 FM | BBC | Talk, News, Entertainment | 10.000 | Darvel | NS 557 341 |
| 104.3 | Rhondda Valley, Mid Glam | Radio 4 FM | BBC | Talk, News, Entertainment | .006 | Ton Pentre | SS 960 955 |
| 104.3 | Torbay | Radio Devon | BBC | Mixed Format | 1.000 | Beacon Hill | SX 857 620 |
| 104.3 | West Wiltshire | Radio Wiltshire | BBC | Mixed Format | .600 | Naish Hill | ST 947 686 |
| 104.3 | Thirsk & Northallerton area | Radio York (North) | BBC | Mixed Format | .500 | Woolmoor | SE 457 881 |
| 104.3 | Clwyd, Merseyside, W Cheshire | Radio Cymru | BBC | Welsh | 16.000 | Llangollen | SJ 209 488 |
| 104.3 | Abertillery, Gwent | Radio Cymru | BBC | Welsh | .010 | Abertillery | SO 244 023 |
| 104.3 | Isle of Lewis | Radio nan Gaidheal | BBC | Gaelic | 2.000 | Eitshal | NB 305 302 |
| 104.3 | Portree, Skye | Radio nan Gaidheal | BBC | Gaelic | .010 | Penifiler | NG 489 417 |
| 104.3 | Mallaig, Highland | Radio nan Gaidheal | BBC | Gaelic | .014 | Mallaig | NM 676 965 |
| 104.4 | Conwy & Llandudno, Gwynd | Radio 4 FM | BBC | Talk, News, Entertainment | .050 | Conwy | SH 781 765 |
| 104.4 | Newcastle Emlyn area, Dyfed | Radio 4 FM | BBC | Talk, News, Entertainment | .088 | Llandyfriog | SN 348 412 |
| 104.4 | Reading | Radio Berkshire | BBC | Mixed Format | 1.000 | Fountain Ho, Reading | SU 711 733 |
| 104.4 | Redditch area | BBC Hereford and Worcester | BBC | Mixed Format | .200 | Headless Cross | |
| 104.4 | West Tyneside, Tyne & Wear | Radio Newcastle | BBC | Mixed Format | .042 | Fenham | NZ 216 648 |
| 104.4 | West Norfolk | Radio Norfolk | BBC | Mixed Format | 4.200 | Great Massingham | TF 788 228 |
| 104.4 | Liyswen area, Powys | Radio Cymru | BBC | Welsh | .010 | Liyswen | SO 137 361 |
| 104.4 | Kinlochleven, Highland | Radio nan Gaidheal | BBC | Gaelic | .010 | Kinlochleven | NN 178 630 |
| 104.4 | Penicuik, Lothian | Radio nan Gaidheal | BBC | Gaelic | .200 | Penicuik | NT 229 597 |
| 104.4 | Central London | Resonance FM | Community | Experimental | .020 | Guys Hospital Tower | TQ 329 800 |
| 104.4 | Arklow, Wicklow | East Coast Radio | Irish Ind | Adult, Talk | .100 | Arklow Town | |
| 104.4 | Dublin Region | FM 104 | UTV | Contemporary | 10.000 | Three Rock | |
| 104.4 | Co Sligo, N Leitrim, S Donegal | I102-104 | Irish Ind | Contemporary | 5.000 | Truskmore | |
| 104.4 | West County Donegal | I102-104 | Irish Ind | Contemporary | 1.000 | Arranmore Island | |
| 104.4 | Zeeland, Netherlands (4) | NOS Radio 1 | NOS | Dutch News, Talk | 50.000 | Goes, Netherlands | |
| 104.5 | Dee Valley, Grampian | Radio 4 FM | BBC | Talk, News, Entertainment | .042 | Tulloch | NO 379 984 |
| 104.5 | South Derbyshire & East Staffs | Radio Derby | BBC | Mixed Format | 5.400 | Drum Hill | SK 375 425 |
| 104.5 | North Lancashire | Radio Lancashire | BBC | Mixed Format | 2.000 | Lancaster | SD 490 662 |
| 104.5 | East Sussex | BBC Sussex | BBC | Mixed Format | 10.000 | Heathfield | TQ 566 220 |
| 104.5 | Milton Keynes area | Three Counties Radio (Bucks) | BBC | Mixed Format | 2.200 | Bow Brickhill | SP 914 342 |
| 104.5 | Cwmafan, West Glamorgan | Radio Cymru | BBC | Welsh | .010 | Cwmafan | SS 798 936 |
| 104.5 | Porth area, Mid Glamorgan | Radio Cymru | BBC | Welsh | .010 | Porth | ST 029 919 |
| 104.5 | Perth area | Radio nan Gaidheal | BBC | Gaelic | .964 | Kirkton Mailer | NO 102 210 |
| 104.5 | Middlesbrough | Voice FM | Community | Mixed Format | .025 | Middlesbrough | NZ 494 199 |
| 104.5 | Ardara, Donegal | Highland Radio | Communicorp | Adult, Irish & Country, Talk | .100 | Ardara | |
| 104.5 | West County Cork | Red FM | Irish Ind | Contemporary, Dance | 5.000 | Nowen Hill | |
| 104.6 | South East Northern Ireland | Radio 4 FM | BBC | Talk, News, Entertainment | 2.000 | Camrigh | IJ 055 246 |
| 104.6 | Eyemouth and Border coast | Radio 4 FM | BBC | Talk, News, Entertainment | .100 | Eyemouth | NT 947 599 |
| 104.6 | Colwyn Bay area, Clwyd | Radio 4 FM | BBC | Talk, News, Entertainment | .100 | Penmaen Rhos | SH 877 779 |
| 104.6 | Bath | Radio Bristol | BBC | Mixed Format | .082 | Bath | ST 769 654 |
| 104.6 | Kidderminster area | BBC Hereford and Worcester | BBC | Mixed Format | .500 | Kidderminster | SO 808 739 |
| 104.6 | Upper Tame Valley, Gt Manics | Radio Manchester | BBC | Mixed Format | .095 | Saddleworth | SD 987 050 |
| 104.6 | West Surrey and NE Hampshire | BBC Surrey | BBC | Mixed Format | 3.000 | Guildford | SU 975 486 |
| 104.6 | West Suffolk | Radio Suffolk | BBC | Mixed Format | 2.000 | Great Barton | TL 886 686 |
| 104.6 | Carmarthenshire | Radio Cymru | BBC | Welsh | 3.000 | Carmel | SN 576 153 |
| 104.6 | Ebbw Vale & Tredegar, Gwent | Radio Cymru | BBC | Welsh | .030 | Ebbw Vale | SO 159 088 |
| 104.6 | Llangeinor, Pontycymer, M Gm | Radio Cymru | BBC | Welsh | .010 | Llangeinor | SS 905 886 |
| 104.6 | Thurso & Wick area, Highland | Radio nan Gaidheal | BBC | Gaelic | 10.000 | Rumster Forest | ND 197 385 |
| 104.6 | Oban area, Highland | Radio nan Gaidheal | BBC | Gaelic | 3.600 | Oban | NM 850 290 |
| 104.6 | West Ireland | 4FM | 4FM | Oldies, Easy, Talk | 50.000 | Maghera | |
| 104.6 | West Roscommon | Shannonside 104 FM | Radio Kerry | Adult, Oldies, I&C, Talk | .250 | Ballinagare | |
| 104.7 | Aberdare area, Mid Glam. | Radio 4 FM | BBC | Talk, News, Entertainment | .042 | Aberdare | SO 034 013 |
| 104.7 | Brecon, Powys | Radio 4 FM | BBC | Talk, News, Entertainment | .010 | Brecon | SO 030 299 |
| 104.7 | Gloucester/ Cheltenham area | Radio Gloucestershire | BBC | Mixed Format | 2.000 | Churchdown Hill | SO 880 188 |
| 104.7 | Grantham, Lincolnshire | Radio Lincolnshire | BBC | Mixed Format | .035 | Grantham | SK 905 337 |
| 104.7 | Deeside, North Wales | Radio Cymru | BBC | Welsh | .250 | Tressynnon | SJ 181 771 |
| 104.7 | Skye, Harris, East N & S Uist | Radio nan Gaidheal | BBC | Gaelic | 30.000 | Skraig | NG 451 408 |
| 104.7 | Glasgow and Clydeside area | Radio nan Gaidheal | BBC | Gaelic | 10.000 | Black Hill | NS 828 647 |
| 104.7 | Fort Augustus area, Highland | Radio nan Gaidheal | BBC | Gaelic | 1.000 | Fort Augustus | NH 361 049 |
| 104.7 | Speyside, Highland | Radio nan Gaidheal | BBC | Gaelic | .350 | Grantown | NJ 003 267 |
| 104.7 | Guernsey | Island FM | Tindle | Adult | 1.250 | Les Touillets | UT 307 786 |
| 104.7 | Central & S North Yorkshire | Minster FM | TLRC (UKRD) | Adult | 2.500 | Acklam Wold | SE 795 619 |
| 104.7 | Tidworth area, Wiltshire | Castledown Radio | Community | Mixed Format | .020 | Sunnyhill Farm | SU 243 517 |
| 104.7 | Rossendale Valley, Lancs | Rossendale Radio | Community | Mixed Format | .025 | Haslingden | SD 795 236 |
| 104.7 | East Inishowen | Highland Radio | Communicorp | Adult, Irish & Country, Talk | .100 | Moville | |
| 104.7 | S Meath, N Kildare, W Wicklow | I105-107 | Irish Ind | Contemporary | 4.950 | Saggart | |
| 104.7 | Calais, France (6) | France Inter | Radio France | French Mixed format | 1.000 | Calais, France | |

UK and Ireland FM Transmitters

| MHz | Area | Station | Broadcaster | Format | kW | Transmitter Site | Grid |
|-------|---------------------------------|----------------------------|-----------------|------------------------------|---------|--------------------------|------------|
| 104.8 | Barmouth area, Gwynedd | Radio 4 FM | BBC | Talk, News, Entertainment | .200 | Llwyn Onn | SH 625 175 |
| 104.8 | Pontypool & Cwmbran, Gwent | Radio 4 FM | BBC | Talk, News, Entertainment | .050 | Pontypool | ST 284 990 |
| 104.8 | Vale of Neath, West Glam | Radio 4 FM | BBC | Talk, News, Entertainment | .010 | Rheola | SN 841 061 |
| 104.8 | Llanidloes, Powys | Radio 4 FM | BBC | Talk, News, Entertainment | .005 | Llanidloes | SN 948 844 |
| 104.8 | West Sussex | BBC Sussex | BBC | Mixed Format | 2.000 | Burton Down | SU 965 131 |
| 104.8 | Cavan and South Monaghan | I105-107 | Irish Ind | Contemporary | 4.500 | Slieve Glagh | |
| 104.8 | South West Co Tipperary | Tipperary Mid West Radio | Irish Community | Mixed Format | 5.000 | Dangandargan | |
| 104.9 | West Dyfed | Radio 4 FM | BBC | Talk, News, Entertainment | 20.000 | Haverfordwest | SN 028 261 |
| 104.9 | South West Central Region | Radio 4 FM | BBC | Talk, News, Entertainment | 1.000 | Ben Gullipen | NN 598 045 |
| 104.9 | Porthmadog area, Gwynedd | Radio 4 FM | BBC | Talk, News, Entertainment | .100 | Llandecwyn | SH 644 371 |
| 104.9 | Hay on Wye area | Radio 4 FM | BBC | Talk, News, Entertainment | .010 | Clyro | SO 204 432 |
| 104.9 | Betws-y-Coed & Llanrwst | Radio 4 FM | BBC | Talk, News, Entertainment | .010 | Betws-y-Coed | SH 825 582 |
| 104.9 | Leicestershire | Radio Leicester | BBC | Mixed Format | 8.000 | Copt Oak | SK 843 126 |
| 104.9 | Marlborough area, Wilts | Radio Wiltshire | BBC | Mixed Format | .100 | Marlborough | SU 209 688 |
| 104.9 | Rhymney area, Mid Glam | Radio Cymru | BBC | Welsh | .020 | Rhymney | SO 127 042 |
| 104.9 | Ferndale, Mid Glamorgan | Radio Cymru | BBC | Welsh | .010 | Ferndale | ST 006 970 |
| 104.9 | Inverness & Moray Firth area | Radio nan Gaidheal | BBC | Gaelic | 20.000 | Rosemarkie | NH 762 623 |
| 104.9 | Ness of Lewis | Radio nan Gaidheal | BBC | Gaelic | .200 | Ness of Lewis | NB 533 603 |
| 104.9 | South Islay (mono) | Radio nan Gaidheal | BBC | Gaelic | .065 | Port Ellen | NR 338 452 |
| 104.9 | Ullapool, Highland | Radio nan Gaidheal | BBC | Gaelic | .050 | Ullapool | NH 142 935 |
| 104.9 | Corran and Onich, Highland | Radio nan Gaidheal | BBC | Gaelic | .050 | Ardgour | NM 989 626 |
| 104.9 | South & Central Gt Manchester | Imagine FM | Independent | Adult | .320 | Ratcliffe Towers | SJ 897 898 |
| 104.9 | London area | XFM (London) | Global Radio | Modern Rock | 2.900 | Crystal Palace | TQ 339 712 |
| 104.9 | Galway County and City | 4FM | 4FM | Oldies, Easy, Talk | 10.000 | Tonabrocky | |
| 105.0 | South and East IOM | Three FM | Independent | Adult, Oldies | 2.000 | Carnane | SC 372 746 |
| 105.0 | Southwold, Suffolk | Blyth Valley Radio | Community | Mixed Format | .025 | Reydon | TM 490 770 |
| 105.0 | Wrexham | Calon FM | Community | Mixed Format | .025 | Wrexham | SJ326511 |
| 105.0 | Cambridge | Cambridge FM | Community | Mixed Format | .025 | Cambridge | TL 455 577 |
| 105.0 | Downpatrick, County Down | Down FM | Community | Mixed Format | .020 | Downpatrick | IJ 498 441 |
| 105.0 | Uckfield, Sussex | Uckfield FM | Community | Mixed Format | .025 | Uckfield | TQ 483 207 |
| 105.0 | County Louth & NE Co Meath | I105-107 | Irish Ind | Contemporary | 5.000 | Mount Oriel | |
| 105.0 | South Donegal | Ocean FM | Irish Ind | Adult, Irish & Country, Talk | 5.000 | Oughtdarnid | |
| 105.0 | Rockchapel, County Cork | Red FM | Irish Ind | Contemporary, Dance | 1.000 | Rockchapel | |
| 105.0 | North Inishowen | Inishowen Community Radio | Irish Community | Mixed Format | | Malin | |
| 105.1 | East Cornwall and West Devon | Atlantic FM | Tindle/ Ind | Adult, Oldies, Talk | 2.500 | Caradon Hill | SX 273 707 |
| 105.1 | West and South Yorkshire, York | Capital FM (Yorkshire) | Global Radio | Contemporary | 2.580 | Emley Moor | SE 222 128 |
| 105.1 | Southend, Essex | Southend Radio | Adventure | Adult, Oldies | .312 | Maitland House | TQ 881 854 |
| 105.1 | Luton | Inspire FM | Community | Muslim | .025 | Luton | TL 075 211 |
| 105.1 | Youghal, Cork | Red FM | Irish Ind | Contemporary, Dance | .100 | Monatrea | |
| 105.2 | Maughold area, Isle of Man | Energy FM | Independent | Contemporary | .025 | Billoraig | |
| 105.2 | Port Erin, Isle of Man | Energy FM | Independent | Contemporary | .025 | The Howe | SC 197 678 |
| 105.2 | West Midlands | Kerrang Radio | Bauer | Modern Rock | 11.000 | Sutton Coldfield | SK 113 003 |
| 105.2 | Carmarthenshire | Real Radio (Wales) | GMG | Adult, Talk | 3.000 | Carmel | SN 576 153 |
| 105.2 | Abergavenny & Usk Valley | Real Radio (Wales) | GMG | Adult, Talk | .300 | Abergavenny | SO 244 126 |
| 105.2 | Glasgow and Clydeside area | Smooth Radio Scotland | GMG | Oldies, Easy | 30.000 | Black Hill | NS 828 647 |
| 105.2 | S Hampshire, W Sussex, IOW | Wave 105 | Bauer | Adult | 10.000 | Chillerton Down | SZ 475 835 |
| 105.2 | County Dublin | Phantom FM | Irish Ind | Modern Rock | 2.000 | Three Rock | |
| 105.2 | Kinsale, County Cork | Red FM | Irish Ind | Contemporary, Dance | .400 | Kinsale | |
| 105.2 | Nord Pas de Calais, France (1) | France Info | Radio France | French News | 400.000 | Lille, France | |
| 105.3 | Tyneside, N Durham, S Nthmb | Capital FM (North East) | Global Radio | Contemporary | 10.000 | Burnhope | NZ 184 474 |
| 105.3 | Derry | Drive 105 | Community | Mixed Format | .025 | Londonderry | IC 437 149 |
| 105.3 | Withernsea, East Yorkshire | Seaside Radio | Community | Mixed Format | .023 | Withernsea | TA 342 280 |
| 105.3 | Wiveliscombe area, Somerset | 10 Radio | Community | Mixed Format | .025 | Milverton | ST 106 262 |
| 105.3 | Enniskillen | Vibe FM | Community | Mixed Format | .025 | Enniskillen | IK 237 440 |
| 105.3 | Forest Heath, Suffolk | Zeta 105.3 | Community | Mixed Format | .100 | Mildenhall St Mary's Ch | TL 710 746 |
| 105.4 | North East Fife | Kingdom FM | Ind/ Bauer | Adult | .100 | Allanhill Farm | NO 520 141 |
| 105.4 | Leicestershire and Rutland | Capital FM (East Midlands) | Global Radio | Contemporary | 5.000 | Billesdon | SK 725 050 |
| 105.4 | London area | Magic 105.4 | Bauer | Soft, Oldies | 4.000 | Croydon | TQ 332 696 |
| 105.4 | North West England | Real Radio (North West) | GMG | Adult, Talk, Sport | 5.000 | Winter Hill | SD 660 144 |
| 105.4 | Cardiff and South Glamorgan | Real Radio (Wales) | GMG | Adult, Talk | 5.000 | St Hilary | ST 026 741 |
| 105.4 | Orkney | Superstation Orkney | Community | Mixed Format | .025 | Wideford Hill | HY 411 116 |
| 105.4 | Bantry, W County Cork | Red FM | Irish Ind | Contemporary, Dance | .100 | Bantry | |
| 105.4 | Fermoy & Mitchelstown, Cork | Red FM | Irish Ind | Contemporary, Dance | .200 | Turbeigh | |
| 105.4 | Macroom, Central Cork | Red FM | Irish Ind | Contemporary, Dance | .500 | Macroom | |
| 105.5 | Torbay | Palm FM | Sunrise | Adult, Oldies | 1.160 | Beacon Hill | SX 857 620 |
| 105.5 | Swindon | Community Radio Swindon | Community | Mixed Format | .025 | Swindon Football Stadium | SU 159 850 |
| 105.5 | Barnard Castle, Co. Durham | Radio Teesdale | Community | Mixed Format | .025 | Barnard Castle | NZ 057 172 |
| 105.5 | NE Ireland, SE Northern Ireland | Today FM | Communicorp | Adult, Talk | 40.000 | Clermont Carn | |
| 105.5 | Basse Normandie, France (2) | France Info | Radio France | French News | 50.000 | Caen, France | |
| 105.5 | Bretagne, France (3) | France Info | Radio France | French News | | Rennes & Brest, France | |
| 105.6 | West Tyneside, Tyne & Wear | Capital FM (North East) | Global Radio | Contemporary | .050 | Fenham | NZ 216 648 |
| 105.6 | Bradford area | Capital FM (Yorkshire) | Global Radio | Contemporary | .500 | Idle | SE 163 374 |
| 105.6 | Sheffield and Rotherham | Capital FM (Yorkshire) | Global Radio | Contemporary | .250 | Tapton Hill, Sheffield | SK 324 870 |
| 105.6 | S & Central Cambridgeshire | Kiss 105-108 | Bauer | Dance | 1.000 | Maddingley, Cambridge | TL 392 594 |
| 105.6 | Maidstone | KM-FM (Maidstone) | Kent Messenger | Adult, Oldies | .500 | Coxheath | TQ 742 508 |
| 105.6 | Yeovil area | Mid West FM | Independent | Adult, Oldies | .250 | Coker Hill | ST 509 133 |
| 105.6 | Newbury, Berkshire | Newbury Sound | Independent | Adult | .100 | Newbury | SU 452 648 |
| 105.6 | St Austell, Cornwall | Radio St Austell Bay | Community | Mixed Format | .025 | St Austell RFC | SX 024 512 |
| 105.6 | Athlone | I105-107 | Irish Ind | Contemporary | .250 | Athlone | |
| 105.6 | Birr, County Offaly | I105-107 | Irish Ind | Contemporary | .250 | Birr | |
| 105.6 | Calais, France (6) | France Info | Radio France | French News | 1.000 | Calais, France | |

UK and Ireland FM Transmitters

| MHz | Area | Station | Broadcaster | Format | kW | Transmitter Site | Grid |
|-------|----------------------------------|------------------------------|-----------------|------------------------|---------|------------------------|------------|
| 105.7 | Lothian and Fife | Capital FM (Scotland) | Global Radio | Contemporary | 10.000 | Craigkelly | NT 233 872 |
| 105.7 | North Clwyd & NE Gwynedd | Real Radio (Wales) | GMG | Adult, Talk | 1.250 | Great Orme Head | SH 766 834 |
| 105.7 | Pembrokeshire | Real Radio (Wales) | GMG | Adult, Talk | 9.400 | Presely | SN 172 306 |
| 105.7 | West Midlands region | Smooth Radio (West Midlands) | GMG | Oldies, Easy | 11.000 | Sutton Coldfield | SK 113 003 |
| 105.7 | Ipswich | Ipswich Community Radio | Community | Mixed Format | .025 | Chantry High School | TM 146 432 |
| 105.7 | Stonehaven, Grampian | Mearns FM | Community | Mixed Format | .025 | Stonehaven | NO 875 846 |
| 105.7 | North County Cork | Red FM | Irish Ind | Contemporary, Dance | 5.000 | Mount Hillery | |
| 105.7 | Haute Normandie, France (2) | France Info | Radio France | French News | 100.000 | Rouen, France | |
| 105.8 | London area | Absolute Radio | TIML | Rock | 4.000 | Crystal Palace | TQ 339 712 |
| 105.8 | Hexham & Tyne Valley, Nthmb | Capital FM (North East) | Global Radio | Contemporary | .150 | Newton | NZ 036 653 |
| 105.8 | Humberside | Capital FM (Yorkshire) | Global Radio | Contemporary | 9.400 | High Hunsley | SE 945 350 |
| 105.8 | Belfast Area | U105 | UTV | Oldies, Soft, Talk | .960 | Black Mountain | IJ 278 727 |
| 105.8 | East Dorset | Wave 105 | Bauer | Adult | .625 | Poole | SZ 037 921 |
| 105.8 | Offaly and Laois (m) | News Talk 106-108 FM | Communicorp | News, Talk | .250 | Ridge of Cappard | |
| 105.9 | Merseyside and West Cheshire | City Talk | Bauer | Talk, Adult | 7.570 | Allerton Park | SJ 421 866 |
| 105.9 | South Gwent | Real Radio (Wales) | GMG | Adult, Talk | 1.000 | Christchurch | ST 353 896 |
| 105.9 | Aberdare area, Mid Glam. | Real Radio (Wales) | GMG | Adult, Talk | .020 | Aberdare | SO 034 013 |
| 105.9 | Folkestone, Kent | Academy FM (Folkestone) | Community | Mixed Format | | | |
| 105.9 | Bishop Auckland, Co. Durham | Bishop FM | Community | Mixed Format | .050 | Etherley | NZ 165 281 |
| 106.0 | South Hampshire and Wight | Coast FM | Celador | Soft, Oldies | 4.000 | Chillerton Down | SZ 475 835 |
| 106.0 | East Midlands | GEM 106 | Orion | Adult | 8.000 | Copt Oak | SK 483 126 |
| 106.0 | Canterbury area | KM-FM 106 | Kent Messenger | Adult | .100 | Rough Common | TR 124 507 |
| 106.0 | Swansea area | Real Radio (Wales) | GMG | Adult, Talk | 1.000 | Kilvey Hill | SS 672 940 |
| 106.0 | Carmarthen, Dyfed | Real Radio (Wales) | GMG | Adult, Talk | .020 | Carmarthen | SN 412 213 |
| 106.0 | Newtown and Llanidloes, Powys | Real Radio (Wales) | GMG | Adult, Talk | | | |
| 106.0 | Cookstown & Maghera, N Ireland | Six FM | Northern Media | Adult, Oldies, Country | .600 | Tulnagee Quarry | IH 824 874 |
| 106.0 | Loch Gairloch, West Highland | Two Lochs Radio | Independent | Mixed Music | .600 | Port Henderson | NG 763 940 |
| 106.0 | Dublin Region (mono) | News Talk 106-108 FM | Communicorp | News, Talk | 10.000 | Three Rock | |
| 106.1 | Glasgow and Clydeside area | Capital FM (Scotland) | Global Radio | Contemporary | 20.000 | Black Hill | NS 828 647 |
| 106.1 | East Norfolk and NE Suffolk | Kiss 105-108 | Bauer | Dance | 4.000 | Stoke Holy Cross | TG 258 022 |
| 106.1 | Ebbw Vale & Tredegar, Gwent | Real Radio (Wales) | GMG | Adult, Talk | .020 | Ebbw Vale | SO 159 088 |
| 106.1 | Greater Manchester | Rock Radio (North West) | GMG | Rock, Talk | 1.000 | Sunley Building | SJ 844 983 |
| 106.1 | Cork City and East County Cork | Red FM | Irish Ind | Contemporary, Dance | 10.000 | Spur Hill | |
| 106.1 | Connemara (moving to 88.4) | Connemara Community R | Irish Community | Mixed Format | .200 | | |
| 106.2 | Portree, Skye | Cuillin FM | Independent | Mixed Format, Gaelic | .030 | Portree | NG 482 440 |
| 106.2 | London area | Heart London | Global Radio | Adult | 4.000 | Croydon | TQ 332 696 |
| 106.2 | Fishguard & Newport, Pems | Real Radio (Wales) | GMG | Adult, Talk | .500 | Fishguard | SM 944 391 |
| 106.2 | West and South Yorkshire, York | Real Radio (Yorkshire) | GMG | Adult, Talk | 2.580 | Emley Moor | SE 222 128 |
| 106.2 | Herefordshire | Sunshine 106.2 | Sunshine Group | Adult, Oldies | 1.600 | Ridge Hill | SO 630 333 |
| 106.2 | Peel and West Isle of Man | Three FM | Independent | Adult, Oldies | .250 | Beary Peak | SC 295 832 |
| 106.2 | Inverbevie, Grampian | Mearns FM | Community | Mixed Format | .025 | Inverbevie | NO 828 717 |
| 106.2 | Dundalk area, County Louth | I105-107 | Irish Ind | Contemporary | .250 | Dundalk | |
| 106.2 | Drogheda | I105-107 | Irish Ind | Contemporary | .250 | Drogheda | |
| 106.2 | Offaly and Laois | I105-107 | Irish Ind | Contemporary | .250 | Ridge of Cappard | |
| 106.2 | Calais, France (6) | France Bleu Nord | Radio France | French Oldies | 1.000 | Calais, France | |
| 106.3 | Bridgend area | Bridge FM | Town & Country | Adult, Oldies | .500 | Mynydd Baeden | SS 972 855 |
| 106.3 | Chester/ South Flintshire | Dee FM | Independent | Adult, Oldies | .130 | The Steam Mill | SJ 413 666 |
| 106.3 | South East Fife | Kingdom FM | Ind/ Bauer | Adult | .150 | East Neuk | NO 568 088 |
| 106.3 | Peterhead area, Grampian | Original 106 (Aberdeen) | Independent | Oldies, Adult, Rock | .174 | Stirling Hill | NK 124 411 |
| 106.3 | Aberdeen | Original 106 (Aberdeen) | Independent | Oldies, Adult, Rock | .025 | Redmoss | NJ 924 024 |
| 106.4 | Andover area | Andover Sound | Independent | Adult | .100 | Andover | SU 372 445 |
| 106.4 | Burgess Hill & Haywards Heath | Bright FM | MSH | Adult, Oldies | .390 | Haywards Heath | TQ 338 229 |
| 106.4 | Cleveland, S Durham, N Yorks | Capital FM (North East) | Global Radio | Contemporary | 8.900 | Bilsdale West Moor | SE 553 962 |
| 106.4 | Buxton, Derbyshire | High Peak Radio | Independent | Adult, Oldies | .250 | Buxton | SK 060 753 |
| 106.4 | Glossop area, Derbyshire | High Peak Radio | Independent | Adult, Oldies | .250 | Glossop | SK 022 953 |
| 106.4 | Bicester, Oxfordshire | Jack FM (Oxford) | Absolute | Adult, Oldies, Rock | .030 | Bicester | SP 592 231 |
| 106.4 | Wallingford, Oxfordshire | Jack FM (Oxford) | Absolute | Adult, Oldies, Rock | .030 | Wallingford | SU 615 895 |
| 106.4 | Wantage, Oxfordshire | Jack FM (Oxford) | Absolute | Adult, Oldies, Rock | .030 | Wantage | SU 398 878 |
| 106.4 | Witney, Oxfordshire | Jack FM (Oxford) | Absolute | Adult, Oldies, Rock | .023 | Witney | SP 353 099 |
| 106.4 | Suffolk, South Norfolk, NE Essex | Kiss 105-108 | Bauer | Dance | 20.000 | Mendlesham | TM 122 641 |
| 106.4 | Cock Bridge area, Grampian | NECR | Independent | Adult, Oldies | .300 | Hills of Allargue | NJ 258 100 |
| 106.4 | Belfast | Blast FM | Community | New Music | .025 | Europa Hotel Belfast | IJ 335 738 |
| 106.4 | Dublin | Raidio Na Life | Irish Community | Irish | .500 | Three Rock | |
| 106.5 | Campbeltown | Argyll FM | Independent | Adult, Contemporary | .500 | Campbeltown | NR 742 212 |
| 106.5 | Avon | Jack FM (Bristol) | Celador | Adult, Oldies, Rock | 1.000 | Dundry East | ST 573 665 |
| 106.5 | Preston and Leyland area | Central Radio | UTV | Adult | .133 | Bee Lane | SD 543 266 |
| 106.5 | Shrewsbury area | The Severn | MNA | Adult | .500 | Shelton | SJ 465 135 |
| 106.5 | Aldergrave, Northern Ireland | BFBS Northern Ireland | Community | Mixed Format | .025 | RAF Aldergrave | IJ 154 797 |
| 106.5 | NW Swansea | Radio Tircoe | Community | Mixed Format | .050 | Tircoe | SN 620 001 |
| 106.5 | Boulogne, France (5) | France Info | Radio France | French News | 1.000 | Boulogne, France | |
| 106.6 | Bournemouth area | Coast FM | Celador | Soft, Oldies | .310 | Mannings Heath | SU 449 295 |
| 106.6 | Winchester | Coast FM | Celador | Soft, Oldies | .020 | Crabwood Farm | SU 449 295 |
| 106.6 | Chapel-en-le-Frith, Derbyshire | High Peak Radio | Independent | Adult, Oldies | .070 | Chapel-en-le-Frith | SK 064 809 |
| 106.6 | Chard and Ilminster, Somerset | Mid West FM | Independent | Adult, Oldies | .250 | Windwhistle | ST 384 096 |
| 106.6 | Perth area | Perth FM | Independent | Adult, Oldies | .800 | Perth | |
| 106.6 | East Midlands and Lincoln | Smooth Radio (East Midlands) | GMG | Oldies, Easy | 10.800 | Waltham | SK 809 233 |
| 106.6 | North West Sussex | Spirit FM | TLRC (UKRD) | Adult, Oldies | | Midhurst | SU 912 250 |
| 106.6 | Central Isle of Man | Three FM | Independent | Adult, Oldies | .250 | Snaefell | SC 397 881 |
| 106.6 | East Berkshire | Time 106.6 | Sunrise | Adult | .250 | Slough Industrial Est. | SU 954 814 |
| 106.6 | Lochs Ewe & Maree, W Highland | Two Lochs Radio | Independent | Mixed Music | 2.000 | Cliff Hill | NG 850 799 |
| 106.6 | Bradford | BCB | Community | Mixed Format | .200 | Idle | SE 163 374 |
| 106.6 | Kirkby Lonsdale | Indigo FM | Community | Mixed Format | .100 | Keartswick | SD 605 800 |
| 106.6 | North Manchester | North Manchester FM | Community | Mixed Format | .025 | Maston Manchester | SD 867 017 |

UK and Ireland FM Transmitters

| MHz | Area | Station | Broadcaster | Format | kW | Transmitter Site | Grid |
|-------|---------------------------------------|--------------------------------|-----------------|-------------------------------|--------|------------------------|------------|
| 106.7 | Stevenage area | Jack FM (Hertfordshire) | Independent | Adult, Oldies, Rock | .100 | Old Knebworth | TL 231 208 |
| 106.7 | Plymouth area | Plymouth FM | Sunrise | Adult, Oldies | .625 | Fort Staddon | SX 497 517 |
| 106.7 | Largs, Rothesay, Clyde Mouth | West FM | Bauer | Contemporary | .600 | Rothesay | NS 125 691 |
| 106.7 | Worcester | Youth Com | Community | Pop, New Music | .025 | Worcester | SO 868 551 |
| 106.7 | County Monaghan | 1105-107 | Irish Ind | Contemporary | 1.000 | Monaghan | |
| 106.7 | Cashel, County Tipperary | Tipperary Mid West Radio | Irish Community | Mixed Format | .025 | | |
| 106.8 | Bishop Auckland area | Star Radio North East | TLRC (UKRD) | Adult, Oldies | .200 | Brusseton | NZ 206 249 |
| 106.8 | Lewes area, Sussex | Bright FM | MSH | Adult, Oldies | .100 | Lewes County Hall | TQ 408 099 |
| 106.8 | Peterborough | Connect FM | Adventure | Adult | .100 | Gunthorpe | TF 187 036 |
| 106.8 | Central and South Oxfordshire | Jack FM (Oxford) | Absolute | Adult, Oldies, Rock | .270 | Boars Hill | SP 483 030 |
| 106.8 | Dover area | KM-FM (Shepway) | Kent Messenger | Adult | .100 | Guston | TR 320 436 |
| 106.8 | Cardiff and South East Wales | Nation Radio | Town & Country | Modern Rock | 4.540 | Wenvoe | ST 110 742 |
| 106.8 | East Grampian Region | Original 106 (Aberdeen) | Independent | Oldies, Adult, Rock | 19.000 | Durris | NO 763 897 |
| 106.8 | Wakefield area | Ridings FM | Lincs | Adult, Oldies | .500 | Birkwood Farm | SE 361 234 |
| 106.8 | Bulford, Tidworth, Netheravon | Garrison FM (Salisbury Plain) | Community | Adult (for Army and families) | .020 | Bulford Camp | SU 195 429 |
| 106.8 | Exeter | Phonic FM | Community | Mixed Format | .025 | Exeter | SX 920 928 |
| 106.8 | Tamworth, Staffordshire | TCR FM | Community | Pop, New Music | .025 | Strode House | SK 204 039 |
| 106.8 | County Dublin | Dublin's 106.8 FM | Irish Ind | Irish & Country | 2.000 | Three Rock | |
| 106.9 | East and Central Herts | Jack FM (Hertfordshire) | Independent | Adult, Oldies, Rock | .250 | Cole Green | TL 287 116 |
| 106.9 | Hitchin and Letchworth, Herts | Jack FM (Hertfordshire) | Independent | Adult, Oldies, Rock | .050 | Letchworth | TL 209 313 |
| 106.9 | Denbigh, Ruthin and Rhyl | Real Radio (Wales) | GMG | Adult, Talk | .440 | Moel-y-Parc | SJ 123 701 |
| 106.9 | East Cheshire | Silk FM | Independent | Soft, Adult | .150 | Sutton Common | SJ 933 676 |
| 106.9 | Helensburgh, Greenock, Firth of Clyde | Your Radio | Independent | Adult | .100 | Rosneath | NS 258 811 |
| 106.9 | Sutton in Craven area, N Yorks | Drystone Radio | Community | Mixed Format | .025 | Valley Farm | SE 013 434 |
| 106.9 | Catterick, North Yorkshire | Garrison FM (Catterick) | Community | Adult (for Army and families) | .025 | Catterick Garrison | SE 181 984 |
| 106.9 | Sandwell, West Midlands | SACDA Radio | Community | African | .025 | Sandwell | SP 007 908 |
| 106.9 | Sutton in Ashfield area | Takeover Radio | Community | Childrens, Pop | .025 | Sutton in Ashfield | SK 495 587 |
| 106.9 | West Hull | West Hull Community Radio | Community | Mixed Format | .044 | Hull Royal Infirmary | TA 081 287 |
| 106.9 | East Donegal & Derry area (mono) | News Talk 106-108 FM | Communicorp | News, Talk | 2.000 | Holywell Hill | |
| 106.9 | County Longford (mono) | News Talk 106-108 FM | Communicorp | News, Talk | 1.000 | Ardagh | |
| 107.0 | West Cornwall | Atlantic FM | Tindle/ Ind | Adult, Oldies, Talk | 10.690 | Redruth | SW 690 394 |
| 107.0 | Blackburn, Darwen, Accrington | The Bee | TLRC (UKRD) | Adult, Oldies | .500 | Haslington Road | SD 696 267 |
| 107.0 | Isle of Wight | Isle of Wight Radio | Independent | Adult | .100 | Chillerton Down | SZ 475 835 |
| 107.0 | Loughborough area | Oak FM (Loughborough) | Lincs | Adult | .100 | University Tower | SK 524 190 |
| 107.0 | Reading | Reading 107 | Independent | Adult | .100 | Park Royal Water Tower | SU 663 729 |
| 107.0 | Lampeter & Teifi Valley, Dyfed | Real Radio (Wales) | GMG | Adult, Talk | .400 | Mynydd Pencarreg | SN 577 430 |
| 107.0 | Ballymena and Antrim | Seven FM | Northern Media | Adult, Oldies | .620 | Portglenone | ID 008 078 |
| 107.0 | Monmouth area | Sunshine 107 | Sunshine Group | Adult, Oldies | 1.000 | Monmouth | SU 526 128 |
| 107.0 | Lothian and Fife | | | | 10.000 | Craigkelly | NT 233 872 |
| 107.0 | Colchester | Garrison FM (Colchester) | Community | Adult (for Army and families) | .025 | Colchester Garrison | TL 989 242 |
| 107.0 | East Grinstead, Sussex | Meridian FM | Community | Mixed Format | .025 | East Grinstead | TQ 398 385 |
| 107.0 | Sunderland | Spark FM | Community | New Music | .025 | Monkwearmouth | NZ 400 579 |
| 107.0 | East Wicklow (mono) | News Talk 106-108 FM | Communicorp | News, Talk | 1.000 | Wicklow Head | |
| 107.0 | West County Limerick (mono) | News Talk 106-108 FM | Communicorp | News, Talk | .500 | Woodcock Hill | |
| 107.0 | North East County Cork (mono) | News Talk 106-108 FM | Communicorp | News, Talk | .250 | Nagels | |
| 107.1 | W Kintyre, S Islay, Gigha | Argyll FM | Independent | Adult, Contemporary | .630 | Ballygroggan | NR 629 189 |
| 107.1 | North London | Choice FM | Global Radio | Rhythm | .100 | Alexandra Palace | TQ 297 901 |
| 107.1 | Pateley Bridge, North Yorks | Fresh Radio | Independent | Adult | .045 | Pateley Bridge | SE 161 658 |
| 107.1 | Ilkley area, North Yorks | Fresh Radio | Independent | Adult | .050 | Ben Rhidding | SE 135 478 |
| 107.1 | Oswestry, Shropshire | The Severn | MNA | Adult | .100 | Selatyn | SJ 266 318 |
| 107.1 | Ely and Littleport area | Star FM | UKRD | Adult | .150 | Littleport | TL 567 879 |
| 107.1 | Rugby | Touch Radio - Rugby FM | Quidern | Adult | .100 | Royal Ct Rounds Garden | SP 498 754 |
| 107.1 | Doncaster area | Trax FM (Doncaster) | Lincs | Adult, Oldies | .500 | Clifton | SK 518 959 |
| 107.1 | Stockton-on-Tees | Cross Rhythms Teeside | Community | Christian | .025 | Stockton-on-Tees | NZ 442 188 |
| 107.1 | Belfast | Radio Failte | Community | Irish Language | .025 | Belfast | IJ 326 744 |
| 107.1 | Glastonbury, Somerset | Glastonbury FM | Community | Mixed Format | .025 | Glastonbury | ST 494 397 |
| 107.1 | Badenoch and Strathspey | Speysound Radio | Community | Mixed Format | .132 | Cairngorm Ski Lift | NJ 005 048 |
| 107.2 | Winchester area | Breeze 107 | Celador | Oldies, Easy | .200 | Crabwood Farm | SU 449 295 |
| 107.2 | Brighton and Hove | Juice FM (Brighton) | Independent | New Music | .100 | Sussex Heights Tower | SQ 306 042 |
| 107.2 | Thanet | KM-FM (Thanet) | Kent Messenger | Adult | .100 | Broadstairs | TR 374 674 |
| 107.2 | West and North Gwynedd | Real Radio (Wales) | GMG | Adult, Talk | 18.750 | Arfon | SH 476 463 |
| 107.2 | Rutland | Rutland Radio | Lincs | Oldies, Soft | .100 | Manton | SK 877 044 |
| 107.2 | Dungannon area, Northern Ireland | Six FM | Northern Media | Adult, Oldies, Country | .250 | Dungannon | IH 798 625 |
| 107.2 | Bristol | Star 107.2 | Celador | Oldies, Easy | .660 | Pur Down | St 610 764 |
| 107.2 | Warrington, Runcorn & Widnes | Wire FM | UTV | Adult | .100 | High Warren | SJ 614 843 |
| 107.2 | Kidderminster area | The Wyre | MNA | Adult | .200 | Kidderminster | SO 808 739 |
| 107.2 | Amber Valley, Derbyshire | Amber Sound | Community | Mixed Format | .025 | Ripley | SK 398 504 |
| 107.2 | Central Glasgow | Awaz FM | Community | Asian | .025 | Glasgow | NS 579 635 |
| 107.2 | South East Ireland (mono) | News Talk 106-108 FM | Communicorp | News, Talk | 8.000 | Mount Leinster | |
| 107.2 | Mid County Mayo (mono) | News Talk 106-108 FM | Communicorp | News, Talk | 3.000 | Kilimagh | |
| 107.2 | North Kerry (mono) | News Talk 106-108 FM | Communicorp | News, Talk | 1.000 | Knocknoyle | |
| 107.2 | Clonmel, Tipperary | S Tipperary General Hospital R | Irish Hospital | Mixed Format | | | |
| 107.3 | Exeter area | Exeter FM | Sunrise | Adult, Oldies | .900 | St Thomas | SX 898 922 |
| 107.3 | Swansea area | Nation Radio | Town & Country | Modern Rock | 1.250 | Kilvey Hill | SS 672 940 |
| 107.3 | Bargoed and Blackwood, Gwent | Real Radio (Wales) | GMG | Adult, Talk | | Bargoed | |
| 107.3 | Prestatyn, North Wales | Real Radio (Wales) | GMG | Adult, Talk | | Gwaenysgor | |
| 107.3 | Warwick & Leamington Spa | Touch FM | Quidern | Adult | .200 | Leamington Spa | SP 329 663 |
| 107.3 | Dumfries | Alive Radio | Community | Mixed Format | .050 | Dumfries | NX 966 757 |
| 107.3 | North Leeds | Radio Asian Fever | Community | Asian | .025 | Potternewton Lane | SE 302 366 |
| 107.3 | Alnwick, Northumberland | Lionheart Radio | Community | Mixed Format | .022 | Alnwick Moor | NU 177 127 |
| 107.3 | Laurencekirk, Grampian | Mearns FM | Community | Mixed Format | .025 | Laurencekirk | NO 747 710 |
| 107.3 | Lincoln | Siren FM | Community | Pop, New Music | .025 | Lincoln University | SK 970 711 |
| 107.3 | Swaffham & Watton, Norfolk | Wayland Radio | Community | Mixed Format | | | |

UK and Ireland FM Transmitters

| MHz | Area | Station | Broadcaster | Format | kW | Transmitter Site | Grid |
|-------|---------------------------------|----------------------------|-----------------|---------------------|--------|----------------------------|------------|
| 107.4 | Portsmouth area | Breeze 107 | Celador | Oldies, Easy | .100 | Fort Southwick | SU 626 069 |
| 107.4 | Kettering and Corby | Connect FM | Adventure | Oldies, Adult | .200 | Geddington | SP 908 839 |
| 107.4 | Hungerford, Berkshire | Newbury Sound | Independent | Adult | .020 | Hungerford | SU 338 674 |
| 107.4 | Chesterfield area | Peak FM | Forever | Contemporary, Adult | .100 | Chesterfield | SK 383 764 |
| 107.4 | Telford area | The Severn | MNA | Adult | .100 | Heath Hill | SJ 681 077 |
| 107.4 | Bridgwater area, Somerset | Total Star Somerset | One Gold | Adult, Oldies | .100 | Bridgwater | ST 293 357 |
| 107.4 | Bolton and Bury area | Tower FM | Forever | Adult | .100 | Old Holts Fm, Harwood | SD 763 121 |
| 107.4 | Braintree, Essex | Lesiure FM | Community | Mixed Format | .025 | Pateswick | TL 814 241 |
| 107.4 | Wetherby, West Yorks | Tempo FM | Community | Mixed Format | .020 | Wetherby | SE 407 486 |
| 107.4 | North West Ireland (mono) | News Talk 106-108 FM | Communicorp | News, Talk | 5.000 | Truskmore | |
| 107.4 | NE Republic of Ireland (mono) | News Talk 106-108 FM | Communicorp | News, Talk | 5.000 | Mohercrome | |
| 107.4 | Kerry & West County Cork (mono) | News Talk 106-108 FM | Communicorp | News, Talk | 4.000 | Mullaghanish | |
| 107.4 | SE Tipperary & N Waterford (m) | News Talk 106-108 FM | Communicorp | News, Talk | .250 | Clonmel | |
| 107.4 | Waterford City (mono) | News Talk 106-108 FM | Communicorp | News, Talk | .250 | Gallows Hill | |
| 107.4 | Fermoy & Mitchelstown, Cork (m) | News Talk 106-108 FM | Communicorp | News, Talk | .250 | Turbeigh | |
| 107.5 | Fishguard & Newport, Pems | Radio Pembrokeshire | Town & Country | Adult, Oldies | .090 | Fishguard | SN 944 391 |
| 107.5 | Tenby Pembrokeshire | Radio Pembrokeshire | Town & Country | Adult, Oldies | .070 | Tenby | SN 133 613 |
| 107.5 | West Tyneside, Tyne & Wear | Smooth Radio (North East) | GMG | Oldies, Easy | .050 | Fenham | NZ 216 648 |
| 107.5 | Eastbourne area | Sovereign Radio | MSH | Adult, Oldies | .100 | Butts Brow, Hailsham | TQ 580 015 |
| 107.5 | Romford, Barking & Dagenham | Time 107.5 FM | Sunrise | Adult, Soul | .340 | Lambourne House | TQ 518 889 |
| 107.5 | Cheltenham & Tewkesbury area | Total Star Gloucestershire | One Gold | Adult, Oldies | .100 | Eagle Star Building | SO 948 217 |
| 107.5 | Warminster, Westbury & Frome | Total Star Warminster | One Gold | Adult, Oldies | .100 | Warminster | ST 874 462 |
| 107.5 | Ballykinalr, Northern Ireland | BFBS Northern Ireland | Community | Mixed Format | .025 | Abercorn Barracks | IJ 463 364 |
| 107.5 | Leicester | Demon FM | Community | New Music | .025 | Leicester | SK 582 038 |
| 107.5 | Felixstowe, Suffolk | Felixtowe Radio | Community | Mixed Format | .025 | Felixtowe | TM 303 351 |
| 107.5 | NE Birmingham and Solihull | Switch Radio | Community | Mixed Format | .025 | Castle Vale | SP 140 914 |
| 107.5 | Spalding, Lincolnshire | Tulip Radio | Community | Mixed Format | .025 | Fulney | TF 266 223 |
| 107.6 | Banbury & Brackley area | Banbury Sound | Quidern | Adult | .200 | Farthinghoe | SP 532 387 |
| 107.6 | Bournemouth area | The Fire | Independent | Dance | 1.000 | West Howe | SZ 043 951 |
| 107.6 | Liverpool area | Juice FM (Liverpool) | Ind/ UTV | New Music | .400 | Liverpool Anglican Cat | SJ 354 849 |
| 107.6 | Basingstoke | Kestrel FM | Tindle | Adult | .100 | Basingstoke Fanum Ho | SU 649 523 |
| 107.6 | Ashford area, Kent | KM-FM (Ashford) | Kent Messenger | Adult | .500 | Charter House | TR 011 429 |
| 107.6 | Bradford area | Real Radio (Yorkshire) | GMG | Adult, Talk | .100 | Idle | SE 163 374 |
| 107.6 | Nottingham | Dawn FM | Community | Asian | .050 | Mapperley Ridge | SK 582 428 |
| 107.6 | West Ireland (mono) | News Talk 106-108 FM | Communicorp | News, Talk | 15.000 | Maghera | |
| 107.6 | West Waterford (mono) | News Talk 106-108 FM | Communicorp | News, Talk | 3.000 | Dungarvan | |
| 107.6 | Meath, Kildare, NW Wicklow (m) | News Talk 106-108 FM | Communicorp | News, Talk | 1.000 | Saggart | |
| 107.6 | East Inishowen | Inishowen Community Radio | Irish Community | Mixed Format | .060 | Moville | |
| 107.7 | S Kapdale, E Islay, Jura | Argyll FM | Independent | Adult, Contemporary | .500 | South Knapdale | NR 837 748 |
| 107.7 | Chelmsford area | Chelmsford Radio | Adventure | Adult, Oldies | .100 | Danbury | TL 784 054 |
| 107.7 | Peterborough area | Kiss 105-108 | Bauer | Dance | .200 | Gunthorpe | TF 187 036 |
| 107.7 | Weston-super-mare, Burnham | Nova Radio | Independent | Adult | .100 | Worlebury Hill | ST 325 627 |
| 107.7 | Ceredigion | Real Radio (Wales) | GMG | Adult, Talk | 12.500 | Blaenplwyf | SN 569 756 |
| 107.7 | Sheffield and Rotherham | Real Radio (Yorkshire) | GMG | Adult, Talk | .100 | Tapton Hill, Sheffield | SK 324 870 |
| 107.7 | Cleveland and Darlington | Smooth Radio (North East) | GMG | Oldies, Easy | 5.000 | Eston Nab | NZ 569 183 |
| 107.7 | Worthing | Splash FM | MSH | Adult, Oldies | .100 | Guildbourne House | TQ 149 025 |
| 107.7 | Swindon area | Total Star Swindon | One Gold | Adult, Oldies | .200 | Blunsdon | SU 143 900 |
| 107.7 | Wolverhampton area | The Wolf | UTV | Adult, Oldies | .100 | Mander House | SO 915 986 |
| 107.7 | Calais, France (6) | Autoroute Info | France | French Travel News | | Calais, France | |
| 107.8 | Hastings | Arrow FM | MSH | Adult, Oldies | .100 | Hastings | TQ 807 100 |
| 107.8 | Southampton area | Breeze 107 | Celador | Oldies, Easy | .900 | Chilworth | SU 406 180 |
| 107.8 | Kingston area, SW London | Radio Jackie | Independent | Adult, Oldies | .800 | Tolworth Tower | TQ 198 659 |
| 107.8 | Leominster, Herefordshire | Sunshine 106.2 | Sunshine Group | Adult, Oldies | 1.600 | Ridge Hill | SO 630 333 |
| 107.8 | Abergavenny and Usk Valley | Sunshine 107 | Sunshine Group | Adult, Oldies | .040 | Abergavenny | SO 244 126 |
| 107.8 | Thanet, Kent | Academy FM (Thanet) | Community | Mixed Format | .025 | Ramsgate | TR 363 666 |
| 107.8 | Dalkeith and Midlothian | Black Diamond FM | Community | Mixed Format | .021 | Newtongrange | NT 341 628 |
| 107.8 | Norwich | Future FM | Community | Mixed Format | .050 | Markham Tower | TG 213 109 |
| 107.8 | Derby | Radio Ikhlas | Community | Asian | .020 | Normanton | SK 335 345 |
| 107.8 | Northampton | Inspiration FM | Community | Mixed Format | .025 | Kingsthorpe Comm College | SP 760 642 |
| 107.8 | Stockport | Pure Radio | Community | Mixed Format | .025 | Ratcliffe Towers | SJ 897 898 |
| 107.8 | Llandudno, Wales | Tundo FM | Community | Mixed Format | .025 | Lamdudno | SH 785 816 |
| 107.8 | Cork City & SE Co. Cork (mono) | News Talk 106-108 FM | Communicorp | News, Talk | 5.000 | Spur Hill | |
| 107.8 | Mid Tipperary (mono) | News Talk 106-108 FM | Communicorp | News, Talk | 1.000 | Kilduff | |
| 107.8 | Gorey, County Wexford (mono) | News Talk 106-108 FM | Communicorp | News, Talk | .250 | Gorey | |
| 107.8 | Arklow, Wicklow (mono) | News Talk 106-108 FM | Communicorp | News, Talk | | Glenoge | |
| 107.8 | South Wexford (mono) | News Talk 106-108 FM | Communicorp | News, Talk | | Forth Mountain | |
| 107.9 | Bath | Total Star Bath | One Gold | Adult, Oldies | .100 | Bath | ST 769 654 |
| 107.9 | Southport, Ormskirk & Sefton | Dune FM | Independent | Adult | .100 | Gaw Hill | SD 400 076 |
| 107.9 | Oxford | Glide FM | Absolute | Pop | .200 | Boars Hill | SP 483 030 |
| 107.9 | Medway towns | KM-FM (Medway) | Kent Messenger | Adult | .190 | Gillingham | TQ 776 667 |
| 107.9 | Hinckley & SW Leicestershire | Oak FM (Hinckley) | Lincs | Adult | .100 | Barwell Water Tower | SP 452 970 |
| 107.9 | Central Powys | Real Radio (Wales) | GMG | Adult, Talk | 2.800 | Llandrindod Wells | SO 018 635 |
| 107.9 | Cambridge | Star FM | UKRD | Adult | .100 | Limekiln Hill | TL 483 555 |
| 107.9 | North Nottinghamshire | Trax FM (Bassetlaw) | Lincs | Adult, Oldies | .070 | Workop | SK 603 822 |
| 107.9 | Pontypridd, South Wales | GTFM | Community | Mixed Format | .100 | Bryn Tail Farm | ST 093 899 |
| 107.9 | Isles of Scilly | Radio Scilly | Community | Mixed Format | .025 | Marine & Coastguard Agency | SV 912 121 |
| 107.9 | Stoud, Gloucestershire | Stroud FM | Community | Mixed Format | .025 | Stroud High Street | SO 852 051 |
| 107.9 | Port Talbot | XS | Community | Pop, New Music | .025 | Aberavon | SS 764 901 |

Italic font indicates a planned transmitter - subject to change

Weak reception of some French, Belgian and Netherlands services is possible in certain areas: (1) Kent and East Sussex

(2) South coast of Sussex, Hants, Wight and Dorset, (3) Channel Isles and South coast of Dorset, Devon and Cornwall,

(4) East coast of Norfolk and North Suffolk, (5) South coast of Kent and East Sussex, (6) East and South coasts of Kent