

- 12.00am **The Music Jam**
- 7.00am **Fab Friday** (Richard Talbot)
Let Richard get your Friday off to a good start. Fab tunes, lots of chat and a thought for the day or two.
- 9.00am **At Your Request** (Louise Gunner & Sophie Andrews) (Repeat)
A Repeat of Thursday Nights At Your Request.
It's the show where you choose the music.
- 10.00am **The Music Box** (Gordon Lowe)
30 Minutes of great instrumental music.
- 10.30am **Get Out These Old Records** (Ken Anton)
Music from the golden age of British Dance Bands from the 1920's to the mid 1940's
- 11.00am **The A-Z of Pop** (Produced by Richard Smith)
- 12.00pm **Health Today** (Dominic Arkwright)
Health information programme from the NHS
- 1.00pm **The Music Jam**
- 2.00pm **The Chart Show** (Ray Oxley)
Classic Chart Rundowns from years gone by with Ray
- 3.00pm **The Music Jam**
- 6.00pm **The New Music Show** (Alan Rowett)
New and future releases of singles and albums
- 7.00pm **Fab Friday @** (Richard Talbot)
A Repeat of This Mornings Show.
- 9.00pm **The Friday Rock Show** (David Gallienne)
In this one hour show, David brings you the very best new & upcoming releases from the world of Melodic Rock & Hard Rock, as well as classic tracks from some of the biggest acts in history!
- 10.00pm **Late with Karl** (Karl Stein)
Music and words of wisdom from Karl including "Be my Guest" Competition.