








































# CHANNEL GUIDE



## TV STATIONS

1		BBC One 24 hours	20		Virgin 1 09:00 - 03:00
2		BBC Two 24 hours	21		VIVA 24 hours
3		ITV 1 24 hours	22		Ideal World 05:00 - 00:00
4		Channel 4 24 hours	23		bid tv 08:00 - 01:00
5		FIVE 24 hours	24		ITV 4 24 hours
6		ITV 2 24 hours	25	<b>Dave ja vu</b>	Dave ja vu 08:00 - 04:00
7		BBC Three 19:00 - 05:30	28		E4 24 hours
9		BBC Four 19:00 - 05:30	29		E4+1 24 hours
10		ITV 3 24 hours	30	<b>FIVER</b>	FIVER 06:00 - 23:00
11		Sky Three 24 hours	31	<b>FIVEUSA</b>	FIVE USA 12:00 - 01:00
12		Yesterday 06:00 - 18:00	32		The Big Deal 22:00 - 05:00
13		Channel 4+1 24 hours	35		Virgin 1 +1 18:00 - 06:00
14		More4 09:00 - 02:00	36		Create and Craft 08:00 - 13:00
15		Film4 11:00 - 03:00	37		Price-drop 08:00 - 00:00
16		QVC 24 hours	38		Quest 10:00 - 01:00
18		4Music 24 hours	39		Supercasino 24 hours
19	<b>Dave</b>	Dave 07:00 - 03:00	70		CBBC 07:00 - 19:00

























## TV STATIONS

71		CBeebies 06:00 - 19:00	84		CNN 19:00 - 00:00
72		CITV (not in Wales) 06:00 - 18:00	85		Russia Today 06:00 - 08:00 18:00 - 22:00
80		BBC News 24 hours	100		Teletext on Freeview 24 hours
81		BBC Parliament 24 hours			NHS Choice
82		Sky News 24 hours	105		BBC Red button 24 hours
83		Sky Sports News 24 hours	108		Sky Text 24 hours
37	Price-drop	08:00 - 00:00	97	Partyland	01:00 - 05:30
40	Rocks & Co	06:00 - 21:00	98	TMTV	03:00 - 9:00
45	Lottery Xtra	08:45 - 09:45	101	Teletext Holidays	24 hours
87	Community Channel (not available after digital switchover)	06:00 - 09:00	102	Rabbit	24 hours
88	Teachers' TV	16:00 - 18:00	103	Teletext Casino	24 hours
94	SmileTV2	00:00 - 05:00	104	1-2-1 Dating	24 hours
95	SmileTV3	01:00 - 05:30	106	Directgov	24 hours
96	Babestation	01:00 - 05:30	107	Gay Rabbit	24 hours

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## RADIO STATIONS

700		BBC Radio 1	713		Kiss
701		1Xtra BBC	714		Heat
702		BBC Radio 2	715		Magic
703		BBC Radio 3	716		Q
704		BBC Radio 4	718		Smooth FM
705		BBC Radio Five Live	722		Kerrang!
706		BBC Five Live Sports Extra	723		talkSPORT
707		BBC Radio 6 Music	725		Premier Christian radio
708		BBC Radio 7	726		U105 (Northern Ireland only)
709		BBC Radio Asian Network	727		Absolute Radio
710		BBC World Service	728		Heart FM
711		The Hits Radio			
712		Smash Hits!			