

**Monday 23 September 2019**

**12:04 All Night Programme**

A selection of the best RNZ National interviews and features including  
**3:05** Shot by Sarah Quigley (*10 of 12, RNZ*)

**5:00 First Up with Indira Stewart**

New Zealand's early morning wake-up call

**6:00 Morning Report**

RNZ's three-hour breakfast news show with news and interviews, bulletins on the hour and half-hour, including:

**6:20** and **6:50** Business News

**6:26** Rural News

**6:48** and **7:45** NZ Newspapers

**9:06 Nine to Noon with Kathryn Ryan**

Current affairs and topics of interest, including:

**10:45** The Reading: Highlighting New Zealand writing and performance

**12:00 Midday Report**

RNZ news, followed by updates and reports until 1.00pm, including:

**12:16** Business News

**12:26** Sport

**12:34** Rural News

**12:43** Worldwatch

**1:06 Afternoons with Jesse Mulligan**

An upbeat mix of the curious and the compelling, ranging from the stories of the day to the great questions of our time (*RNZ*)

**4:06 The Panel with Wallace**

**Chapman**

An hour of discussion, featuring a range of panellists from right along the opinion spectrum, together with expert phone guests (*RNZ*)

**5:00 Checkpoint**

RNZ's weekday drive-time news and current affairs programme

**6:30 Trending Now**

Highlighting the RNZ stories you're sharing on-line

**7:06 Nights with Bryan Crump**

RNZ's weeknight programme of entertainment and information

**8:15 Dateline Pacific**

A daily current affairs programme covering the major Pacific stories of the week, with background and reaction from the people making the news (*RNZ*)

**8:30 Windows on the World**

International public radio features and documentaries

**9:30 Insight**

An award-winning documentary programme providing comprehensive coverage of national and international current affairs (*RNZ*)

**10:00 News at Ten**

A roundup of today's news and sport

**10:15 Lately with Karyn Hay**

A late night radio show with an eye on live events, an ear for music, a great sense of humour and a genuine interest in people and their stories (*RNZ*)

**11:06 Nashville Babylon**

Wairarapa's Mark Rogers presents a selection of old and new music - the very best in alt.country, Americana and blues (*Arrow FM*)