

UK PubWatch and ShopWatch List – Frequencies in MHz.

(Uploaded December 13th 2015)

A

Aberavon West Glamorgan Neath Port	453.0250	459.5250
Aberdare Mid Glamorgan Cynon Valley	456.7500	462.2500
Aberdeen Scotland	456.6500	462.1500
Aberystwyth Wales	453.0875	453.0875
Abingdon Oxfordshire	456.6750	462.1750
Accrington Lancashire	456.4500	461.9500
Airdrie Scotland	456.7500	462.2500
Aldershot Hampshire	453.0625	459.5625
Altrincham Greater Manchester	443.0000	428.5000
Altrincham Greater Manchester Broad Heath	441.1875	426.6875
Amersham Buckinghamshire	453.7750	460.2750
Andover Hampshire	453.1125	459.6125
Ashbourne Derbyshire	456.9500	462.4500
Ashford Kent	461.4500	
Ashford Kent	456.6750	462.1750
Ashington Northumberland	453.1125	459.6125
Ashington Northumberland	165.8500	170.6500
Ashton under Lyne Tameside	456.3500	461.8500
Ashton under Lyne Tameside	456.7000	462.2000
Aston Clinton Buckinghamshire	453.7500	460.2500
Aylesbury Buckinghamshire	456.5250	462.0250
Aylesbury Buckinghamshire Friars Square Centre	456.0250	461.5250
Ayr Ayrshire	456.3500	461.8500

B

Bakewell Derbyshire	456.6750	462.1750
Banbury Oxfordshire	453.0875	459.5875
Bangor North Wales	453.4750	459.9750
Barnoldswick Lancashire	456.9500	462.4500
Barnsley Yorkshire	453.9250	460.4250
Barnstaple Devon	456.8250	462.3250
Barrow in Furness Cumbria	456.6500	462.1500
Basildon Essex	453.4500	459.9500
Basildon Essex	453.4750	459.9750
Basildon Essex Eastgate Centre	456.7000	462.2000
Basildon Essex	453.7750	460.2750
Basildon Essex	453.9750	460.4750
Bath Somerset	453.8000	460.3000
Bath Somerset Podium Centre	453.1250	
Batley West Yorkshire	456.9500	462.4500
Bedford Bedfordshire	456.3500	461.8500
Bedford Bedfordshire	453.0875	459.5875
Bedford Bedfordshire	453.6250	453.6250
Bedworth Warwickshire	453.4750	459.9750
Beeston West Yorkshire White Rose Centre	453.7500	460.2500
Belfast Northern Ireland	453.7750	460.2750
Belper Derbyshire	453.7000	460.2000

Berwick upon Tweed Northumberland	453.7750	460.2750
Beverley East Yorkshire	456.7500	462.2500
Billericay Essex	456.6750	462.1750
Bilston West Midlands	453.6000	460.1000
Bingley West Yorkshire	456.6750	462.1750
Birkenhead Wirral	453.7750	460.2750
Birkenhead Wirral	441.9125	427.4125
Birkenhead Wirral	165.1625	169.9625
Birmingham West Midlands	441.3375	426.8375
Birmingham West Midlands	440.8875	426.3875
Birmingham West Midlands	440.4750	425.9750
Birmingham West Midlands	445.7375	425.2375
Birmingham West Midlands	442.0125	427.5125
Birmingham West Midlands	441.0250	426.5250
Birmingham West Midlands Fort Park	456.3875	
Birmingham West Midlands Fort Park	456.9750	462.4750
Birmingham West Midlands Bull Ring	445.5500	425.0500
Birmingham West Midlands Bull Ring	445.9000	425.4000
Birmingham West Midlands Bull Ring	445.9875	425.4875
Birmingham West Midlands Bull Ring	445.9375	425.4375
Birmingham West Midlands Bull Ring	445.9625	425.4625
Birmingham West Midlands Bull Ring	445.8375	425.3375
Birmingham West Midlands Bull Ring	445.7625	425.2625
Birmingham Acocks Green	456.9500	462.4500
Birmingham Berwood	441.6500	427.1500
Birmingham Kingsheath	453.7000	460.2000
Birmingham Northfield	453.9250	460.4250
Bishops Stortford Hertfordshire	456.0250	461.5250
Bishops Stortford Hertfordshire Jacksons Square Centre	453.1125	459.6125
Bispham Lancashire	453.4750	459.9750
Blackburn Lancashire	456.6500	462.1500
Blackpool Lancashire	456.9500	462.4500
Blackpool Lancashire	453.1000	459.6000
Blackpool Lancashire	453.9250	460.4250
Blantyre Scotland	445.7000	425.2000
Bletchley Bucks	453.7500	460.2500
Blyth Suffolk	453.8500	460.3500
Bognor Regis West Sussex	453.9750	460.4750
Bolton Greater Manchester	442.6500	428.1500
Bolton Greater Manchester	440.9000	426.4000
Bolton Greater Manchester	441.0125	426.5125
Bolton Greater Manchester	440.3500	425.8500
Bolton Greater Manchester	440.9500	426.4500
Bootle Merseyside	442.9625	428.4625
Bootle Merseyside	441.0375	426.5375
Boscombe Dorset	453.0625	459.5625
Boston Lincolnshire	456.5500	462.0500
Bourne Lincolnshire	453.4750	459.9750
Bournemouth Dorset	453.6000	460.1000
Bowness on Windermere Cumbria	453.1750	459.6750
Bracknell Berkshire	165.1625	169.9625

Bradford West Yorkshire	453.1125	459.6125
Bradford West Yorkshire	456.5250	462.0250
Bradford West Yorkshire Kirkgate Centre	453.9625	460.4625
Braintree Essex	456.6750	462.1750
Brentwood Essex	453.0875	459.5875
Bridgend Wales	456.5000	462.0000
Bridgend Wales	453.7500	460.2500
Bridgnorth Shropshire	453.0250	459.5250
Bridgwater Somerset	165.2125	170.0125
Bridlington East Yorkshire	456.0250	461.5250
Bridport Dorset	453.0500	459.5500
Bridport Dorset	456.6000	462.1000
Brierley Hill West Midlands	456.6000	462.1000
Brighouse West Yorkshire	453.0875	459.5875
Brighton East Sussex	456.5750	462.0750
Brighton East Sussex	456.5000	462.0000
Brighton East Sussex	456.4750	461.9750
Brighton East Sussex	456.4125	461.9125
Brighton London Road	456.0500	461.5500
Bristol Avon	456.5250	462.0250
Bristol Avon Portishead	453.0250	459.5250
Bristol Avon Fishponds	456.3500	461.8500
Bristol Avon	453.8000	460.3000
Bristol Avon	456.8750	462.3750
Bristol Avon	453.2000	459.7000
Bristol Avon	453.1750	459.6750
Broadstairs Kent	456.0250	461.5250
Broadstairs Kent Westwood Cross Centre	165.1375	169.9375
Broadstairs Kent Westwood Cross Centre	165.6500	170.4500
Broadstairs Kent Westwood Cross Centre	167.0375	171.8375
Bromley Kent	453.0250	459.5250
Bromley Kent	453.2500	459.7500
Bromley Kent	456.5250	462.0250
Bromsgrove Worcestershire	443.4750	428.9750
Bude Cornwall	453.5000	460.0000
Burnley Lancashire	166.7625	171.5625
Burton on Trent Staffordshire	453.4750	459.9750
Burton on Trent Staffordshire Coopers Square Centre	456.7000	462.2000
Bury Greater Manchester	453.6000	460.1000
Bury Greater Manchester Millgate Centre	456.9500	462.4500
Bury Greater Manchester Rock Centre	453.7000	460.2000
Bury St Edmunds Suffolk	453.1000	459.6000
Buxton Derbyshire	453.9875	460.4875
Buxton Derbyshire Spring Gardens	453.0250	459.5250
C		
Caernarfon North Wales	456.8750	462.3750
Caerphilly Wales	453.1000	459.6000
Camberley Surrey Camberley Mall Centre	456.8750	462.3750
Cambridge Cambridgeshire	456.7500	462.2500
Cambridge Cambridgeshire	456.6000	462.1000

Cambridge Cambridgeshire	456.8250	462.3250
Cambridge Cambridgeshire	453.1000	459.6000
Cambridge Cambridgeshire	453.0875	459.5875
Cambridge Cambridgeshire Debenhams	453.0625	459.5625
Cannock Staffordshire	456.6000	462.1000
Canterbury Kent	166.7625	171.5625
Canterbury Kent	453.5500	460.0500
Cardiff Wales	453.2250	459.7250
Cardiff Wales	456.6000	462.1000
Cardiff Wales	456.3500	461.8500
Cardiff Wales	456.6500	462.1500
Cardiff Wales	456.5250	462.0250
Cardiff Wales Canton	453.7000	460.2000
Cardiff Wales Cardiff Bay	443.1250	428.6250
Carlisle Cumbria	453.9875	460.4875
Carlisle Cumbria	453.0625	459.5625
Carlisle Cumbria	456.9500	462.4500
Carlisle Cumbria The Lanes Centre	453.0875	459.5875
Carlisle Cumbria The Lanes Centre	453.0250	459.5250
Carmarthen Wales	453.1750	459.6750
Castle Douglas Scotland	169.2625	
Castleford West Yorkshire	165.1875	169.9875
Chard Somerset	453.8000	460.3000
Chatham Kent Dockside Outlet Centre	456.8250	462.3250
Chatham Kent	456.8750	462.3750
Chelmsford Essex	456.6500	462.1500
Cheltenham Gloucestershire	449.3125	
Cheltenham Gloucestershire	449.4000	
Cheltenham Gloucestershire	449.4750	
Cheltenham Gloucestershire	462.4250	
Cheltenham Gloucestershire	456.3875	
Cheltenham Gloucestershire	456.8250	462.3250
Cheltenham Gloucestershire	456.9500	462.4500
Cheltenham Gloucestershire Coronation Square	166.7625	171.5625
Chester Cheshire	440.5500	426.0500
Chester Cheshire	440.4750	425.9750
Chester Cheshire	441.0375	426.5375
Chester Cheshire	441.2375	426.7375
Chester le Street County Durham	165.9250	170.7250
Chesterfield Derbyshire	453.0625	459.5625
Chesterfield Derbyshire	456.3500	461.8500
Chichester Gloucestershire	456.5250	462.0250
Chippenham	453.1750	459.6750
Chipping Norton Oxfordshire	453.6000	460.1000
Chorley Lancashire	453.4750	459.9750
Chorlton cum Hardy	453.0625	459.5625
Cirencester	453.0875	459.5875
Clacton on Sea Essex	453.4250	459.9250
Clacton on Sea Essex	456.0250	461.5250
Clacton on Sea Essex	455.7750	461.0750
Cleethorpes Lincolnshire	456.7500	462.2500

Cleveleys Lancashire	453.4750	459.9750
Coalville Leicestershire	443.0625	428.5625
Colchester Essex	456.8500	462.3500
Colchester Essex	456.4750	461.9750
Coleraine Northern Ireland	456.8750	462.3750
Coleraine Northern Ireland	453.1000	459.6000
Corby Northamptonshire	453.0875	459.5875
Cosham Hampshire	453.7000	460.2000
Coventry West Midlands	441.4125	426.9125
Coventry West Midlands	441.4750	426.9750
Coventry West Midlands	441.7875	427.7875
Coventry West Midlands	442.5625	428.0625
Coventry West Midlands	442.6125	428.1125
Coventry West Midlands	443.1375	428.6375
Coventry West Midlands	443.4125	428.9125
Coventry West Midlands West Orchards Centre	456.5205	462.0250
Coventry West Midlands Lower Precinct Centre	453.4375	459.9375
Crawley West Sussex	453.0875	459.5875
Crewe Cheshire	453.0875	459.5875
Crewe Cheshire	453.1125	459.6125
Crosby Merseyside	166.7625	171.5625
Cumbernauld	456.0250	461.5250
Crewkerne Somerset	456.8250	462.3250
Crewkerne Somerset	456.7500	462.2500
Cwmbran Wales	453.1000	459.6000

D

Dagenham East London	456.9750	462.4750
Dalkeith Scotland	453.8000	460.3000
Darlington County Durham	453.0250	459.5250
Darlington County Durham Cornmill Centre	456.6000	462.1000
Darlington County Durham Cornmill Centre	456.7000	462.2000
Darlington County Durham Cornmill Centre	461.4000	461.4000
Dartford Kent	443.0500	428.5500
Dartford Kent Greenhithe	456.0250	461.5250
Darwen Lancashire	165.1875	169.9875
Deal Kent	456.8750	462.3750
Denbigh Wales	453.8500	460.3500
Denton Greater Manchester	456.5250	462.0250
Derby Derbyshire	456.7500	462.2500
Derby Derbyshire Westfield/Eagle Centre	456.8250	462.3250
Derby Derbyshire Westfield/Eagle Centre	456.6500	462.1500
Dereham Norfolk	453.7000	460.2000
Devizes Wiltshire	456.6500	462.1500
Dewsbury West Yorkshire	453.7750	460.2750
Didcot Oxfordshire	453.2500	459.7500
Didcot Oxfordshire	456.6750	462.1750
Doncaster South Yorkshire	453.9750	460.4750
Doncaster South Yorkshire	453.7375	460.2375
Doncaster South Yorkshire	453.2500	459.7500
Doncaster South Yorkshire	453.8375	460.3375

Doncaster South Yorkshire Frenchgate Centre	453.1500	459.6500
Doncaster South Yorkshire Frenchgate Centre	453.8500	460.3500
Doncaster South Yorkshire Frenchgate Centre	453.9625	460.4625
Doncaster South Yorkshire Frenchgate Centre	456.8500	462.3500
Dorchester Dorset	453.1125	459.6125
Dover Kent	456.6000	462.1000
Droitwich Spa Worcestershire St Andrews Square Centre	453.7000	460.2000
Droylesden Greater Manchester	453.1125	459.6125
Dudley West Midlands	456.9500	462.4500
Dudley West Midlands Churchill Centre	456.6000	462.1000
Dudley West Midlands Churchill Centre	456.9500	462.4500
Dumfries Scotland	453.7750	460.2750
Dumfries Loreburne Centre	453.0250	459.5250
Dundee Scotland	456.8250	462.3250
Dunfermline Fife	453.5000	460.0000
Dunfermline Fife Scotland Kingsgate Centre	446.2875	
Durham County Durham	453.6000	460.1000
Durham County Durham	456.0250	461.5250
Durham Bishop Auckland	453.9750	460.4750

E

East Kilbride Scotland	456.6500	462.1500
Eastbourne Sussex	456.5250	462.0250
Ebbw Vale Wales	456.6750	462.1750
Edinburgh Scotland	453.0625	459.5625
Edinburgh Scotland Craighleith	446.2625	
Edinburgh Scotland Kinnaird Park	440.9125	426.4125
Edinburgh Scotland Kirkgate	453.5250	
Edinburgh Scotland Musselborough	167.0375	171.8375
Edinburgh Scotland St James	456.7500	462.2500
Elgin Moray	165.1625	169.9625
Ellesmere Port Cheshire	443.3875	428.8875
Ellesmere Port Cheshire	440.1750	425.6750
Ellesmere Port Cheshire	441.0250	426.5250
Ely Cambridgeshire	456.5250	462.0250
Evesham Worcestershire	453.5000	460.0000
Exeter Devon	165.1625	169.9625
Exeter Devon	453.9250	460.4250
Exmouth Devon	165.5250	170.3250

F

Falkirk Scotland	456.8250	462.3250
Fareham Hampshire	453.9250	460.4250
Farnborough Hampshire	456.7500	462.2500
Farnham Hampshire	456.9500	462.4500
Felixstowe Suffolk	453.2500	459.7500
Feltham West London	453.6000	460.1000
Fleetwood Lancashire	453.7000	460.2000
Folkestone Kent	456.6500	462.1500
Frome Somerset	456.5250	462.0250

G

Gainsborough Lincolnshire	456.7500	462.2500
Gainsborough Lincolnshire	456.7000	462.2000
Gateshead Tyne and Wear	165.5375	170.3375
Gateshead Tyne and Wear	456.0500	461.5500
Gillingham Kent	456.6500	462.1500
Glasgow Scotland	440.8875	426.3875
Glasgow Scotland	456.6750	462.1750
Glasgow Scotland	456.8500	462.3500
Glasgow Scotland	456.7000	462.2000
Glasgow Scotland	456.5250	462.0250
Glasgow Scotland Buchanan Galleries	441.1125	426.6125
Glasgow Scotland Buchanan Galleries	445.8750	425.3750
Glasgow Scotland St Enocu Centre	453.7750	460.2750
Glasgow Scotland St Enocu Centre	456.6500	462.1500
Glastonbury Somerset	456.9500	462.4500
Glenrothes Fife	453.0625	459.5625
Glenrothes Fife	453.9250	460.4250
Glenrothes Fife Kingdom Centre	442.6750	428.1750
Gloucester Gloucestershire	165.1875	169.9875
Glossop Derbyshire	456.4000	461.9000
Glossop Derbyshire	453.7500	460.2500
Goole East Yorkshire	456.7000	462.2000
Gorleston Norfolk	453.0250	459.5250
Gosport Hampshire	453.0250	459.5250
Grangemouth Siirlingshire	456.9500	462.4500
Grangemouth Siirlingshire Bo'ness	456.3500	461.8500
Grantham Lincolnshire	456.7500	462.2500
Grays Essex	453.8500	460.3500
Gravesend Kent	169.8250	
Gravesend Kent	167.0375	171.8375
Great Yarmouth Norfolk	166.0625	170.8625
Great Yarmouth Norfolk	166.1375	170.9375
Great Yarmouth Norfolk	167.7375	172.5375
Greenhithe Kent Bluewater Centre	440.0250	425.5250
Greenhithe Kent Bluewater Centre	440.5250	426.0250
Greenock Scotland	456.6000	462.1000
Grimsby Lincolnshire	453.8500	460.3500
Grimsby Lincolnshire	455.8000	461.1000
Grimsby Lincolnshire Freshney Place Centre	455.8500	461.1500
Grimsby Lincolnshire Freshney Place Centre	453.0250	459.5250
Guildford Surrey	453.0875	459.5875

H

Halesowen West Midlands	453.0875	459.5875
Halesowen West Midlands	453.9875	460.4875
Halifax West Yorkshire	453.6000	460.1000
Harlow Essex	456.6750	462.1750
Harpenden Hertfordshire	453.8000	460.3000
Harrogate North Yorkshire	166.7625	171.5625

Harrow Hertfordshire	453.1125	459.6125
Harrow Hertfordshire St. Anns Centre	447.8125	
Hartlepool County Durham	453.1125	459.6125
Hartlepool County Durham	453.7750	460.2750
Harwich Essex	456.6750	462.1750
Hastings Sussex	453.7000	460.2000
Havant Hampshire	453.1000	459.6000
Havant Hampshire	453.4750	459.9750
Havant Hampshire Leigh Park	456.8750	462.3750
Haverfordwest Pembrokeshire	453.0625	459.5625
Haverhill Suffolk	453.7500	460.2500
Hawick Scotland	165.1875	169.9875
Haywards Heath Sussex	453.4750	459.9750
Heckmondwike West Yorkshire	456.6750	462.1750
Helston Cornwall	165.1875	169.9875
Hemel Hempstead Hertfordshire	455.8125	461.1125
Hemel Hempstead Hertfordshire	456.0375	461.5375
Hemel Hempstead Hertfordshire	453.1750	459.6750
Hemel Hempstead Hertfordshire	453.2000	459.7000
Herne Bay Kent	166.7625	171.5625
Herne Bay Kent	453.5500	460.0500
Hereford Hertfordshire	453.0625	459.5625
Hertford Hertfordshire	453.4750	459.9750
Hertfordshire West	456.6500	462.1500
High Wycombe Buckinghamshire	453.7000	460.2000
Hinckley Leicestershire	165.1875	169.9875
Hinckley Leicestershire	453.0625	459.5625
Hitchin Hertfordshire	453.0250	459.5250
Holyhead Anglesey	456.3500	461.8500
Hove Kent	456.5000	462.0000
Hove Kent	456.8500	462.3500
Hucknall Nottinghamshire	456.8250	462.3250
Huddersfield West Yorkshire	456.9500	462.4500
Hull East Yorkshire	453.7750	460.2750
Hull East Yorkshire	453.8250	460.3250
Hull East Yorkshire	453.0500	459.5500
Huntingdon Cambridgeshire	453.8000	460.3000

I

Ilford Essex	456.9500	462.4500
Ilford Essex	455.5000	461.0000
Ilkley West Yorkshire	456.8250	462.3250
Ilkeston Derbyshire	453.0500	459.5500
Inverness Scotland	453.0875	459.5875
Inverness Scotland	453.7000	460.2000
Ipswich Suffolk	453.6000	460.1000
Ipswich Suffolk Tower Ramparts Centre	453.6250	460.1250
Ipswich Suffolk Buttermilk Centre	456.0250	461.5250
Ipswich Suffolk Eastgate Centre	169.0750	
Irvine North Ayrshire	453.0875	459.5875
Irvine North Ayrshire Rivergate Centre	166.7625	171.5625

K

Keighley West Yorkshire	456.8250	462.3250
Kendal Cumbria	456.9500	462.4500
Kendal Cumbria	453.0625	459.5625
Keswick Cumbria	453.5000	460.0000
Kettering Northamptonshire	165.1625	169.9625
Kettering Northamptonshire Newlands Centre	453.1000	459.6000
Kidderminster Worcestershire Swan Centre	453.8000	460.3000
Kidderminster Worcestershire Swan Centre	460.1000	
Kilmarnock Scotland	453.9625	460.4625
Kings Lynn Norfolk	453.0500	459.5500
Kingston upon Thames	445.8750	425.3750
Kirkintilloch Scotland	456.9500	462.4500
Knaresborough North Yorkshire	453.1125	459.6125
	456.9500	462.4500

L

Lancaster Lancashire	453.5000	460.0000
Leamington Spa Warwickshire	453.7000	460.2000
Leatherhead Surrey	453.7500	460.2500
Leeds West Yorkshire	453.0625	459.5625
Leeds West Yorkshire	456.7250	462.2250
Leeds West Yorkshire	456.8750	462.3750
Leeds West Yorkshire	453.8250	460.3250
Leeds West Yorkshire Morley	453.6000	460.1000
Leek Staffordshire	456.6500	462.1500
Leicester Leicestershire	453.1500	459.6500
Leicester Leicestershire	453.7375	460.2375
Leicester Leicestershire	456.3250	461.8250
Leicester Leicestershire	456.6000	462.1000
Leicester Leicestershire	456.4500	461.9500
Leicester Leicestershire Fosse Park Centre	455.7375	461.0375
Leicester Leicestershire Haymarket Centre	453.4500	459.9500
Leicester Leicestershire Highcross Centre	440.4250	425.9250
Leicester Leicestershire Highcross Centre	440.0250	425.5250
Leicester Leicestershire Highcross Centre	440.2750	425.7750
Leicester Leicestershire Highcross Centre	440.1250	425.6250
Leigh Staffordshire	456.5250	462.0250
Leominster Hertfordshire	456.6000	462.1000
Letchworth Hertfordshire	456.9875	462.4875
Lichfield Staffordshire	456.5250	462.0250
Lincoln Lincolnshire	453.0625	459.5625
Lincoln Lincolnshire	453.0875	459.5875
Lincoln Lincolnshire	456.8750	462.3750
Lincoln Lincolnshire	456.6750	462.1750
Lincoln Lincolnshire	456.6000	462.1000
Litchfield Hampshire	456.5250	462.0250
Littlehampton Sussex	453.8000	460.3000
Liverpool Merseyside City	461.3875	
Liverpool Merseyside City	456.3500	461.8500
Liverpool Merseyside City	456.8250	462.3250

Liverpool Merseyside City	453.7750	460.2750
Liverpool Merseyside City	456.6500	462.1500
Liverpool Merseyside Huyton	453.1125	459.6125
Liverpool Merseyside Maghull	453.7000	460.2000
Liverpool Merseyside Met Quarter	456.3500	461.8500
Liverpool Merseyside Wavertree	456.9500	462.4500
Llanelli Wales	453.1000	459.6000
London Acton	441.2625	426.7625
London City	453.8500	460.3500
London City	456.8750	462.3750
London Beckton	456.9500	462.4500
London Barking	441.0375	426.5375
London Beckenham	456.7500	462.2500
London Bexley	456.9500	462.4500
London Brent Cross	456.3500	461.8500
London Brentford	453.0250	459.5250
London Camberwell	453.1750	459.5750
London Camden	443.0000	428.5000
London Camden	440.7125	426.2125
London Camden	441.8625	427.3625
London Chelsea & Kensington	443.4750	428.9750
London Chiswick	453.5750	
London Croydon	453.0250	459.5250
London Croydon Centrale Shopping Mall	453.1750	459.6750
London Ealing	456.9500	462.4500
London East/South East	453.7750	460.2750
London Eastham	442.7500	428.2500
London Edgware	441.0375	426.5375
London Enfield	453.1125	459.6125
London Fulham Broadway Retail Centre	455.6250	460.9250
London Golders Green	453.7500	460.2500
London Greenwich	453.6000	460.1000
London Hammersmith	456.6500	462.1500
London Hampstead	166.8750	171.6750
London Hampstead DCS	443.4750	428.9750
London Harold Hill	456.7000	462.2000
London Hornsey	448.63125	431.63125
London Hornsey DCS	455.5500	461.2000
London Hounslow	453.4750	459.9750
London Islington	440.3750	425.8750
London Kensington	453.0875	459.5875
London Kensington & Chelsea	443.4750	428.9750
London Kilburn High Road	456.6750	462.1750
London Knightsbridge	453.0250	459.5250
London Knightsbridge	453.1000	459.6000
London Knightsbridge	456.9875	
London Lewisham	453.8000	460.3000
London N	453.1000	459.6000
London N7	456.9875	462.4875
London NW	456.7000	462.2000
London Newham	443.0000	428.5000

London Norwood	453.7750	460.2750
London Paddington	453.8500	460.3500
London Paddington	449.0625	431.40625
London Palmers Green	453.1000	459.6000
London Penge	456.9500	462.4500
London Regent St	453.7750	460.2750
London Southgate	453.6000	460.1000
London Southall	453.1125	459.6125
London Stratford	53.2750	459.7750
London Stratford	453.7375	460.2375
London Surrey Quays	456.7500	462.2500
London SW	453.1125	459.6125
London SW	456.7500	462.2500
London SW	456.7000	462.2000
London SW11	443.1000	428.6000
London SW17	443.1000	428.6000
London Teddington	453.7000	460.2000
London W1	456.9875	
London W1	440.2000	425.7000
London W1	442.5500	428.0500
London W1	440.4750	425.9750
London Walthamstow	453.0625	459.5625
London Wandsworth	443.1000	428.6000
London Wansted	456.8250	462.3250
London Wembley	453.0250	459.5250
London Wood Green	456.8750	462.3750
London Wood Green Centre	453.7500	460.2500
Londonderry Northern Ireland	453.7750	460.2750
Loughborough Leicestershire	453.8000	460.3000
Loughton Essex	455.5000	460.8000
Loughton Essex	455.8375	461.1375
Louth Lincolnshire	456.9500	462.4500
Lowestoft Suffolk	165.2125	170.0125
Ludlow Shropshire	453.6000	460.1000
Luton Bedfordshire	456.8750	462.3750
Lytham St. Annes Lancashire	440.4750	425.9750

M

Macclesfield Cheshire	455.5625	460.8625
Maidenhead Berkshire	453.6000	460.1000
Maidenhead Berkshire	453.4750	459.9750
Maidstone Kent	456.0500	461.5500
Motherwell Scotland	453.1125	459.6125
Malvern Worcestershire	456.5500	462.0500
Manchester Trafford Centre	442.7750	428.7750
Manchester Trafford Centre	443.4500	428.9500
Manchester Trafford Centre	453.4375	459.9375
Manchester Piccadilly	453.1000	459.6000
Manchester Piccadilly	456.5500	462.0500
Mansfield Nottinghamshire	453.9625	460.4625
Mansfield Nottinghamshire	453.9250	460.4250

Mansfield Nottinghamshire Four Seasons Centre	453.4750	459.9750
March Cambridgeshire	453.9750	460.4750
Margate Kent	453.5000	460.0000
Market Warsop Notts	453.5000	460.0000
Marlow Buckinghamshire	456.0500	461.5500
Maryport Cumbria	453.1000	459.6000
Matlock Derbyshire	453.0250	459.5250
Matlock Derbyshire	453.6500	460.1500
Meadowbank Edinburgh	456.3875	
Merthr Tydfil Wales	453.0625	459.5625
Middlesbrough Teesside	440.5250	426.0250
Middlesbrough Teesside	440.9125	426.4125
Middlesbrough Teesside	440.3250	425.8250
Midsomer Norton Somerset	456.6750	462.1750
Mildenhall Suffolk	453.1125	459.6125
Milton Keynes Buckinghamshire	456.0250	461.5250
Milton Keynes Buckinghamshire Milton Keynes Centre	453.8000	460.3000
Milton Keynes Buckinghamshire Debenhams	453.1000	459.6000
Milton Keynes Buckinghamshire John Lewis	456.8250	462.3250
Milton Keynes Buckinghamshire John Lewis	456.5250	462.0250
Milton Keynes Buckinghamshire John Lewis	456.0500	461.5500
Milton Keynes Buckinghamshire John Lewis	453.7000	460.2000
Milton Keynes Buckinghamshire The Centre	455.7625	461.0625
Milton Keynes Buckinghamshire The Centre	456.7000	462.2000
Milton Keynes Buckinghamshire The Centre	454.7000	461.7000
Monmouth Wales	453.7750	460.2750
Morecambe Lancashire	453.6000	460.1000
Morecambe Lancashire	453.7000	460.2000
Morecambe Lancashire	453.9875	460.4875

N

Nantwich Cheshire	453.1125	459.6125
Nantwich Cheshire	453.0875	459.5875
Nantwich Cheshire	453.4750	459.9750
Neath Wales	456.7000	462.2000
Neath Wales	453.6000	460.1000
Newark Nottinghamshire	453.0875	459.5875
Newbury Berkshire	456.9500	462.4500
Newcastle upon Tyne Tyne and Wear	165.5375	170.3375
Newcastle upon Tyne Tyne and Wear	453.1125	459.6125
Newcastle upon Tyne Tyne and Wear	453.9750	460.4750
Newcastle upon Tyne Tyne and Wear	456.7500	462.2500
Newcastle upon Tyne Tyne and Wear	453.0250	459.5250
Newcastle upon Tyne Gosforth	456.0250	461.5250
Newcastle under Lyme Staffordshire	456.5250	462.0250
Newmarket Suffolk	456.6750	462.1750
Newport Gwent	455.8250	461.1250
Newport Gwent	447.7125	
Newport Isle of Wight	453.0625	459.5625
Newquay Cornwall	165.7875	170.5875
Newton Abbot Devon	165.1625	169.9625

Northampton Northamptonshire	453.7750	460.2750
North Shields Tyne & Wear Royal Quays Outlet Centre	456.3500	461.8500
North Shields Tyne & Wear Beacon Centre	453.7500	460.2500
Northwich Cheshire	453.2500	459.7500
Norwich Norfolk	453.2500	459.7500
Nottingham Nottinghamshire	456.4000	461.9000
Nottingham Nottinghamshire	456.3500	461.8500
Nottingham Nottinghamshire	456.3750	461.8750
Nottingham Nottinghamshire	456.4125	461.9125
Nuneaton Warwickshire	456.6500	462.1500
Nuneaton Warwickshire	453.1000	459.6000

O

Oldham Greater Manchester	456.5000	462.0000
Oldham Greater Manchester	456.8750	462.3750
Oldham Greater Manchester Spindles Centre	167.0375	171.8375
Ormskirk Lancashire	453.7500	460.2500
Ossett West Yorkshire	165.1625	169.9625
Oswestry Shropshire	456.6000	462.1000
Otley West Yorkshire	453.5000	460.0000
Oxford Oxfordshire City	453.8000	460.3000
Oxford Oxfordshire City	453.7000	460.2000
Oxford Oxfordshire	453.9250	460.4250
Oxford Oxfordshire South Hinksey	455.5750	461.0750
Oxford Oxfordshire Headington	453.9625	460.4625

P

Paignton Devon	456.5250	462.0250
Paisley Scotland	456.6000	462.1000
Paisley Scotland Johnstone	456.8750	462.3750
Pembroke Wales Milford Haven	453.5000	460.0000
Penrith Cumbria	453.1125	459.6125
Penzance Cornwall	453.1500	459.6500
Perth Scotland	453.1125	459.6125
Peterborough Cambridgeshire	455.6500	460.9500
Peterhead Aberdeenshire	453.1125	459.6125
Pickering North Yorkshire	456.5500	462.0500
Plymouth Devon Debenhams (1)	168.9875	
Plymouth Devon	166.7625	171.5625
Plymouth Devon	453.0500	459.5500
Plymouth Devon	453.1500	459.6500
Plymouth Devon	453.1750	459.6750
Plymouth Devon Drake Circus Centre (1)	453.4750	459.9750
Plymouth Devon Drake Circus Centre (2)	453.5000	460.0000
Plymouth Devon Storennet (1)	453.7500	460.2500
Plymouth Devon	453.7750	460.2750
Plymouth Devon	456.9500	462.4500
Plymouth Devon Dingles	460.1000	
Plymouth Devon Debenhams (2)	460.3250	
Plymouth Devon Storennet (2))	462.2750	
Pontefract West Yorkshire	167.0375	171.8375

Pontypool Monmouthshire	453.1125	459.6125
Poole Dorset Town Centre	453.1000	459.6000
Poole Dorset Town Centre	456.6750	462.1750
Port Talbot Wales	453.0250	459.5250
Port Talbot Wales	456.7000	462.2000
Port Talbot Wales Aberafan Centre	453.5750	
Port Talbot Wales Aberafan Centre	453.1000	459.6000
Port Talbot Wales	453.7500	460.2500
Porth Wales Rhonda Valley	453.7000	460.2000
Porthcawl Wales	453.7750	460.2750
Portishead Somerset	453.0250	459.5250
Portsmouth Hampshire	456.3500	462.3500
Portsmouth Hampshire	453.9250	460.4250
Portsmouth Hampshire	456.9500	462.4500
Portsmouth Hampshire Farlington	453.1750	459.6750
Portsmouth Hampshire North End	453.8500	460.3500
Prescot Merseyside	453.6000	460.1000
Prestatyn Wales	453.9250	460.4250
Prestatyn Wales	453.1500	459.6500
Preston Lancashire	456.9500	462.4500
Preston Lancashire	453.6000	460.1000
Preston Lancashire Fishergate Centre	453.8500	460.3500
Preston Lancashire Fishergate Centre	453.9875	460.4875
Preston Lancashire St Georges Centre	453.2000	459.7000
Preston Lancashire St Georges Centre	456.3750	461.8750
Preston Lancashire Bamber Bridge	453.7500	460.2500
Preston Lancashire	456.9500	462.4500
Preston Lancashire Debenhams	453.7000	460.2000

R

Ramsgate Kent	453.0625	459.5625
Reading Berkshire Oracle Centre	453.7000	460.2000
Reading Berkshire Oracle Centre	453.9250	460.4250
Reading Berkshire Oracle Centre	456.6000	462.1000
Redcar North Yorkshire	456.0500	461.5500
Redditch Worcestershire	440.9125	426.4125
Reigate Surrey	456.5500	462.0500
Retford Nottinghamshire	453.7750	460.2750
Rhyl Wales	453.9250	460.4250
Rhyl Wales	453.1500	459.6500
Richmond upon Thames Surrey	456.8750	462.4750
Rochdale Lancashire	453.0875	459.5875
Rochdale Lancashire	456.8750	462.3750
Rochester Kent	456.0250	461.5250
Rochester Kent	456.3500	461.8500
Romford Essex	442.6250	428.1250
Romford Essex	442.5500	428.0500
Romford Essex	442.0125	427.5125
Romford Essex	441.1875	426.6875
Romford Essex	440.3500	425.8500
Romford Essex Centre	453.8000	460.3000

Romford Essex Liberty Centre	453.7500	460.2500
Rotherham South Yorkshire	456.8250	462.3250
Royston Hertfordshire	456.6500	462.1500
Ruddington Nottinghamshire	456.6750	462.1750
Rugby Warwickshire	166.7625	171.5625
Rushden Northants	456.6000	462.1000
Rustington Sussex	456.8750	462.3750
Ryde Isle Of Wight	456.0250	461.5250

S

Sale Greater Manchester	456.8250	462.3250
Salisbury Wiltshire	456.4750	461.9750
Salisbury Wiltshire	456.6750	462.1750
Saltcoats Scotland	453.8375	460.3375
Sandown Isle Of Wight	453.1125	459.6125
Scarborough North Yorkshire	169.0375	169.0375
Scarborough North Yorkshire	165.5375	170.3375
Scunthorpe Lincolnshire	453.0875	459.5875
Scunthorpe Lincolnshire	453.9250	460.4250
Selsey Chichester	456.3500	461.8500
Sevenoaks Kent	453.7000	460.2000
Shanklin Isle of Wight	453.4750	459.9750
Sheerness Kent	453.9250	460.4250
Sheffield South Yorkshire Meadowhall Centre	455.5625	461.2125
Sheffield South Yorkshire Meadowhall Centre	456.5500	462.0500
Sheffield South Yorkshire Meadowhall Centre	453.8375	460.3375
Sheffield South Yorkshire Meadowhall Centre	455.4750	460.7750
Sheffield South Yorkshire Meadowhall Centre	455.5000	461.0000
Sheffield South Yorkshire	453.0500	459.5500
Sheffield South Yorkshire	462.0500	
Sherborne Dorset	453.5000	460.0000
Southwick West Sussex	456.3875	461.8875
Shrewsbury Shropshire	453.0500	459.5500
Sittingbourne Kent	455.8250	461.1250
Sittingbourne Kent	453.6000	460.1000
Skelmersdale Lancashire	453.1125	459.6125
Skipton North Yorkshire	453.1125	459.6125
Sleaford Lincolnshire	453.4750	459.9750
Sleaford Lincolnshire	455.7375	461.0375
Slough Berkshire	456.5250	462.0250
Solihull West Midlands	456.7000	462.2000
Solihull West Midlands	453.1125	459.6125
Southampton Hampshire	453.8375	460.3375
Southampton Hampshire West Quay Centre	455.7500	461.0500
Southampton Hampshire West Quay Centre	455.8500	461.1500
Southampton Hampshire West Quay Centre	456.7500	462.2500
Southampton Hampshire West Quay Centre	456.3500	461.8500
Southampton Hampshire West Quay Centre	453.0625	459.5625
Southampton Hampshire	453.3750	459.8750
Southampton Hampshire	456.8250	462.3250
Southend on Sea Essex	453.1125	459.6125

Southport Merseyside	443.4750	428.9750
Southsea Hampshire	456.3500	461.8500
South Shields Tyne & Wear	453.0875	459.5875
South Shields Tyne & Wear	456.9500	462.4500
Sowerby Bridge West Yorkshire	453.7500	460.2500
Spalding Lincolnshire	453.6000	460.1000
Staines upon Thames Surrey Two Rivers Centre	449.3750	431.95625
Staines upon Thames Surrey	440.0625	425.5625
Staines upon Thames Surrey	440.0375	425.5375
Staines upon Thames Surrey	456.7500	462.2500
St Albans Hertfordshire	456.7000	462.2000
St Andrews Scotland	166.7625	171.5625
St Austell Cornwall	168.2750	173.0750
St Helens Merseyside	456.4000	461.9000
St Helens Merseyside	453.9875	460.4875
St Helens Merseyside	453.7000	460.2000
St Ives Cornwall	456.5250	462.0250
Stafford Staffordshire	453.9750	460.4750
Staines Surrey	456.7500	462.2500
Stalybridge Tameside	456.0250	461.5250
Stamford Lincolnshire	453.9250	460.4250
Stevenage Hertfordshire	453.6125	460.1125
Stockton on Tees Teesside	165.1625	169.9625
Stockton on Tees Teesside Wellington Square	453.1750	459.6750
Stockport Greater Manchester	453.1500	459.6500
Stockport Greater Manchester	453.6125	460.1125
Stoke On Trent Staffordshire	456.6750	462.1750
Stoke On Trent Staffordshire Festival Park	453.7500	460.2500
Stourbridge West Midlands	440.9125	426.4125
Stranraer Scotland	165.2625	170.0625
Stratford upon Avon Warwickshire	456.9500	462.4500
Stratford upon Avon Warwickshire	456.7500	462.2500
Stretford Manchester Stretford Mall	165.8250	170.6250
Stretford Manchester Stretford Mall	456.8750	462.3750
Stroud Gloucestershire	453.0625	459.5625
Sudbury Suffolk	456.9250	462.4250
Sunderland Tyne and Wear	456.5250	462.0250
Sutton South London	456.6750	462.1750
Sutton In Ashfield Nottinghamshire	456.8750	462.3750
Sutton Benger Wiltshire	453.1125	459.6125
Swadlincote Derbyshire	453.7000	460.2000
Swaffham Norfolk	453.0875	459.5875
Swanley Kent	456.3500	461.8500
Swansea Wales	453.1500	459.6500
Swansea Wales	456.7000	462.2000
Swansea Wales	453.2500	459.7500
Swansea Wales	456.0500	461.5500
Swansea Wales Morriston	456.5250	462.0250
Swansea Wales Gorseinon	453.6000	460.1000
Swindon Wiltshire	165.2125	170.0125
Swindon Wiltshire	456.8750	462.3750

Swindon Wiltshire Green Bridge	456.7750	462.1750
T		
Tamworth Staffordshire Ankerside Centre	453.7000	460.2000
Tamworth Staffordshire	453.6125	460.1125
Taunton Somerset	453.0875	459.5875
Taunton Somerset	163.2875	158.7875
Telford Shropshire	453.7500	460.2500
Tewkesbury Gloucestershire	456.7500	462.2500
Thame Oxfordshire	453.9250	460.4250
Thetford Norfolk	453.8250	460.3250
Tiverton Devon	453.1125	459.6125
Tonypandy South Wales	453.5000	460.0000
Torquay Devon	456.9500	462.4500
Torquay Devon	456.6750	462.1750
Torquay Devon Babbacombe	453.2500	459.7500
Torquay Devon Torre	456.6500	462.1500
Troon South Ayrshire	453.8250	460.3250
Truro Cornwall	165.5625	170.3625
Tunbridge Wells Kent	453.1000	
U		
Uttoxeter Staffordshire	456.6750	462.1750
W		
Wakefield West Yorkshire	453.7000	460.2000
Wakefield West Yorkshire Ridings Centre	456.7500	462.2500
Wakefield West Yorkshire Ridings Centre	453.9250	460.4250
Wakefield West Yorkshire Trinity Walk Centre	453.1125	459.6125
Wallasey Merseyside Liskeard Village	440.8625	426.3625
Wallasey Merseyside	441.9125	427.4125
Wallasey Merseyside	440.8625	426.3625
Wallington Sutton Greater London	456.9500	462.4500
Walsall West Midlands	453.9250	460.4250
Wallsend Tyne & Wear Forum Centre	165.3125	170.1125
Wallsend Tyne & Wear Coastway Centre	165.1250	169.9250
Wantage Oxfordshire	456.6750	462.1750
Ware Hertfordshire	456.7500	462.2600
Warrington Cheshire	455.7000	461.0000
Warrington Cheshire Cockhedge Centre	456.9500	462.4500
Warwick Warwickshire	456.7000	462.2000
Warwick Warwickshire	456.8250	462.3250
Washington Tyne and Wear	453.6000	460.1000
Waterlooville Hampshire	453.1125	459.6125
Waterlooville Hampshire	453.7000	460.2000
Watford Hertfordshire	453.0875	459.5875
Watford Hertfordshire	456.3500	461.8500
Watford Hertfordshire Harlequin Centre	456.8750	462.3750
Watford Hertfordshire Harlequin Centre	456.5500	462.0500
Watford Hertfordshire Harlequin Centre	453.1750	459.6750
Wellesbourne Warwickshire	453.4750	459.9750

Wellingborough Northamptonshire	456.8250	462.3250
Wellingborough Northamptonshire	453.8500	460.3500
Welling Borough of Bexley Greater London	456.8750	462.3750
Welwyn Garden City Hertfordshire	453.1125	459.6125
Welwyn Garden City Hertfordshire	453.7500	460.2500
West Bromwich West Midlands	440.6375	426.1375
Weston Super Mare Somerset	453.1750	459.6750
Weston Super Mare Somerset	456.4000	461.9000
Weston Super Mare Somerset	453.2000	459.7000
Weston Super Mare Somerset Sovereign Centre	453.8000	460.3000
West Thurrock Essex Lakeside	456.9500	462.4500
Weybridge Surrey	455.6375	460.9375
Weymouth Dorset	453.6000	460.1000
Whitby North Yorkshire	453.0625	459.5625
Whitchurch Shropshire	453.2250	459.7250
Whitehaven Cumbria	453.7750	460.2750
Whitstable Kent	166.7625	171.5625
Whitstable Kent	453.5500	460.0500
Widnes Cheshire	453.7000	460.2000
Wigan Greater Manchester	440.2750	425.7750
Wigan Greater Manchester	456.3500	461.8500
Wigan Greater Manchester	456.6750	462.1750
Wigston Leicestershire	453.2000	459.7000
Wimborne Minster Dorset	456.6500	462.1500
Winchester Hampshire	453.8000	460.3000
Windermere Cumbria	453.1125	459.6125
Windsor Berkshire	456.0250	461.5250
Wirral South Merseyside	440.8875	426.3875
Wirral Merseyside	441.9125	427.4125
Wisbech Cambridgeshire	453.2000	459.7000
Witney Oxfordshire	456.7500	462.2500
Woking Surrey	456.7000	462.2000
Woking Surrey	453.9250	460.4250
Woking Surrey	453.7750	460.2750
Wokingham Berkshire	164.7625	160.2625
Wokingham Berkshire	456.6500	462.1500
Wolverhampton West Midlands House Of Fraser	453.7000	460.2000
Wolverhampton West Midlands WV One Ltd	440.9125	426.4125
Wolverhampton West Midlands	440.0625	425.5625
Wolverhampton West Midlands Bridgnorth	453.0250	459.5250
Wolverhampton West Midlands Wulfrun Centre	453.0875	459.5875
Woodbridge Suffolk	453.1500	459.6500
Worcester Worcester	453.9250	460.4250
Workington Cumbria	453.1000	459.6000
Worksop Nottinghamshire	453.7500	460.2500
Worthing Sussex	453.9250	460.4250
Wrexham North Wales	456.6750	462.1750
Y		
Yate Gloucestershire	453.1000	459.6000
Yeovil Somerset	165.2125	170.0125

York Rawcliffe	453.5000	460.0000
York Monks Cross Park	453.8500	460.3500
York Monks Cross Park	453.7500	460.2500