

Wednesday 31 January 2018

12:04 All Night Programme

Including: **12:06** Music after Midnight; **12:30** Insight (RNZ); **1:15** Country Life Story (RNZ); **2:05** The Forum (BBC); **3:05** Speed Of Light by Joy Cowley read by Simon Leary (*10 of 10, RNZ*); **3:30** Diversions (RNZ); **4:25** Finding Pride (NZBS); **4:35** Business Bullshit (RNZ); **5:10** Witness (BBC)

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: Gutter Black by Dave McArtney read by Phil O'Brien: Highlights from the intimate memoir by the late Dave McArtney (5 April 1951 - 15 April 2013), a founding member of one of NZ's iconic rock bands, 'Hello Sailor' recalling their days of creativity, misadventure, success and excess (*3 of 6, RNZ*)

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 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 Jim Mora

An hour of discussion featuring a range of panellists from right along the opinion spectrum (RNZ)

5:00 Checkpoint with John Campbell

RNZ's drive-time news and current affairs programme

6:30 Trending Now

Political commentators Stephen Mills & Matthew Hooton

6:55 The House

Legislation, issues and insights from Parliament (RNZ)

7:06 Nights with Bryan Crump

RNZ's weeknight programme of entertainment and information

7:35 At the Movies with Dan Slevin

(RNZ)

8:30 Windows on the World

9:06 The Wednesday Drama

Dexter Guff is Smarter Than You (And You Can Be Too)

A satirical self-improvement guide - which provides a 10-stage course from a 'thought leader' at the top, and then the bottom, of his game. Ep. 2 - Why Meditation Makes You Weak: Former meditation guru turned 'busy brain' evangelist, Nancy Newman joins Dexter to talk about the benefits of having a full mind. Dexter launches 'Hot Guff Talking Yoga' and he gives his Twitter followers tips on upping their selfie game. (*Part 2 of 10, Panoply*)

Wulfsyarn: a mosaic by Phillip Mann - Part 2 of 10

Wulf replays Wilberfoss' own account of his early life and adolescence and his journey towards accepting the captaincy of The Nightingale. (*Part 2 of 10, RNZ*)

10:00 News and Late Edition

RNZ news and the day's best interviews from RNZ National, including

10:35 The House

Legislation, issues and insights from Parliament (RNZ)

10:45 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)

11:06 Inside Out with Nick Tipping

(RNZ)