



Monday 30 January 2023

12:04 All Night Programme

A selection of the best RNZ National interviews and features.

5:00 First Up with Nathan Rarere

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.

9:06 Nine to Noon with Kathryn Ryan

Current affairs and topics of interest.

12:00 Midday Report with Māni Dunlop

RNZ news, followed up by updates and reports.

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)*

3:45 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 with Lisa Owen

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 Karyn Hay

RNZ's weeknight programme of entertainment and information

10:00 News at Ten

A roundup of today's news and sport

11:04 Nashville Babylon

Mark Rogers offers the very best in Americana, alt country, folk soul and blues music *(RNZ)*