



**Monday 20 March 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)