



**Thursday 20 July 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 with Ingrid Hipkiss and Corin Dann**

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**

RNZ news, followed by updates and reports until 1.00pm

**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 including The Detail

<https://www.rnz.co.nz/programmes/the-detail>

**7:06 Nights**

RNZ's weeknight programme of entertainment and information

**10:00 News at Ten**

A roundup of today's news and sport

**11:04 PM The Mixtape**

Musical guests compile a C60 (tape) and talk us through their selections. (RNZ)