

Friday 7 March 2025

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)

4:00 Checkpoint with Lisa Owen

RNZ's weekday drive-time news and current affairs programme

6:00 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)

7:06 Country Life

The Country life team take you all over the motu to hear the extraordinary stories of every day rural New Zealand

8:06 Nights with Emile Donovan

RNZ's weeknight programme of entertainment and information

8:15 Pacific Waves

8:30 Nights Continues

Including tonight's quiz

9:30 Short Cut with Dan Slevin

Film and Television Review

10:00 News at Ten

A roundup of today's news and sport

10:15 Nights continues with Emile Donovan

10:30 Out Lately with Finn Johansson