|  |  |  |
| --- | --- | --- |
| Time | Item | Notes |
| 0 | News |  |
| +1 |
| +2 | intro | Marsh and Tom introduce themselves, run through the menu of the show. The show is about escapism. |
| +3 | Presenters Personal escapism | Marshal talking about music and why he likes it.  Tom talking about video games and how he escapism. Twitter and facebook |
| +4 |
| +5 |
| +6 | Song, Jail Break thin lizzie. | 4:02 |
| +7 |
| +8 |
| +9 |
| +10 | Gambling Escapism | Tom and Marsh introduce gambling as an escapism, mention personal experience with it. Lead into package. |
| +11 | Gambling Package |  |
| +12 |
| +13 |
| +14 |
| +15 |
| +16 | Physiologist Live 1 | M and T introduce physiologist and start to ask him question. |
| +17 |
| +18 |

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| --- | --- | --- |
| +19 | song | Pina Colada song 4 minutes 40 |
| +20 |
| +21 |
| +22 |
| +23 |
| +24 | Physiologist Live 2 | M and T introduce physiologist and start to ask him question. |
| +25 |
| +26 |
| +27 | Games Package (Tom) |  |
| +28 |
| +29 |
| +30 |
| +31 | Presenter discussion about gaming |  |
| +32 |
| +34 | Iona’s Package |  |
| +35 |
| +36 |
| +37 |
| +38 |
| +39 | Presenter chat |  |

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| --- | --- | --- |
| +40 | Cos play? Ste  am punk |  |
| +41 |
| +42 |
| +43 |
| +44 | Gaming Louron!!!! pen play |  |
| +45 |
| +46 |
| +47 |
| +48 |
| +49 |
| +50 | Chris Hainstock about films sound |  |
| +51 |
| +52 |
| +53 |
| +54 |
| +55 | Titanic |  |
| +56 |
| +57 |
| +58 |
| +59 | news jingle |  |