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Monday - Friday

2.00am The Best Of Vanessa Feltz

A chance to hear highlights from the previous Vanessa Feltz phone in.

→ Hear Vanessa's live show and take part weekdays 9am

3.00 Kath Melandri

The programme with the first word on the day ahead. This is London's early breakfast show previewing the news stories of the day with travel updates every 15 minutes from 5am.

Email kath.melandri@bbc.co.uk

6.00 Jo Good and Paul Ross

Jo and Paul present London's breakfast show including news, weather and travel every 15 minutes. Our reporters are out and about reporting on the big stories of the day and there are plenty of laughs along the way.

News 00, 15, 30, and 45 past each hour

Travel news at 15, 30, 45 and 58 past each hour

Sport at 32 minutes past each hour

Email joandpaul@bbc.co.uk

→ Jo is also on Saturday mornings from 7am-10am

9.00 Vanessa Feltz

London's most compelling morning phone in. Tune in at nine to hear her agenda for the morning, and then share your experiences and views by phone, text or email.

Email vanessa@bbc.co.uk

→ Vanessa is also on Saturday mornings 10am-1pm

12.00 Robert Elms

With your help, Robert answers more questions of London trivia and invites a famous character from our city to be the week's "Listed Londoner"

Email robert.elms@bbc.co.uk

→ The Best of Robert Elms, Saturdays at 1pm, Sundays at 7pm

3.00pm Danny Baker

Danny seamlessly combines your calls, emails and texts with the best music from the Baker archive.

Email margaret.rutherford@bbc.co.uk

→ The Best of Danny Baker, Saturdays at 1.30pm, Sundays at 7.30pm

5.00 Eddie Nestor's Drivetime

A round-up of the day's news and sport with your reaction together with travel news every 15 minutes

News every 15 minutes at 00, 15, 30 and 45 past each hour

Travel news at 16, 31, 46 and 59 past each hour

Sport at 32 minutes past each hour

Email eddie.nestor@bbc.co.uk

→ Eddie is also on Sunday nights 10pm-2am

7.00 BBC London Sport

Nightly coverage of local and national sport. With **Emma Jones**, **Steve Bunce**, **David Croft** and **Phil Parry** debate the sporting stories of the day inviting your views by phone, text and email.

Email firstname.surname@bbc.co.uk

→ BBC London Sport Saturdays and Sundays 2pm-6pm

8.00 (Fridays) Guilty Pleasures

Worried about loving the 80s? Concerned by your secret collection of Duran Duran LPs? Whatever your guilty pleasure, Sean Rowley will give you absolution.

Email sean.rowley@bbc.co.uk

10.00 Big George

Big George brings you the show connected to late night London—your chance to comment on the day's news and George's daily agenda.

Email biggeorge@bbc.co.uk

Saturday

2.00am Ray Khan

Your calls and music through the night.

Email ray@bbc.co.uk

→ Ray is also on Sundays 2am

6.00 Best of BBC London 94.9

Simon Lederman with highlights from the past week

→ Best Of continues Saturday 1pm

7.00 Jo Good and

Simon Lederman

Three hours of fast and frantic fun together with your calls, emails and texts. Don't miss the team's great ideas on where to take the family to make a perfect weekend.

Email joanne.good@bbc.co.uk

→ Jo is also on weekday mornings from 7am-10am

10.00 Vanessa Feltz

Vanessa is in the chair for your calls, emails and texts, guests and music perfect for a Saturday morning.

Email vanessa@bbc.co.uk

→ Vanessa is also on weekday mornings from 9am-12noon

1.00pm The Best of BBC London 94.9

Simon Lederman presents highlights from the past week including golden moments from Robert Elms and Danny Baker.

2.00 BBC London Sport

Tom Watt and reporters provide full coverage of all our local clubs home and away and commentary of selected games. With full results service at 5pm.

Email tom.watt@bbc.co.uk

→ BBC London Sport also on Sundays 2pm and weekdays 7pm

6.00 Gary Crowley

Gary starts Saturday evening with your choice of classic tracks, unsigned acts and music interviews.

Email garycrowley.london@bbc.co.uk

8.00 DJ Ritu

DJ Ritu with music styles and cultures from across the globe.

Email dj.ritu@bbc.co.uk

10.00 Jazzie B

Jazzie mixes soul, funk and club anthems.

12.00 Dotun Adebayo

At the midnight hour on Saturday, it's Reggae Time.

Email dotun.adebayo@bbc.co.uk

→ Dotun is also on Sundays at 8pm

Sunday

2.00am Ray Khan

Ray sets the agenda to reflect the burning issues on the minds of Londoners in the early hours.

Email ray@bbc.co.uk

→ Ray is also on Saturdays 2am

6.00 Inspirit

With **Jumoké Fashola**.

Looking at the week's big issues through the eyes of those who make up London's diverse faith and beliefs.

Email jumoke.fashola@bbc.co.uk

9.00 Anne Diamond

Each week Anne's joined by an expert in fields from gardening to DIY and cooking to collectables. Call, email or text your questions. Plus celebrity guests and great music for a Sunday morning.

Email anne.diamond@bbc.co.uk

12.00 Tony Blackburn

Make a date with the king of Sunday lunchtimes with classic songs and nostalgia, Tony takes your calls, emails and texts.

Email tony.blackburn@bbc.co.uk

2.00pm BBC London Sport

Steve Bunce hosts the Sunday edition of BBC London Sport. With local, national and international sport and full coverage of all our local clubs at home and away. Plus commentary of selected games.

Email steve.bunce@bbc.co.uk

→ BBC London Sport also on Saturdays 2pm and weekdays 7pm

6.00 Best of BBC London 94.9

Simon Lederman presents highlights from the past week including, from 7pm, golden moments from Robert Elms and Danny Baker.

8.00 Dotun Adebayo

A week of London's big stories affecting the city's black communities with your calls, emails and texts.

Email dotun.adebayo@bbc.co.uk

→ Dotun also on Saturdays midnight

10.00 Eddie Nestor

Debate and banter with guests in the studio and your calls during 'The Rum Shop' together with your emails and texts.

Email eddie.nestor@bbc.co.uk

→ Eddie is also on weekdays 5pm