

Monday - Friday**2.00am Big George (Mondays: Jonathan Lampon)**

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. Includes early morning travel, sport and financial updates from 5.00am

Email biggeorge@bbc.co.uk

Email lampon@bbc.co.uk (Mondays)

6.00 Gaby Roslin and Paul Ross

Gaby 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 thebreakfastshow@bbc.co.uk

9.00 Vanessa Feltz

Tune in at nine to hear Vanessa's agenda for the morning, and then make your point to London by phone, text or email.

Email vanessa@bbc.co.uk

12.00pm Robert Elms

With your help, Robert answers more questions of London trivia, invites a famous character from our city to take pride of place as the week's "Listed Londoner", discusses London architecture and the latest movie releases, all combined with Robert's pick of the best tunes on the planet.

Email robert.elms@bbc.co.uk

3.00 Danny Baker

Danny Baker is the mastermind behind two hours of top class radio magic every afternoon. He seamlessly combines your calls, emails and texts with the best music from the Baker archive.

Email margaret.rutherford@bbc.co.uk

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

7.00 BBC London Sport

Nightly coverage of local and national sport.

With **Emma Jones, Steve Bunce, Nick Godwin, Sara Orchard, Andy Rowley, Caroline Barker** and **Phil Parry** debating the sporting stories of the day and broadcasting selective live commentaries.

Email firstname.surname@bbc.co.uk

8.00 (Fridays) Jazzie B

North London's legendary music producer and DJ plays a mix of funk, soul and house.

Email jazzieb@bbc.co.uk

10.00 Jo Good

Great conversation and your calls, emails and texts. It's the perfect end to a hectic day in London. Jo brings you an early look at tomorrow's papers.

Email joanne.good@bbc.co.uk

Saturday**2.00am Big George**

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

Email biggeorge@bbc.co.uk

6.00 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 and the full weekend weather forecast at 8.35.

Email joandsimon@bbc.co.uk

9.00 Vanessa Feltz

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

Email vanessa@bbc.co.uk

12.00pm Gary Crowley

Gary presents The Soundtrack To Your Life with classic 70s and 80s hits and dips into his interview archive for a classic conversation.

Email garycrowley.london@bbc.co.uk

2.00 BBC London Sport

Phil Parry and the BBC London team of reporters provide full coverage of all our local clubs at home and away. Hear news of every London goal and commentary of selected games.

5pm The Far Post BBC London 94.9's results service.
Email phil.parry@bbc.co.uk

6.00 Gary Crowley

Gary starts Saturday evening with classic tracks, unsigned acts and music interviews together with an archive interview.

Email garycrowley.london@bbc.co.uk

8.00 DJ Ritu

It's the music show with the most diverse collection of music styles and cultures from across the globe anywhere in London. With special guests.

Email dj.ritu@bbc.co.uk

10.00 Jonathan Lampon

Lively phone-in debate on the weekend's news together with a first look at Sunday's papers.

Email lampon@bbc.co.uk

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

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 Lesley Joseph

Each week Lesley'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 lesley.joseph@bbc.co.uk

12.00pm 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

2.00 BBC London Sport

The Sunday edition of BBC London Sport with coverage of local, national and international sport. The BBC London 94.9 team of reporters provide full coverage of all our local clubs at home and away and commentary of selected games.

Email london.sport@bbc.co.uk

6.00 Best of BBC London 94.9

Highlights from the past week including golden moments from Gaby and Paul, Vanessa Feltz, Robert Elms, Eddie Nestor and Danny Baker.

8.00 Dotun Adebayo

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

Email dotun.adebayo@bbc.co.uk

10.00 Eddie Nestor

Debate and fun with guests in the studio during Eddie's 'Rum Shop' and your calls, emails and texts. Includes a review of the early editions of Monday's papers.

Email eddie.nestor@bbc.co.uk