

Polly James

Presenter, Capital Breakfast, Capital FM South Wales



Born and bred in the city of Cardiff, Polly is Welsh and proud and won't stop telling you about it. With an athletic background, Polly prides herself having a fiercely ambitious nature and endeavors to lead an energetic work and personal life. She is the alternative, girl next-door, with her own sense of style and addictive personality.

Polly is currently part of the award winning Capital Breakfast on Capital South Wales. She also is an accomplished public speaker, host, voice over artist and club DJ.

Her radio career has spanned over the last 7 years, where she started out as a road runner at Red Dragon FM in Cardiff. A self confessed promo girl who went to Red Dragon just to earn a bit more money on the side of her athletics career said 'it just clicked' when she first stepped into a studio and never looked back. She started off covering a Saturday afternoon sports show on Bridge FM and quickly started to cover more shows on Town and Country network of Stations, Red Dragon FM and the HITS Radio. After less than a year on commercial radio she was given her opportunity to present on National Radio as Virgin Radio made the switch to Absolute Radio.

Polly continued to make work in South Wales on Town Country's Nation Radio and hosted weekend overnights for Absolute Radio. In 2010 she was given the Absolute Radio weekday overnights as a permanent fixture, as well as hosting on Absolute Radio 90's and 00's.

Polly's vivacious and upbeat style on the radio won her thousands of listeners across the UK on the graveyard shift, which shone in the listening figures as she lead the London market for over two years. As well as dominating the overnight audience, She was also a big part of the station's involvement in BT London Live in 2012. Hosting the stage at Hyde Park and Trafalgar Square in front of 60,000 people interviewing medalists from London 2012 like Jessica Ennis, Greg Rutherford and the infamous final interview with Oscar Pistorius before he killed Reeva Steenkamp. She also fronted backstage footage at various festivals including Hard Rock Calling and Isle of Wight whilst on Absolute Radio, interviewing artists like Tom Jones, Bruce Springsteen, Stereophonics, Manics, Kings of Leon, Kasabian and Ed Sheeran.

At the start of 2013, Polly moved back to her hometown in Cardiff after 4 years at Absolute Radio to host the Capital Breakfast Show. Matt, Polly and Geraint picked up the Best Breakfast show award at the Arqiva Awards 2014.

Now a familiar name and face in South Wales, Polly wakes up her home town and also hosts various events across South Wales such as Party in the Park, the Welsh Rugby Union games and Cardiff City games. More recently Polly was asked to host the Blackpool illuminations as part of CBBC where she turned the lights on with Tim Burton.

Outside of radio, Polly is also a voice over artist where her voice is used on ITV2, SKY, BBC3, various SONY music adverts, other global brands, such as Nintendo, V05 and LEGO and appears as the continuity announcer on 4MUSIC and BOX TV.

For more information on Polly:

chris@northmediatalent.com

07989 396901

@NMediaTalent

NorthMediaTalent