

# Jay Lawrence

Presenter, Absolute Radio



Jay is currently a presenter for Absolute Radio.

Jay got involved in radio when he joined the radio station at the University of East Anglia, Livewire. He then went on to win two Student Radio Awards (a silver and a bronze still count as winning, right?)

Immediately after leaving university he started presenting BBC Introducing, shining a light on some of the best new music around. Listening and pushing new sounds has always been a keen interest of Jay's, starting from promoting sell out gigs at the age of 15 in his hometown Leighton Buzzard. He has been known to run around the office like a mad man when he finds his new favourite song.

Jay spent some time at Radio X in 2017, before moving to Absolute. Jay hosts Weekend Breakfast and has also presented the music-focused Evening Show, the Absolute Radio Request Show plus Rock N Roll Football (incorporating Jay's other love: sport).

And speaking of, Jay has previously covered Norwich City for the BBC (his second team, he admits, behind his boyhood Liverpool). He also hosts an American Football podcast, The NFL Tailgate. After accidentally rooming with a bunch of college footballers whilst living in New Orleans, Jay got into the sport and now firmly has 'attending the Super Bowl' on his bucket list.

Other than that, Jay enjoys long walks on the beach, the name 'Brian' and the recent films of Nicholas Cage.

**For more information on Jay:**

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