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RADIO DAYS

The model and TV presenter now rules the airwaves. Give it up for our new favourite TV girl Lilah Parsons

Lilah Parsons is guaranteed to make you smile from the moment you meet her - her big grin and laugh are truly infectious, and it's all even before she starts talking to you with that calm poise that the one about the redwood has called.

Having loved hair from a young age, Lilah followed her heart and applied to study a degree in Fashion Design and Photography at the prestigious London College Of Fashion. She was accepted, but decided to postpone her start date when she was scouted as a party and signed up by a modelling agency. Within six weeks, she was shooting for Chanel and working for Vivienne Westwood.

Following a period of modelling, Lilah, 27, went into the world of broadcasting, presenting an independent radio station. However, both as well as a weekly show for the BBC, throwing her voice behind the microphone, she was soon poached by Capital. Her hours are with long-running radio host Dave Berry and former Linné singer George Thekin before the latest breakfast show from January this year. Fast forward eight months and Lilah is back where her career is taking her, saying, "If someone had told me the time last year that I'd be presenting on London's biggest commercial breakfast show, I wouldn't have believed them. But I'm enjoying the best time" - use this as a time to find out more.

How are you enjoying Capital Breakfast?
Capital this is another legend in my dream job. My first day was 25 January but it has gone really fast and it's been incredible. I'm really enjoying it and

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