

Instagram

Instagram Profile Details

Full Name: *Rav Wilding*

Profile picture:

Username: [ravwilding](#) UNVERIFIED

Biography: TV presenter / VO artist Ex soldier ⚔ Ex Detective Twitter @Ravwilding contact me here

Website: <http://www.talent4media.com/talent/rav-wilding/>

Instagram Profile Stats

Followers: 23.8k

Posts: 675

Average likes: 635 (2.67%)

Average comments: 28 (0.12%)

Average total engagement: 663 (2.79%)

Average posts per day: 0.2143

Instagram Follower Count History (up to 30 days)

20th Aug 2019 23.82k

Instagram Media (sample)

Monday
19th
August
2019

Caption:	My face says it all!! Having an absolute blast on the @kymcouk AK550! #playtime #scooter #motorbike #motorcycle #twistandgo
Location:	-
Likes:	509
Comments:	8
Direct Link:	https://www.instagram.com/p/B1V0nhLI-zk/

Instagram Media (sample)

Wednesday
7th August
2019

Caption:	What a day! Just back from an amazing trip to @officialronhaslamracing where I took part in the elite course on the fire blade , I learned so much from my amazing instructor Neevesy , about my lines, braking points lean angles and loads more... absolutely shattered now though! #motorbikes #motorcycles #race #raceschool #honda #firebalde #superbike
Location:	Donnington Park Race Circuit
Likes:	558
Comments:	14
Direct Link:	https://www.instagram.com/p/B03kNpQFJzD/

Tuesday
30th July
2019

Caption:	Great day filming for the @bbctheoneshow talking all about PM Johnson's announcement to recruit 20,000 new police officers and are young adults up for the job?..Will be on tonight 7pm @bbcone #police #recruits
Location:	Boxpark Shoreditch
Likes:	538
Comments:	10
Direct Link:	https://www.instagram.com/p/B0ioYdSFKhX/

Monday
29th July
2019

Caption:	LEFT me at 39, Right me at 41. _____ Lots more work still to be done : I've totally changed my training. As well as higher rep weights I've also incorporated lots of low impact but fairly high intensity cardio such as bikes and lots of power walking on the treadmill which has not only helped my cardio vascular fitness but is strengthening my core, hamstrings and gastrocnemius (calf) which have been struggling last few years. Still lots more work to be done I'm well aware of that but this is progress... _____ #goodbyeraverotti #shapeup #training #gym #fitness #weightloss
Location:	-
Likes:	1.31k
Comments:	95
Direct Link:	https://www.instagram.com/p/B0gGrW7FiQx/

Instagram Media (sample)

Friday 26th
July 2019

Caption:	Morning filming with @prostatecanceruk with a new online awareness campaign and then what a brilliant surprise when my pal Joe Pasquale walks in! Genuinely one of the nicest fellas ever #prostatecancer #menshealth #getchecked
Location:	-
Likes:	632
Comments:	9
Direct Link:	https://www.instagram.com/p/B0YIJOOOF_LK/

Tuesday
23rd July
2019

Caption:	Can anyone name the show?..... .. #filming #tv #presenter
Location:	-
Likes:	523
Comments:	50
Direct Link:	https://www.instagram.com/p/B0RPwNflnRJ/

Thursday
18th July
2019

Caption:	this was back in 2004 when I first got the Crimewatch gig New series of Crimewatch Roadshow coming soon! #tbt #babyrav #skinny #police #mademewearuniform
Location:	BBC White City
Likes:	859
Comments:	44
Direct Link:	https://www.instagram.com/p/B0DWuALF0vX/

Wednesday
3rd July
2019

Caption:	Just me with a mouth full of home made coconut ice cream in a little street market ... #travels #Thailand #kohsamui
Location:	Koh Sumai Thailand
Likes:	385
Comments:	23
Direct Link:	https://www.instagram.com/p/BzchFaxFQfb/

Saturday
29th June
2019

Caption:	#Thailand *
Location:	Koh Samui
Likes:	744
Comments:	10
Direct Link:	https://www.instagram.com/p/BzSIQ-xFe3z/

Instagram Media (sample)

**Saturday
29th June
2019**

Caption:	Today I'm powered by the coconut
Location:	Koh Samui
Likes:	901
Comments:	26
Direct Link:	https://www.instagram.com/p/BzR2kJ1FeeO/

Instagram Hashtags (sample)

x4 [#motorbike](#)

x4 [#allnewmonty](#)

x3 [#police](#)

x3 [#motorcycle](#)

x3 [#triumph](#)

x3 [#military](#)

x3 [#tv](#)

x3 [#biker](#)

x3 [#army](#)

x2 [#joepasquale](#)

x2 [#mates](#)

x2 [#fitness](#)

x2 [#allnewmonty2019](#)

x2 [#gym](#)

x2 [#royalairforce](#)

x2 [#royalmarines](#)

x2 [#shapeup](#)

x2 [#Thailand](#)

x2 [#bike](#)

Instagram Hashtags (sample)

x2 #training

x1 #behappy

x1 #babyrav

x1 #charity

x1 #commendation

x1 #recruits

x1 #itv

x1 #smile

x1 #mademewearuniform

x1 #clothing

x1 #decorated

x1 #firebalde

x1 #crime

x1 #goodtimes

x1 #skinny

x1 #helpforheroes

x1 #diversity

x1 #honda

x1 #stage

x1 #justice

x1 #triumphbobber

x1 #theallnewmonty

x1 #tbt

x1 #pride

x1 #motorbikes

Instagram Hashtags (sample)

x1	#strip
x1	#acecafe
x1	#triumphuk
x1	#filming
x1	#proud
x1	#motorcycles
x1	#whodarestobare
x1	#bobber
x1	#presenter
x1	#service
x1	#race
x1	#pain
x1	#wiliethorne
x1	#bushtuckertrial
x1	#ch5
x1	#pt
x1	#getchecked
x1	#veteran
x1	#raceschool
x1	#realpain
x1	#navy
x1	#travel
x1	#news
x1	#menshealth
x1	#royalnavy

Instagram Hashtags (sample)

x1	#friends
x1	#superbike
x1	#tookitlikeachamp
x1	#tough
x1	#talk
x1	#trainer
x1	#prostatecancer
x1	#lawandorder
x1	#playtime
x1	#worstpainevery
x1	#toughmudder
x1	#kohsamui
x1	#goodbyeraverotti
x1	#cancer
x1	#memories
x1	#scooter
x1	#travels
x1	#food
x1	#weightloss
x1	#emperorwillie
x1	#metropolitanpolice
x1	#twistandgo

Instagram Mentions (sample)

x2	@angellicabell
x2	@itv

Instagram Mentions (sample)

x2	@bbcone
x2	@helpforheroes
x1	@spungoldtvofficial
x1	@kymcouk
x1	@jack_charlesf
x1	@triumphuk
x1	@kelvin_fletcher
x1	@jeremyvineon5
x1	@prostatecanceruk
x1	@xander
x1	@officialronhaslamracing
x1	@jillmorganx
x1	@ashleybanjogram
x1	@officialacecafelondon
x1	@jasoncundy05
x1	@jemmaforte
x1	@themattevers
x1	@bbctheoneshow
x1	@king_of_clubs_clothing

Twitter

Twitter Profile Details

Full Name: Rav Wilding

Profile picture: No image available

Username: [RavWilding](#) VERIFIED

Biography: That ex cop bloke off the tele Craig@talent4media.com ▶insta ravwilding #dyslexic and #dyspraxsic

Website: -

Twitter Profile Stats

Followers: 58.6k

Statuses: 33.7k

Average favorited: 6 (0.01%)

Average retweeted: 358 (0.61%)

Average total engagement: 364 (0.62%)

Average statuses per day: 3.1643

Twitter Follower Count History (up to 30 days)

18th Aug 2019 58.64k

21st Aug 2019 58.64k

24th Aug 2019 58.64k

27th Aug 2019 58.63k

30th Aug 2019 58.64k

2nd Sep 2019 58.62k

5th Sep 2019 58.61k

8th Sep 2019 58.61k

10th Sep 2019 58.61k

Twitter Follower Count History (up to 30 days)

13th Sep 2019

58.61k

16th Sep 2019

58.62k

Twitter Tweets (sample)

Monday 16th
September
2019

Caption:	Please have a watch folks https://t.co/JIUlgOqQxR
Location:	
Favorites:	3
Retweets:	0
Direct Link:	https://www.twitter.com/status/1173605116798230528

Monday 16th
September
2019

Caption:	RT @ProstateUK: We have something very special to share with you. We're humbled that these legendary names have come together to share...
Location:	
Favorites:	0
Retweets:	222
Direct Link:	https://www.twitter.com/status/1173604292743323648

Monday 16th
September
2019

Caption:	Is it bed time yet?
Location:	
Favorites:	17
Retweets:	1
Direct Link:	https://www.twitter.com/status/1173600994430738432

Monday 16th
September
2019

Caption:	RT @BeardedGenius: I like both the empathy of this dog, and also its 'stop being a dick' stare https://t.co/vfmpTnTGGk
Location:	
Favorites:	0
Retweets:	4.98k
Direct Link:	https://www.twitter.com/status/1173596811421978624

Twitter Tweets (sample)

Monday 16th
September
2019

Caption:	This is pretty incredible to be fair... https://t.co/PXXTC607fM
Location:	
Favorites:	7
Retweets:	0
Direct Link:	https://www.twitter.com/status/1173543155435806720

Monday 16th
September
2019

Caption:	RT @helloMovePR: Check out this new sport podcast hosted by our client @LeonLloyd13 & @LewisMoody7. Move over Crouchy! #afterthewhistle htt...
Location:	
Favorites:	0
Retweets:	2
Direct Link:	https://www.twitter.com/status/1173541290790793217

Monday 16th
September
2019

Caption:	RT @K9Finn: Just been informed that @BBCCrimeWatch will be talking about #FinnsLaw tomorrow morning from 9.15am Will have to set it to rec...
Location:	
Favorites:	0
Retweets:	55
Direct Link:	https://www.twitter.com/status/1173536998478553088

Monday 16th
September
2019

Caption:	RT @CrimestoppersUK: #CrimewatchRoadshowLive is currently on air, each weekday at 9:15am on @BBCOne. Featuring appeals from across the UK,...
Location:	
Favorites:	0
Retweets:	5
Direct Link:	https://www.twitter.com/status/1173536297958461441

Sunday 15th
September
2019

Caption:	RT @MichAckerley: Back on the road for the second week of @BBCCrimeWatch with me & @RavWilding Every weekday 9:15am @BBCOne See you in the...
Location:	
Favorites:	0
Retweets:	7
Direct Link:	https://www.twitter.com/status/1173267164918407170

Twitter Tweets (sample)

Saturday 14th
September
2019

Caption:	Friend of the year award goes to.... https://t.co/Qli5EzQtRm
Location:	
Favorites:	39
Retweets:	4
Direct Link:	https://www.twitter.com/status/1172802404582141954

Twitter Hashtags (sample)

x8 [#CrimewatchRoadshowLive](#)

x7 [#allnewmonty](#)

x5 [#dyspraxia](#)

x3 [#Illgottengains](#)

x2 [#motorbike](#)

x2 [#frontlinepolice](#)

x2 [#LineOfDuty](#)

x2 [#allnewmonty2019](#)

x2 [#voiceover](#)

x2 [#biker](#)

x1 [#HateCrime](#)

x1 [#theBromleyBoys](#)

x1 [#veryprouddaughter](#)

x1 [#wrongH](#)

x1 [#LionKing](#)

x1 [#friendship](#)

x1 [#bargain](#)

x1 [#fullmonty](#)

x1 [#CrimeWatch](#)

x1 [#pain](#)

Twitter Hashtags (sample)

x1	#Police
x1	#afterlife
x1	#prayforrav
x1	#TheOneShow
x1	#KYMCO
x1	#frog
x1	#realpain
x1	#Uk
x1	#AfterLifeNetflix
x1	#OnThisDay
x1	#ride
x1	#neighbourhoodblues
x1	#KYMCOUK
x1	#legs
x1	#tookitlikeachamp
x1	#WindrushDay2019
x1	#happylife
x1	#TheAllNewMonty
x1	#hobbsandshaw
x1	#rideout
x1	#bonkers
x1	#MotorcycleLive
x1	#personaltrainer
x1	#worstpainevery
x1	#happypeople

Twitter Hashtags (sample)

x1 #ChampionsLeagueFinal

x1 #rammo

x1 #scrambler

x1 #Rocketman

x1 #takeabow

x1 #shapeup

x1 #completedit

x1 #bushtuckertrial

x1 #Harrysfullenglish

x1 #MenWeAreWithYou

x1 #LeftHandersDay

x1 #speedtwin

x1 #bgt

x1 #FinnsLaw

x1 #squad

x1 #thanksladies

x1 #travel

x1 #mute

x1 #narrator

x1 #Luton

x1 #TheNewMonty2019

x1 #LGBT

x1 #AJvsRuiz

x1 #afterthewhistle

x1 #trainer

Twitter Hashtags (sample)

x1	#bobber
x1	#KirstiesCelebCrafters
x1	#bike
x1	#endofanera
x1	#BBC1
x1	#dog
x1	#TheVirtues
x1	#facilitydogs
x1	#tv
x1	#essex
x1	#brexit
x1	#food
x1	#tasers
x1	#dogsofinstagram
x1	#JAILED
x1	#comicrelief19
x1	#HelpforHeroes
x1	#kent
x1	#motorcycle
x1	#namesplease
x1	#teamwork
x1	#yorkie
x1	#Leytonstone
x1	#comicrelief2019
x1	#MondayMorning

Twitter Hashtags (sample)

x1 [#freedom](#)

x1 [#triumph](#)

x1 [#chesterwilliams](#)

Twitter Mentions (sample)

x43 [@RavWilding](#)

x24 [@BBCCrimeWatch](#)

x12 [@BBCOne](#)

x10 [@ITV](#)

x9 [@MichAckerley](#)

x5 [@jack_charlesf](#)

x5 [@TheMattEvers](#)

x5 [@JeremyVineOn5](#)

x4 [@IJRumsey](#)

x4 [@kelvin_fletcher](#)

x4 [@UKTriumph](#)

x4 [@DYSPRAXIAFDN](#)

x4 [@AshleyBanjo](#)

x4 [@KyranBracken](#)

x4 [@itreallyisjoe](#)

x4 [@angellicabell](#)

x3 [@LewisMoody7](#)

x3 [@metpoliceuk](#)

x3 [@jasoncundy05](#)

x3 [@KirstieMAllsopp](#)

x3 [@TheWillieThorne](#)

Twitter Mentions (sample)

x3	@ProstateUK
x3	@BBCiPlayer
x3	@Emmabarnett
x2	@DoctorChristian
x2	@channel5_tv
x2	@virginmedia
x2	@Channel4
x2	@KrisWestgateVIP
x2	@StormHuntley
x2	@RonHaslam
x2	@ProflmranAwan
x2	@AndrewGraystone
x2	@benshephard
x2	@BBC_Bikes
x2	@acecafelondon
x2	@jimhamilton4
x2	@theJeremyVine
x2	@fikee
x2	@Sallydyspraxia
x2	@DannyCipriani87
x2	@bbc5live
x2	@samrenke
x2	@RuthieKyle
x2	@IzzyFolau
x2	@LouFerrigno

Twitter Mentions (sample)

x2	@willcarling
x2	@richardosman
x2	@BBCTheOneShow
x2	@Halcruttenden
x2	@4licerose
x2	@HelpforHeroes
x2	@XanderArmstrong
x1	@DunfermlinePol
x1	@AllBlacks
x1	@SkyWitness
x1	@AnnaDanshina
x1	@MarkOrmrod
x1	@loosewomen
x1	@JKCorden
x1	@Rose_Matafeo
x1	@psimonk
x1	@RugbyEng
x1	@manubennett
x1	@BeardedGenius
x1	@JamieLaing_UK
x1	@realalanwiggins
x1	@MPsonTheStreet
x1	@AshleyTheophane
x1	@Walden1864
x1	@davidthewhiter1

Twitter Mentions (sample)

x1	@SpursOfficial
x1	@SixNationsRugby
x1	@UNICEF
x1	@SWROCU
x1	@andipeters
x1	@Jtinoco_
x1	@Wayne_Sleep
x1	@K9Finn
x1	@HayBulbs
x1	@CityPolice
x1	@gwentpolice
x1	@stephenfry
x1	@eflembo
x1	@Catherine_Plant
x1	@RTRPGlasgow
x1	@SarahChampion
x1	@MaxineFrances
x1	@bbcpress
x1	@HuntedMarc
x1	@Will_Fraser89
x1	@WMPolice
x1	@btsport
x1	@GrantEvans4
x1	@Food_Unwrapped
x1	@5WrightStuff

Twitter Mentions (sample)

x1 [@bbcapprentice](#)

x1 [@Chris_Stark](#)

x1 [@BBC_TopGear](#)

x1 [@caerphillyrugby](#)