

Instagram

Instagram Profile Details

Full Name: Richard Arnold

Profile picture:



Username: [tvrichardarnold](#) **VERIFIED**

Biography: Ordinary bloke lucky enough to meet extraordinary folk. TV presenter @gmb Journalist. On Twitter @richardaarnold Agent: anita@anitaland.com

Website: <http://itv.com/gmb>

Instagram Profile Stats

Followers: 190.4k

Posts: 2.5k

Average likes: 2.1k (1.13%)

Average comments: 53 (0.03%)

Average total engagement: 2.2k (1.16%)

Average posts per day: 0.5642

Instagram Follower Count History (up to 30 days)

20th Aug 2019 190.41k

Instagram Media (sample)

**Tuesday
20th
August
2019**

Caption:	I don't know where she gets it from. The Real Top Gun, tonight @itv #forces #forcessweetheart #clemmie #cockapoo #cockapoosofinstagram #cockapoosofinsta #dogsofinstagram #dogsofinsta #topgun #itv #gmb #raf #fighter #fighterpilot #maverick
Location:	Television Centre
Likes:	1.04k
Comments:	6
Direct Link:	https://www.instagram.com/p/B1ZA2rYnkco/

Instagram Media (sample)

Friday 16th
August
2019

Caption:	Real men wear pink. Heading into the weekend with @rylan #weekendvibes #friyay #fridayfunday #supermarketsweep
Location:	Maidstone, Kent
Likes:	2.11k
Comments:	43
Direct Link:	https://www.instagram.com/p/B1ONmvMHSvH/

Thursday
15th
August
2019

Caption:	Just 133 days to go until Christmas - on the set of @lastchristmasthemovie earlier this year with the very twinkly @emilia_clarke @henrygolding & #emmathompson. Out 15th November featuring new material from the late great @georgemofficial and starring Emilia as a young aspiring singer whose hero is George. A festive tale of star crossed lovers that's set to tug at the heart strings and make it soar. Just when you thought it was too early to get the tree down from the loft. Catch the chat @gmb at 710 #lastchristmas #lastchristmasmovie #christmas #georgemichael #emiliacclarke #henrygolding #universal @nickrylance
Location:	Television Centre, London
Likes:	3.52k
Comments:	55
Direct Link:	https://www.instagram.com/p/B1LGnntIIRV/

Tuesday
13th
August
2019

Caption:	Waiting for Liam Hemsworth #clemmie #cockapoo #dogs #dogsofinstagram #instadog #instadogs #cockapoosofinstagram #cockapoosofinsta #tuesday #pub #lunch #hestheone
Location:	London, United Kingdom
Likes:	3.21k
Comments:	74
Direct Link:	https://www.instagram.com/p/B1Gl8JrnGDI/

Instagram Media (sample)

**Saturday
10th
August
2019**

Caption:	So long @bellanger_n1 from one of the original hounds. Neighbourhood favourite doggy friendly watering hole is moving on so a fitting swan song cocktail and a doggy constitutional for #Clemmie. I had my last ever meal with my Dad here before he passed away after Father's Day three years ago. And what a do it was - thanks to all front of house and to the rear for the memories over the years #bellanger #houndsofbellanger #saturday #weekendvibes #clemmie #cockapoo #cockapoosofinstagram #dogs #dogsofinstagram #dogsofinsta
Location:	Bellanger
Likes:	1.79k
Comments:	24
Direct Link:	https://www.instagram.com/p/B0_EIKtnqKq/

**Thursday
8th August
2019**

Caption:	Fresh faced @gmb - at least @curtispritchard12 is - the @loveisland star joins us after 8 #loveisland #gmb #itv #itv2
Location:	Television Centre, London
Likes:	2.23k
Comments:	31
Direct Link:	https://www.instagram.com/p/B05L537HXCH/

**Wednesday
7th August
2019**

Caption:	Note to @bbcone @bbcstrictly wardrobe bosses - you're going to need a longer tape measure for that inside leg @jamescracknell is set to throw shapes from September #gmb #itv #scd #strictly #dance #olympian
Location:	Television Centre, London
Likes:	1.7k
Comments:	18
Direct Link:	https://www.instagram.com/p/B02r8l6IDfY/

Instagram Media (sample)

Sunday 4th
August
2019

Caption:	If you are going to judge me do so on the fact I just did the dishes post Sunday lunch listening to The Kids From Fame on Spotify. Not for my mini-break haul of hotel toiletries #cleansweep #ren #hotel #notanad #sunday #sundayfunday #washandgo #eleganteconomy
Location:	London, United Kingdom
Likes:	2.33k
Comments:	151
Direct Link:	https://www.instagram.com/p/B0v9mr8nFhu/

Friday 2nd
August
2019

Caption:	Move over Bloo Loo. I'll be using this for my low level flush moving forward #drinkresponsibly #sparklingwater #toilethumour #byblos #lebanon #summer #holiday #notanad
Location:	Byblos - جبيل
Likes:	2.02k
Comments:	71
Direct Link:	https://www.instagram.com/p/B0qmas_n-aS/

Thursday
1st August
2019

Caption:	When you have absolute faith that your wingman will get you home without being repatriated #youthink #aboutlastnight #beirut #lebanon #lipsync #middleeast #wingman #summernights #summer #holiday
Location:	Beirut, Lebanon
Likes:	2.47k
Comments:	50
Direct Link:	https://www.instagram.com/p/B0nOyAAncP1/

Instagram Hashtags (sample)

x63

[#gmb](#)

x57

[#itv](#)

x25

[#weekendvibes](#)

x19

[#london](#)

x18

[#weekend](#)

x16

[#clemmie](#)

x16

[#cockapoo](#)

Instagram Hashtags (sample)

x16 [#cockapoosofinstagram](#)

x16 [#dogsofinsta](#)

x15 [#friyay](#)

x13 [#itv2](#)

x13 [#loveisland](#)

x12 [#pride](#)

x12 [#saturday](#)

x11 [#dogsofinstagram](#)

x11 [#loveislove](#)

x9 [#eurovision](#)

x9 [#telaviv](#)

x9 [#aboutlastnight](#)

x8 [#eurovision2019](#)

x8 [#nycgo](#)

x8 [#israel](#)

x7 [#instadog](#)

x7 [#nyc](#)

x7 [#sunday](#)

x7 [#worldpride](#)

x7 [#dogs](#)

x6 [#sundayfunday](#)

x6 [#summer](#)

x6 [#usa](#)

x6 [#fridayfunday](#)

x5 [#mum](#)

Instagram Hashtags (sample)

x5 #adorsetkitchen

x5 #love

x5 #dorset

x5 #daretodream

x4 #setlife

x4 #socceraid

x4 #palmademallorca

x4 #saturdaynight

x3 #awards

x3 #summernights

x3 #awardseason

x3 #londonpride

x3 #bafta

x3 #westend

x3 #countrymatters

x3 #schoolsout

x3 #lunch

x3 #lebanon

x3 #stonewall50

x3 #redcarpet

x3 #redcarpetfashion

x3 #eastenders

x3 #birthday

x3 #instadogs

x3 #friday

Instagram Hashtags (sample)

x3 [#stamfordbridge](#)

x3 [#easter](#)

x3 [#lorraine](#)

x3 [#morningafter](#)

x2 [#princealbert](#)

x2 [#newyork](#)

x2 [#charity](#)

x2 [#notforgottenassociation](#)

x2 [#roadtrip](#)

x2 [#goals](#)

x2 [#newyorkcity](#)

x2 [#prideinlondon](#)

x2 [#thursday](#)

x2 [#alfresco](#)

x2 [#espagna](#)

x2 [#virginatlantic](#)

x2 [#connecticut](#)

x2 [#lineofduty](#)

x2 [#lgbt](#)

x2 [#marylebone](#)

x2 [#notanad](#)

x2 [#hatari](#)

x2 [#humpday](#)

x2 [#spain](#)

x2 [#keithlemon](#)

Instagram Hashtags (sample)

x2	#mayfair
x2	#beirut
x2	#flyingtheflag
x2	#baftatvawards
x2	#makeawish
x2	#tuesday
x2	#cockapoosofinsta
x2	#michaelrice
x2	#maythe4thbewithyou
x2	#middleeast
x2	#bgt
x2	#soccer
x2	#holiday
x2	#uk
x2	#baftatv
x2	#birthdaygirl
x2	#semifinal
x2	#party

Instagram Mentions (sample)

x45	@gmb
x11	@loveisland
x9	@itv
x7	@eurovision
x6	@bafta
x4	@vanouten_denise

Instagram Mentions (sample)

x4	@bbceastenders
x4	@keithlemon
x4	@adorsetkitchen
x4	@iaindoesjokes
x4	@virginatlantic
x2	@itv2
x2	@paulafitzherbert
x2	@itsmichaelrice_
x2	@jonnycooktv
x2	@virginmedia
x2	@lauratobinweather
x2	@bbcstrictly
x2	@celebjuiceofficial
x2	@annmarishannahan
x2	@piersmorgan
x2	@bgt
x2	@bbcone
x2	@rylan
x2	@socceraid
x2	@kategarraway
x2	@makeawishuk
x1	@kimberleywalshofficial
x1	@mcguinness
x1	@wrighty_
x1	@carlos

Instagram Mentions (sample)

x1	@libertylondon
x1	@nickrylance
x1	@hugoandhudson
x1	@bradderswalsh
x1	@brianmcfadden123
x1	@lucyayoub21
x1	@englishnationalballet
x1	@jakegyllenhaal
x1	@jamescracknell
x1	@ruinart
x1	@mammamiapartyuk
x1	@richardbranson
x1	@mrduncanjames
x1	@marksandspencer
x1	@officialkeithduffy
x1	@downtonabbey_official
x1	@eaglefarmer
x1	@savoytheatreldn
x1	@danhinchliffe
x1	@bellanger_n1
x1	@longshotmovie
x1	@realscottmills
x1	@rosanafut_oficial
x1	@alexmannnn
x1	@londonmarathon

Instagram Mentions (sample)

x1	@ssearena
x1	@thesun
x1	@itv2celebability
x1	@susannareid100
x1	@georgemofficial
x1	@jack_charlesf
x1	@charlottehawkins1
x1	@thelukegoss
x1	@assiazar
x1	@mtv
x1	@unicef
x1	@sohohouse
x1	@noah_j
x1	@ted_baker
x1	@hollywilloughby
x1	@neighbours
x1	@jdonofficial
x1	@lastchristmasthemovie
x1	@rwmansionturtlecreek
x1	@richardpbacon
x1	@boyzlifetour
x1	@erezta1
x1	@thehills
x1	@eltonjohn
x1	@claridgeshotel

Instagram Mentions (sample)

x1	@mollymaehague
x1	@tinathemusical
x1	@hatarieurovision
x1	@abba
x1	@thelondonpalladium
x1	@timroney
x1	@loosewomen
x1	@telaviv
x1	@c4gogglebox
x1	@marvel
x1	@celinedion
x1	@curtispritchard12
x1	@charlizeafrica
x1	@disneystudios
x1	@johnlundvik
x1	@chapman_17
x1	@tvs_edmatthews
x1	@theconnaught
x1	@dementiarevolution

Twitter

Twitter Profile Details

Full Name: Richard Arnold

Profile picture: No image available

Username: [RichardAArnold](#) **VERIFIED**

Biography: Presenter @GMB, ITV. @WomansOwn. Agent Anita@anitaland.com <https://t.co/G7v1Ls5Pg5>.

Website: <https://t.co/KnG3QskRUj>

Twitter Profile Stats

Followers: 178.7k

Statuses: 13.8k

Average favorited: 32 (0.02%)

Average retweeted: 159 (0.09%)

Average total engagement: 191 (0.11%)

Average statuses per day: 0.9835

Twitter Follower Count History (up to 30 days)

17th Aug 2019 178.03k

19th Aug 2019 178.06k

22nd Aug 2019 178.13k

25th Aug 2019 178.18k

28th Aug 2019 178.24k

31st Aug 2019 178.3k

3rd Sep 2019 178.33k

6th Sep 2019 178.44k

8th Sep 2019 178.5k

11th Sep 2019 178.61k

Twitter Follower Count History (up to 30 days)

14th Sep 2019 178.65k

17th Sep 2019 178.72k

Twitter Tweets (sample)

Tuesday
17th
September
2019

Caption:	RT @lemontwitter: Back at @celebjuice tonight! If you're coming it's at Television centre not at Elstree! We've got jamesblunt @MarkWright_...
Location:	
Favorites:	0
Retweets:	16
Direct Link:	https://www.twitter.com/status/1173865428495536134

Tuesday
17th
September
2019

Caption:	RT @GMB: Aww, Piers has been bitten by a tick and is in a little bit of pain - but don't worry, Richard wishes him a speedy recovery! 😊...
Location:	
Favorites:	0
Retweets:	24
Direct Link:	https://www.twitter.com/status/1173830861248258049

Monday
16th
September
2019

Caption:	RT @GMB: 'He doesn't see me receive awards.' In an emotional interview, @Cristiano breaks down in tears over the loss of his late father a...
Location:	
Favorites:	0
Retweets:	11.48k
Direct Link:	https://www.twitter.com/status/1173664675290112000

Monday
16th
September
2019

Caption:	About Sunday afternoon... I'm in the ring there somewhere, hosting the annual dog show on the manor. Thanks to @LucyPDietitian for organising and all who turned out to support the pooches on parade at the De Beauvoir... https://t.co/in6JebnNwE
Location:	Hackney
Favorites:	12
Retweets:	0
Direct Link:	https://www.twitter.com/status/1173646425361735682

Twitter Tweets (sample)

**Monday
16th
September
2019**

Caption:	Tomorrow @gmb from 6am behind the scenes on my neighbours debut as a sinister spiritual guru with @denise_vanouten stefandennis7 & @relnaloglou - catch the eps 19th & 20th September @channel5_tv #neighbours #gmb... https://t.co/cjCFdGxFhc
Location:	London
Favorites:	31
Retweets:	3
Direct Link:	https://www.twitter.com/status/1173630508829499392

**Thursday
12th
September
2019**

Caption:	Don't miss the brilliant #POGLittleHeroes, returning to @ITV on Thursdays at 8.30pm. Go behind the scenes at @GreatOrmondSt with Paul O'Grady and get inspired by just a few of the incredible children, their families and the staff that make it so special.
Location:	
Favorites:	47
Retweets:	5
Direct Link:	https://www.twitter.com/status/1172076971075022848

**Thursday
12th
September
2019**

Caption:	RT @GMB: The most glamorous woman in showbiz is in the studio and she's identifying as Dame. 😊 @Joancollinsdb #GMB https://t.co/Ben5wW...
Location:	
Favorites:	0
Retweets:	15
Direct Link:	https://www.twitter.com/status/1172050700416770048

**Thursday
12th
September
2019**

Caption:	RT @BrainAppeal: 2 weeks until #ALIM19 #MakingLightWork comes to @OxoTowerWharf 27-29 Sept. Anonymous works from @olafureliasson, @TraceyEm...
Location:	
Favorites:	0
Retweets:	13
Direct Link:	https://www.twitter.com/status/1172049651488448512

Twitter Tweets (sample)

Wednesday
11th
September
2019

Caption:	RT @GMB: PSA @piersmorgan is now identifying as a penguin. @london_aquarium feel free to come and collect him whenever you're ready. ...
Location:	
Favorites:	0
Retweets:	2.91k
Direct Link:	https://www.twitter.com/status/1171685870841290757

Wednesday
11th
September
2019

Caption:	Normal service has resumed @gmb - the need for a Dame in the frame has never been greater. Welcome @joancollinsdbe #gmb #itv #joancollins @Television Centre, London https://t.co/2yoXQCFbGI
Location:	Hammersmith
Favorites:	53
Retweets:	0
Direct Link:	https://www.twitter.com/status/1171677325211164672

Twitter Hashtags (sample)

x71 [#gmb](#)

x57 [#itv](#)

x13 [#eurovision](#)

x13 [#CelebrityApprentice](#)

x9 [#itv2](#)

x8 [#awards](#)

x8 [#loveisland](#)

x7 [#redcarpet](#)

x7 [#eurovision2019](#)

x7 [#telaviv](#)

x6 [#bafta](#)

x6 [#london](#)

x6 [#friyay](#)

Twitter Hashtags (sample)

x6	#awardseason
x4	#love
x4	#israel
x4	#redcarpetfashion
x4	#ntas
x4	#friday
x4	#DareToDream
x4	#BGT
x3	#gq
x3	#princestrustawards
x3	#ComicRelief
x2	#abba
x2	#londontheatre
x2	#lineofduty
x2	#aboutlastnight
x2	#mammamia
x2	#michaelrice
x2	#palmademallorca
x2	#valentines
x2	#TherapeuticThursday
x2	#mammiamusical
x2	#semifinal
x2	#londonpride
x2	#blacktie
x2	#riddanceathon

Twitter Hashtags (sample)

x2 [#celebability](#)

x2 [#valentinesday](#)

x2 [#socceraid](#)

x2 [#mentor](#)

x2 [#novellotheatre](#)

x2 [#loveislove](#)

x2 [#iainstirling](#)

x2 [#saturday](#)

x2 [#Neighbours](#)

x2 [#princestrust](#)

x2 [#westend](#)

x2 [#pride](#)

x2 [#weekendvibes](#)

x2 [#gqmen](#)

x2 [#baftatvawards](#)

x2 [#rednoseday](#)

x2 [#celebjuice](#)

x2 [#prideinlondon](#)

x2 [#mensfashion](#)

x2 [#gqmenoftheyear](#)

x2 [#tuesday](#)

x2 [#dancingonice](#)

x2 [#celebrityjuice](#)

x2 [#morningglory](#)

x2 [#friyayvibes](#)

Twitter Hashtags (sample)

x2 #humpday

x2 #sunday

x2 #teamgmb

x2 #gqawards

x2 #warmfront

x2 #gameofthrones

x2 #moty

x2 #Corrie

x1 #setlife

x1 #kylie

x1 #Oscars2019

x1 #money

x1 #hastings

x1 #TeamRice

x1 #eastenders

x1 #Immunotherapy

x1 #thenandnow

x1 #loosewomen

x1 #ironthrone

x1 #BatmanDay

x1 #girlcrush

x1 #face

x1 #galentinesday

x1 #andrewwhymment

x1 #monday

Twitter Hashtags (sample)

x1	#afterthescreamingstops
x1	#sunlife
x1	#chelsea
x1	#rylan
x1	#glee
x1	#SamAllardyce
x1	#party
x1	#award
x1	#iceskating
x1	#throne
x1	#birthday
x1	#mallorca

Twitter Mentions (sample)

x174	@GMB
x74	@RichardAArnold
x27	@piersmorgan
x25	@kategarraway
x20	@susannareid100
x19	@benshephard
x18	@ITV
x14	@Rylan
x13	@comicroelief
x11	@OfficialNTAs
x10	@CelebJuice
x10	@CharlotteHawkins

Twitter Mentions (sample)

x10	@BBCOne
x9	@bbcaprentice
x9	@lemontwitter
x8	@russell_kane
x7	@PrincesTrust
x7	@omid9
x7	@Lord_Sugar
x7	@BAFTA
x7	@Lauratobin1
x7	@Eurovision
x7	@missgemcollins
x6	@errongordon
x6	@loosewomen
x6	@BrainAppeal
x6	@itv2
x5	@IainDoesJokes
x4	@adilray
x4	@itvcorrie
x4	@denise_vanouten
x4	@RealJamesArgent
x4	@kellyhoppen
x4	@hollywills
x3	@karren_brady
x3	@RadioTimes
x3	@JohnNewmanMusic

Twitter Mentions (sample)

x3 @CrohnsColitisUK

x3 @alexberesfordTV

x3 @richardpbacon

x3 @ClaudiaWinkle

x3 @SeanFletcherTV

x3 @MammaMiaMusical

x3 @bbceastenders

x3 @TessDaly

x2 @LondonMarathon

x2 @cher

x2 @Misskeeleyhawes

x2 @PrestonfieldHH

x2 @DowntonAbbey

x2 @socceraid

x2 @VirginAtlantic

x2 @GreatOrmondSt

x2 @radioleary

x2 @ranvir01

x2 @MaxBowden

x2 @assiazar

x2 @JohnBarrowman

x2 @PaddyMcGuinness

x2 @wearesuperbird

x2 @Lovelsland

x2 @BGT

Twitter Mentions (sample)

x2	@GotTalent
x2	@JoanCollinsdBe
x2	@eliistender10
x2	@bbcstrictly
x2	@reImaloglou
x2	@MarkWright_
x2	@echcharity
x2	@BarRefaeli
x2	@heatworld
x2	@TVRav
x2	@ENBallet
x1	@Kodaline
x1	@BBCiPlayer
x1	@davidwalliams
x1	@MakeAWishUK
x1	@ElstreeStudios
x1	@iain
x1	@jacyarrow
x1	@london_aquarium
x1	@andipeters
x1	@MarvinHumes
x1	@saaraaalto
x1	@SavoyTheatreLdn
x1	@WhelanGemma
x1	@DisneyPictures

Twitter Mentions (sample)

x1 [@AVFCOfficial](#)

x1 [@miketindall13](#)

x1 [@patsypalmerx](#)

x1 [@soapscoop](#)

x1 [@louissmith1989](#)

x1 [@BlacklockChops](#)

x1 [@AmandaHolden](#)

x1 [@IamTomWalker](#)

x1 [@chris_kammy](#)

x1 [@JamieMusical](#)

x1 [@BLuisaW](#)

x1 [@GQMagazine](#)

x1 [@_richardmadden](#)