



Richard Arnold



Richard is GMTV's resident TV critic. Richard has appeared daily on GMTV since 2000, including a stint co-hosting LK Today with colleague Kate Garraway and hosting the very successful GMTV wedding in 2006. Since he first sashayed onto the GMTV sofa Richard has become a firm favourite with the nation, delighting viewers with his funny take on all things televisual.

Richard began his career in journalism, and comes from a strong print journalism background. His career started in 1993 as a member of the launch team of phenomenally successful *Inside Soap* magazine before leaving in 1995 to pursue a freelance career.

Following on from his success as a semi-finalist in BBC1's *Celebrity Masterchef*, Richard presented *Soapstar Superstar* spin-off *Soapstar Superchef* for four weeks live at 5pm on ITV1 from March 19th this year. Richard then returned to Challenge TV as host of a second series of the channel's biggest hit to date *Take It Or Leave It*. From the makers of *Deal Or No Deal*, the first series of the hour-long quiz show hit the top spot on New Year's Eve and proved a runaway success.

Richard's other TV projects include co-hosting ITV1's highly successful first live interactive TV quiz *Soap Challenge*, hosting *Loose Lips* with Melinda Messenger, presenting the paranormal chat show *Psychic Live*, and another spooky hour long live special for Living TV's smash hit *Most Haunted Live* series.

Richard is also enjoying a burgeoning drama career. He has appeared in various acting roles 'as himself', including cameo appearances on *Footballers Wives* and Channel 4's acclaimed drama *Shameless*, and is soon to appear in BBC1's *Hustle* and alongside Max Beesley in a new ITV1 drama *Is This Love?* He has contributed to a host of consumer and celebrity titles - TV Quick, New Woman and Heat to name but a few - and in a dull moment has been known to take his career seriously enough to file the odd VAT return.