



Eamonn Holmes

One of the most recognised faces in British broadcasting

Eamonn is the longest serving breakfast television anchor in The World. He is the most experienced and accomplished Live Television Presenter in the UK, having hosted live daily programmes for 40 years. Nobody in British Television today has such a record or expertise.

Eamonn's biography

About Eamonn Holmes

Eamonn Holmes OBE is a multi-award winning Broadcasting legend. After 40 years on our screens, and with 26 years of Live Breakfast TV, Eamonn is one of the UK's most respected [hosts](#) and interviewer. Throughout his career, Eamonn has hosted shows across News, Sport, Current Affairs, Entertainment & Comedy for every major [broadcaster](#). He is equally comfortable in a studio or on location and with thousands of hours of live television under his belt, Eamonn's versatility is what keeps him at the top of his game.

Eamonn has been an ever present in the daily lives of the British public since 1993 when he joined GMTV which he co-presented until 2005, before moving to present the award winning Sky News Sunrise for 11 years until 2016. Since 2006, Eamonn and his wife Ruth have been one of the key presenting [teams](#) of the multi award winning This Morning, one of ITV's biggest shows.

Recent TV also includes Celebrity Gogglebox (Channel 4), It's Not Me It's You, Eamonn & Ruth's 7 Year Itch, Do The Right Thing With Eamonn and Ruth & How To Get A Good Nights Sleep (all Channel 5), Good Morning Britain (ITV) & guest hosting Have I Got News For You (BBC1).

Eamonn's acclaimed Radio work includes 6 years of The Eamonn Holmes Show, a sports focused show for BBC Radio 5 Live and Drivetime with Eamonn Holmes on TalkRadio. Eamonn & The Gaffers, a brand new podcast where he chats to some of the biggest names in football management, is available on all platforms.

His autobiography, This Is My Life, was released in 2006.

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