

Kate Garraway

Presenter / Author

Kate Garraway is a British television and radio presenter and journalist. She began working in television in 1994, when she joined the south edition of ITV News Central as a production journalist, reporter and news presenter.



Kate has worked on *ITV News Meridian*, the launch of the BBC 24-hour News Channel in 1997, *Sunrise* on Sky News, *GMTV* and *Daybreak*, which in 2014 was replaced by *Good Morning Britain* with Kate joining as one of the main hosts. The same year, Kate joined Smooth Radio as part of the relaunch of the station. She presents the weekday mid-morning programme, with 2.3 million listeners tuning in to her show each week. Kate appeared in the fifth series of *Strictly Come Dancing* with professional partner Anton du Beke. She came fourth in 2019's *I'm a Celebrity . . . Get Me Out of Here!*

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