How often does the gold price change in the UK?

Gold Prices & Rates · https://www.purejewels.com/faqs/gold-prices-rates/how-often-does-the-gold-price-change-in-the-uk/

In the UK, as in global markets, **gold prices can change multiple times throughout the day**. These fluctuations are driven by live trading activity on major exchanges like the **London Bullion Market Association (LBMA)** and **COMEX**, where gold is traded nearly 24 hours a day across time zones.

Live Updates: Intraday Movements

- Gold prices typically update **every few seconds** on financial platforms and bullion dealer websites.
- These changes reflect ongoing shifts in global supply and demand, currency exchange rates, geopolitical developments, and investor sentiment.

Daily Benchmarks

- The **LBMA sets a twice-daily gold price fix** (once in the morning and once in the afternoon) known as the **London Gold Fixing**, used as a reference point by many institutions and jewellers.
- However, this is a **benchmark**, not a cap—**retail prices continue to fluctuate** in real time around this fix.

Key Factors That Influence Frequency of Change

- **USD/GBP exchange rate** fluctuations
- Real-time **market speculation**
- **Central bank decisions** and interest rate changes
- **Inflation data** and global economic reports