

# Stephen Hampton BA(Hons) Runner



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Leicester & London – Willing to travel/relocate

I am a conscientious and proactive individual with strong attention to detail and problem-solving skills. I have effective communication skills and am also efficient at working under pressure and to tight deadlines which are key things I have learnt to do thanks to experience of working in a runner position on Dancing On Ice as well as several studio productions for the National Film and Television School. I have also gained outside broadcast and live multicam studio experience filming for BBC Introducing, Wycombe Wanderers Football Club and an online magazine studio show for Watford Football Club.

## Production Skills

<ul style="list-style-type: none"><li>• Studio, location and O.B experience</li><li>• Camera operative: Grass Valley, Panasonic 371, Sony FS7</li><li>• Talkback use</li><li>• Working with and chaperoning talent/contributors</li><li>• Taking lunch orders</li></ul>	<ul style="list-style-type: none"><li>• Handling release forms</li><li>• Avid Media Composer and Adobe Premiere Pro</li><li>• Albert sustainable production training</li><li>• Full driving licence held since 2015</li><li>• Coronavirus basic awareness on production certified</li></ul>
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## Industry Experience

- **Locations Runner – Hulu: The Great Season 2 (18/01/2021-20/01/2021 & 08/02/2021-12/02/2021)**  
4 shoot days, 4 x strike days. Duties included: Assisting all departments, liaising with site managers, taking down equipment, tidying location, loading equipment, following all COVID-19 protocol.
- **Runner – ITV: Dancing On Ice 2021 (16/12/2020 – 22/12/2020)**  
2 x RX days, 4 x prep days. Duties included: assisting production and crew, prepping dressing rooms, looking after talent, chaperoning talent, lunch orders, ensuring schedule is met, following all COVID-19 protocol.
- **Camera Operator – 27/7.TV (12/12/2020-Present)**  
Freelance camera operator for live sport OB's streamed using LiveU. Duties include: rigging and de-rigging equipment at sports ground, assisting with pre-records, liaising with director through talkback, operating camera throughout the match as well as for interviews before and after match.

## Work Experience

- **Technical Assistant - CTV Outside Broadcasts (24/02/2020 – 28/02/2020)**  
Duties included: unloading/loading tenders, organisation and tidying of the warehouse, returning hired equipment and filling in hired collection forms, fibre splicing, PAT testing, cable maintenance and repair - BNC, XLR and power and assisting with preps.
- **Runner – Envy (10/02/2020 – 14/02/2020)**  
Duties included: providing a high quality of customer service and care to editors, shadowing the offline editors, VFX team and audio department.
- **Production Runner – The National Film and Television School (10/06/2019 – 28/06/2019)**  
Runner for three separate multi-cam studio productions. Duties included: liaising with talent, effective communication through talkback, assisting with set changes, keeping the studio floor tidy at all times etc.
- **Technical Supervisor Shadowing – Sky News – (25/02/2019)**  
A work experience opportunity shadowing a technical supervisor at Sky Studios. I was able to partake in jobs such as: racking, lighting, camera lineups and problem-solving.

## Education

First Class BA (Hons) Film and Television Production -  
Buckinghamshire New University (2017-2020)

Please note: I consent to you keeping my details on file and distributing for employment purposes. References available upon request.



**ALBERT  
Trained**