

Francesca Lyon

Runner

Based in Bristol, Dorset and London | Mobile: +44 7415710199 | [Linkedin](#) | lyonfrankie10@gmail.com
Full clean driving license (over 21)

Creative and enthusiastic aspiring Runner looking for roles within the TV industry, recognised as a Royal Television Society Scholar. Experienced Runner on short films with local production companies in Bristol. Seeking opportunities to expand skills, gain experience on productions and explore the unscripted sector.

SKILLS, TRAINING AND CERTIFICATIONS

- Slating, swinging lenses and changing filters
- Using vehicle to run errands and transport people/equipment
- Knowledge of Arri Alexa 35 and Sony FX6 cameras
- Looking after contributors
- Adobe Creative Cloud and Davinci Resolve
- Screen skills certificates (Harassment, Bullying at Work, Addressing unconscious bias)
- Radio Etiquette
- RTS Bursary Scholar

INDUSTRY EXPERIENCE

RUNNER/CAMERA TRAINEE | 'Juan' Short Documentary *One Wave Films* June 2025
Prod: Sarah Nan Davies

- Commissioned by Ffilm Cymru Wales and BFI Network.
- Assisted camera department with all of their needs (swinging lenses, changing batteries, setting up and packing down kit).
- Coordinated with the Producer around filming in a busy music venue and working with the general public.
- Looked after contributors needs (bringing them refreshments, retrieving their belongings, taking food orders).

RUNNER/2ND AC | 'Found In Lost Places' Short Film *PARKER ROSE PRODUCTIONS* Nov 2024
Prod: Ellie Kitchener

- Maintained constant communication with the Producer and the rest of the crew, making myself available to help whenever possible, and supported departments in moving equipment around location.
- Slated each take, assisted in swinging lenses, changing filters and battery and cable management.

RUNNER/CAMERA ASSISTANT | 'Permit' Short Film *BA Media* Aug 2024

- Transporting crew/kit to and from set daily.
- Slated each take, assisted in swinging lenses, setting up camera equipment and pulling focus.
- Maintained a well-stocked tea/coffee/refreshment table

WORK EXPERIENCE

THE DOG HOUSE | Channel 4 Unscripted Production *Five Mile Films* May 2025
Line Prod: Harriet James

- Shadowed Runners on location and learnt the basics of being a runner.
- Assisted all departments with their needs (getting refreshments, replacing radios, taking lunch orders).
- Assisted Runners and other crew members with locking off locations for contributor shots.
- Retrieved items quickly that were needed in shots so as not to disrupt shooting and avoid retakes.
- Introduced to RIMMS software.
- Gained experience using radios on location.

EDUCATION

- BA (Hons) Filmmaking Degree | UWE Bristol (2023 – 2026) - Ongoing
- Film and TV BTEC/Sociology A Level | Lytchett Minster School | D*D*/B (2020 – 2022)

EMPLOYMENT HISTORY

DELIVERY DRIVER | EVRI Dec 2022 – June 2023

- Responsible for delivering and collecting parcels for both the public and small businesses.
- Developed valuable skills in communication and organization in a public facing job.

References available upon request

This CV may be kept on file and distributed for employment purposes



**ALBERT
Grad**