

GRACE ANGUS

RUNNER

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A passionate, creative, and driven Film and Television Studies graduate, dedicated to building a dynamic career in the industry. With a strong academic foundation and a genuine enthusiasm for learning, I'm eager to grow, particularly in hands-on production roles, and am fully open to relocating for the right opportunity.

INDUSTRY EXPERIENCE

Runner - TVF Media, Wales

May 2025

- Provided warm and professional guest hospitality in a fast-paced studio environment.
- Escorted guests from green room to studio, ensuring smooth transitions and timekeeping.
- Sourced and delivered props to set in line with production requirements.
- Assisted with packing down and organising kit post-shoot.

Development Intern - Object Studios, London

May 2024 - June 2024

- Proficient in using transcription software, word processors, and audio playback tools, inc. Frame.io, MS Word, and Google Docs.
- Experience in sourcing archival footage, photos, or documents from libraries, online databases, or archives to support documentary projects.
- Patience to handle repetitive tasks and long audio files, with persistence in dealing with difficult audio quality.
- Proven ability to meet tight deadlines while balancing speed and accuracy.

Work Experience - Minnow Films, London

February 2024

- Competent in conducting research using various sources such as online databases, academic journals, and libraries.
- Meticulous in collecting and organising data.
- Effective in verbal and written communication skills that present my findings clearly.
- Proficient in using software tools for data analysis, presentation, and editing.
- Willingness to learn new research methodologies and adapt to changing project requirements.

EMPLOYMENT HISTORY

Sales Associate - TK Maxx, Mansfield

September 2024 - February 2025

- Excellent customer service skills, including greeting customers, assisting with product selection, answering inquiries, and handling customer complaints professionally.
- Efficient in managing tasks during busy period, ensuring quick service without compromising quality.
- Compliance with health and safety guidelines, including maintaining a clean and safe work environment.
- Working collaboratively with front line staff and other departments to ensure smooth operations.

SKILLS

Adaptability and Flexibility.

Attention to detail.

Time management.

Two-way radio communication.

Basic understanding of editing software inc. Adobe Premiere Pro and Final Cut Pro.

Knowledge of production protocols and industry standards.

Use of research tools and databases.

EDUCATION

BA (with Hons)

October 2020 - June 2023

Film and Television Studies (2.1)
University of Warwick, Coventry.

A-Levels

September 2018 - June 2020

Film Studies (A), English Language (A), History (A)
Vision West Nottinghamshire College, Mansfield.

CERTIFICATIONS

- BFI Film Academy Specialist Course: Curation and Archiving 2025.
- Venue Crew Volunteer at Sheffield Documentary Festival 2024.
- 4Skills Online Work Experience Programme 2024.

REFERENCES

Available upon request.

GDPR STATEMENT: This CV may be kept on file and distributed for employment purposes.

Application Questions

What do you know about Avalon, and why is this internship important to you?

I know that Avalon is a highly respected, multi-award-winning independent production and talent management company with offices in London, Los Angeles, and New York. They represent a diverse and distinctive roster of award-winning artists—including actors, comedians, writers, and directors—and produce some of the UK's most successful and critically acclaimed television content on major broadcast platforms like Channel 4, Channel 5, and BBC One. One of my favorite Avalon shows is Taskmaster, which perfectly captures the creativity and humour I admire in television.

As a Film and Television Studies graduate, I've gained hands-on experience through internships at Object Studios and Minnow Films, volunteering at Sheffield DocFest, and working as a runner at TVF Media. These roles have helped me develop strong research, organisational, and production support skills. Coming from a working-class background in the Midlands, I've had to build my path independently and I am now eager to gain long-term experience within a leading production company like Avalon.

I'm particularly excited by this internship because of its focus on unscripted TV across genres I'm passionate about—reality, documentaries, true crime, lifestyle, and comedy-entertainment formats. The opportunity to gain experience across development and production, including research, casting, attending shoot days, and contributing to brainstorming, is exactly the kind of broad and practical exposure I need to grow in this fast-evolving industry. I'm hardworking, detail-oriented, and motivated to contribute fresh ideas and enthusiasm. This internship would be a vital next step for me, allowing me to learn from and contribute to a company that values originality, humour, and creative risk.

Tell us about a moment in either reality, lifestyle or factual TV that really stuck with you. It should be something that you felt compelled to speak about afterwards with friends/family. What made it so memorable?

One moment from factual TV that really stuck with me comes from the series Planet Earth. Anyone and everyone would agree that it is a beautifully filmed and incredibly informative program. The stunning cinematography and well-constructed storytelling make it unforgettable. Whenever I think of exceptional British television, Planet Earth immediately comes to mind. I think it was the very first episode of Season 1, "From Pole to Pole," that truly stayed with me. The footage of the caribou herds migrating was amazing, the vast, harsh landscape combined with the intimate moments showed the herd's determination and the challenges they faced along the way. The way the camera captured both the wide-open spaces and the vulnerability of nature was beautiful.

Watching that episode made me want to talk about the resilience of nature and how fragile our environment really is. It truly gave me a deep appreciation for the natural world and the incredible effort it takes for these animals to survive. This episode, and Planet Earth as a whole, showed me how powerful and beautiful factual TV can be.

Imagine you've been asked to help create a new unscripted TV show. What's your idea, and why do you think people would want to watch it?

I am not the best at pitching ideas, but here's a potential idea: an unscripted show that combines the friendly vibe of The Great British Bake Off, The Sewing Bee, and Grand Designs, but focuses on unusual, lesser-known creative hobbies. Each episode visits different locations to meet people who do things like underwater basket weaving, urban beekeeping, or making furniture from recycled materials. It's a chance to explore creativity in unexpected ways while hearing the real stories behind why these hobbies matter.

The show would appeal to all ages and backgrounds, and having a well-known, funny host who's not afraid to ask the questions we're all curious about would make it engaging and relatable. Something like this has probably been done or tried before, but I think there's still a real appetite for a fresh, inspiring take on celebrating creativity in everyday life. I like this idea because I often find myself stuck for things to do and am always wanting to try new activities. Sometimes, we just aren't exposed to this kind of creativity, which is especially important in an age where we're glued to technology. It would be great to shine a light on these hobbies and maybe inspire others to get involved too.

Why do you want to work in unscripted TV and why now?

I want to work in unscripted TV because I'm really drawn to the authenticity it offers, real people, real stories, and moments you just can't script. I often watch a lot of fiction, but I find myself craving something more grounded and genuine, which unscripted TV provides. The mix of reality, documentaries, lifestyle, and comedy keeps things fresh and interesting, and I love how these shows can connect with audiences in a way scripted shows sometimes can't. There's something for everyone in unscripted TV, it's easy to watch with family or friends, and it's much more accessible to jump into compared to scripted shows.

I'm still fresh out of university, young, from the Midlands, and a woman, so I know I'm starting out in a competitive industry. I'm also aware that the industry is tough right now, with even experienced professionals finding it hard to get work. But this is something I'm truly passionate about, and my life pretty much revolves around it. I don't want to let go of my dream to work in TV so easily. After gaining some experience through internships and volunteering, I'm ready to fully commit and grow within the industry, even if it means facing challenges along the way.

Which unscripted TV figure (past or present) would you love to shadow for a day — and what would you hope to learn? They could be on screen or behind the scenes.

I'd love to shadow Claudia Winkleman because she's become even more popular recently and is known for being genuinely warm and funny. I really love her work on *Strictly Come Dancing* and *The Traitors*, and she has such a distinctive and recognisable look, as well as a natural charm that really stands out. She brings a unique blend of warmth and humour that truly resonates with viewers, and since she's someone I've grown up watching, it would be incredible to learn from her experience and gain insight into what makes unscripted TV successful. I also really admire seeing women like her thriving in an industry that's still so male-dominated, which makes the opportunity even more inspiring.