

OWEN MOLONEY

PRODUCTION ASSISTANT/RUNNER

Watford, Hertfordshire
owenmoloney2002@gmail.com
23+ Full Driving Licence
07712 243411

PROFILE

I'm a proactive and adaptable Production Runner/Assistant with experience across broadcast television, commercials, music videos, and live studio environments. Skilled in supporting multiple departments, managing logistics, and maintaining smooth on-set operations, I bring strong communication, organisation, and problem-solving abilities to every role.

KEY SKILLS

- On-Set Support
- Studio Coordination
- Proactive and Reliable
- Catering & Logistics
- Team-Oriented
- Communication & Teamwork
- Organisation & Reliability

LINKS

[LinkedIn Profile](#)

EDUCATION

Bournemouth University
(2020 - 2023)

BA (Hons) Television
Production 2:1

St Michael's Catholic High School, Watford
(2013 - 2020)

3 BTECs, Media D*, Law D*,
Business M

6 GCSE's Grades 4-6 including
English, Maths and Double
Science

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

References available upon request

PAID PRODUCTION EXPERIENCE

QVC | Freelance Studio Coordinator (August 2025 – Present)

- Prepare products and sets ahead of shows, manage the studio floor during live broadcasts, assist talent and crew, and reset the studio post-shoot.

The Witcher S5 | Thetford Productions Ltd for Netflix | Location Marshal (August – October 2025)

- Work across studio and location shoots, supporting multiple departments. Responsibilities include upkeep of set, equipment striking, cable matting placement, and erecting/striking easy-ups.

Neurodivergent – Ren | Freckled Angels for Ren | Production Assistant (July 2025)

- Provided on-set support which included talent management, restocked water, assisted with kit handling, and tidied the location post-shoot.

The Power In Our Hands | Artemis Films for Resuscitation Council UK | Production Runner (July 2025)

- Managed catering for cast and crew, recorded expenses, stood in for scenes as needed and maintained refreshments. Assisted with location control by keeping the public away from filming areas.

Sorry I Don't Know S6 | SIDK Productions Ltd for ITV | Production Runner (July 2025)

- Assisted with general production tasks and catering which ensured smooth running of the shoot day.

OTHER PRODUCTION EXPERIENCE

England vs India | AE Live for Sky Sports Cricket | Assistant Graphics Operator (June – July 2022)

- Assisted Senior Graphics Operators with the creation, running and utilisation of graphics during live broadcasting.

Crocodile Tears – kwes e | Compulsory for LAUZZA | Production Assistant (April 2022)

- Worked directly under the Director, Producer, Director of Photography and the 1st assistant camera to ensure smooth handling of production.

RELEVANT TRAINING

Level 3 Award in Emergency First Aid at Work – Train2Train (15th March 2024)