

BETHAN THOMAS

Runner

Mobile: 07873955274 | Email: bethan-thomas16@hotmail.com

Full clean UK driving licence/Own car 25+ | Experience driving a transit van | Based in Bristol & Cardiff – Willing to relocate and travel

Enthusiastic and reliable runner with hands-on experience supporting production teams both in office and on location within factual television, including fast-paced blue-light productions. Highly organised, adaptable, and confident under pressure, with strong communication skills and the ability to juggle multiple tasks while prioritising competing demands.

Key skills and training

- **Full clean UK driving licence with own car (25+)** experience driving transit vans
- **ScreenSkills certifications:** Training Passport, From Script to Screen, Work well series.
- **Conflict Management Training** – Curve Media, 2025
- **Software Proficiency:** Microsoft Office (Word, Excel, PowerPoint, Outlook), Google workspace, Photoshop, WordPress.
- Liaising between production departments- *Coordinating crew, office, and data wranglers.*
- Kit handling and logistics- *Practical experience handling GoPros.*

Credits

Kalel productions | Office Runner Sep 2025

- Transported hard drives between London and Bristol, ensuring safe and timely delivery.
- Coordinated with production staff to ensure smooth handover of media assets.

999 On The Front Line | Curve Media for Channel 4 | Runner Apr-Jun 2025

- Coordinated kit distribution by organising equipment from the production office and delivering/collecting kit across West Midlands filming locations.
- Provided general runner support including office duties, errands, arranging transport and delivering rushes to data wranglers.
- Liaised continuously between the production office and on-set crew on a fast-paced blue light production.

Print show exhibition | Event support Nov 2024 & 2025

- Assisted the camera crew with setup, event coverage and promotional content.

- Used Walkie-talkies to communicate with the wider operations team to ensure the event ran smoothly over the course of a week.
- Acted as the point of contact for exhibitors, answering questions and supporting their needs.

Other Employment

Digital Artist | Self-Employed | Feb 2022- PRESENT

- Manage workflow, deadlines, customer service, and administration independently.
- Handle order tracking, budgeting, and client communications.

Editorial and Content assistant | Link Publishing, Bristol | Aug 2023-Apr 2025

- Assisted with events, online publishing, and editorial work.
- Supported content team through admin, scheduling, and digital tasks.

Customer Advisor | Brightside, Bristol | Jan 2020- Aug 2020

- Handled high-volume enquiries and resolved issues efficiently.

Customer Assistant | Card Factory, Bristol | Oct 2017- Jan 2020

- Managed merchandising, stock, and customer service.

Waitress | Bailey's Court Inn, Bristol | Jul 2016- Dec 2016

- Delivered excellent customer service in a fast-paced hospitality setting.

Education

2020-2023 - University West of England - BSc (Hons) in Criminology with Psychology - 2.1

2016-2019- Patchway Community College - A-Levels: Business Studies A | Sociology C | Textiles C | Extended Project C

2014-2016- Patchway Community College - 6X GCSEs at grade C and above

References available upon request

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