

# Mitch Langcaster-James

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**Mob:** 07402 721004 **Main Bases:** London and North East

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Researcher and Runner available for TV and film, with a particular interest in entertainment, reality and documentaries. Highly recommended and experienced, friendly, enthusiastic, extremely efficient, self-motivated and an excellent communicator. Works well under pressure and thrives within a fast paced environment. A passionate, personable and positive person.

*“A fantastic addition to any team” Catalina Bingham – Channel 5*

## Previous Positions:

Telling Tales	TBC	Researcher	Box Bear Media	March - Present
NHS Big Singalong	ITV	Runner	Endemol North	July 2018
The Amazing Race	CBS	PA to Exec	CBS	July 2018
BAFTA TV Awards	BBC	Runner	Done+Dusted	May 2018
Special Olympics	ESPN	Junior Researcher	Done+Dusted	Feb - March 2018
The Oscars 2018 Live	Sky	Runner	Sky Cinema	March 2018
National Television Awards	ITV	Runner	ITV Studios	Jan 2018
Alan Carr's New Year Spectacular	Ch 4	Runner	Open Mike	Nov 2017
Royal Variety Performance	ITV	Runner	ITV Studios	Nov 2017
FIFA Awards	ITV	Talent Runner	Infinity Creative	Oct 2017
Red Bull Soapbox Race - Belgium	Dave	Runner	UMTV	Sept 17
Game4Grenfell	Sky	Talent Runner	Expectation Ent.	Aug - Sept 2017
Sing: Ultimate A Cappella	Sky	Runner/Junior AFM	Fizz TV	July - Aug 2017
Catch Me Out	BBC	Talent Runner	Studio Lambert	July 2017
X Factor	ITV	Runner	Thames TV	Mar - July 2017
Catch Point - Pilot	ITV	Runner	ITV Studios	July 17
Harry Hill's Tea Time	Sky	Talent Runner	CPL Productions	June - July 17
Red Bull Soapbox Race	Dave	Runner	UMTV	July 2017
Stuck - Pilot	Sky	Floor Runner	Hat Trick	July 2017
The Voice	ITV	Runner	ITV Studios	June 2017
Britain's Got Talent	ITV	Runner	Fremantle Media	Oct 16 - Mar 2017
Geordie Shore	MTV	Runner	Lime Pictures	Feb 2017
Royal Variety Performance	ITV	Runner	ITV Studios	Dec 2016
The X Factor	ITV	Runner	Thames TV	May - Dec 2016
Catch Phrase	ITV	Runner	STV	Sept 2016
Parenting For Idiots	Ch 4	Location Runner	Electric Ray	July 2016

Cash Trapped	ITV	Studio Runner	ITV Studios	June-July 2016
Duck Quacks Don't Echo	Sky 1	Office/Location Runner	Magnum Media	Apr 2016
MasterChef The Professionals	BBC 1	Audition Runner	Shine TV	Apr 2016

### Logging and Other Positions:

The Big Spell	Sky 1	Logger/Wrangler	Endemol	July-Aug 2016
The X Factor	ITV	Live Logger	Thames TV	June-Sep 2016
Traffic Cops	Ch 5	Logger	Mentorn Media	July 2016
Great British Benefits Handout	Ch 5	Location Runner	Dragonfly TV	Dec 2015
Cleopatra: Mother, Mistress...	Ch 5	Runner/Logger	Channel 5	Sept 2015

### Filming Locations Include:

The London Studios (ITV/South Bank)  
 Sky Studios (Isleworth)  
 BT Studios (Stratford)  
 Theatres: The Palladium, Hammersmith Apollo, Hackney Empire etc.  
 OBs  
 Contributors' Homes

### Technical Skills:

**Logging** (Live and Post) - Forscene, TimeCode+  
**Wrangling** – ShotPut Pro 5

### Production Experiences & Skills

- Talent running & care of VIPs (including the likes of Kylie Minogue, Gary Barlow, Little Mix)
- Producing research reports, liaising with and sourcing contributors
- Using Forscene to transcribe and log footage
- Studio, location and office running duties.
- Release forms, NDAs, and street casting
- Production assisting inside contributors' homes.
- Greeting and transporting on-screen talent and subject experts.
- Assisting with casting, greeting contestants, managing extras and booking transportation.
- Managing petty cash, purchases and prop acquisition.
- Delivering rushes, camera assistance (hidden cameras), boom operating

### Qualifications:

<b>Degree</b>	Anthropology BA - University of Durham					
<b>A Level</b>	English Literature	A*	Anthropology	A	French	B
	General Studies	A*	EPQ	A	Psychology	B
<b>GCSE</b>	2 A*s, 6 As, 3 Bs					

**Names and Addresses of Referees available on request.**