

Morgan Rose Woods

RUNNER

LONDON



morganrosewoodss@gmail.com



07717417584



www.linkedin.com/in/morganrosewoods/

Enthusiastic and reliable Runner (21+) with experience across TV, HETV, music videos, commercials and live events. My long-term goal is to AD, where I can combine my creative vision with strong organisation and a clear, calm approach to managing a fast-moving set. I come from a dance and musical theatre background, which gives me an eye for detail and a natural understanding of rhythm, timing and movement, along with a strong visual sense of how it works on camera. I am confident, creative and driven, with a clear voice and a strong mind. I am not afraid to speak up or take the lead when needed. I work well under pressure, whether on location or in the studio, and always aim to support the team with focus and initiative.

TV / HETV / FILM:

Production	Company / Broadcaster	Role	Line Producer / 1st AD	Date
'Christmas Family Feud'	Confinement Movie / Paramount +	Base Runner	George Johnson	May. 26 – Jun. 26
'We Came By'	Confinement Movie / Paramount +	Floor Runner	George Johnson	Mar. 26 – Apr. 26
Married at First Sight UK - S6	CPL Productions / Channel 4	Cast Liaison Runner	Leanne Bull	Mar. 26
'Cash In Hand' - Pilot	Fouronenine	2nd Assistant Director	Sam Barnham	Nov. 25
'Good Thinking' - Pilot	The Corner Shop	AD Runner	Sam Murray	Nov. 25
The Masked Singer - S7	Bandicoot Scotland / ITV	Talent Runner	Hannah Tomkins	Sep. 25 – Oct. 25
Harry Potter Wizards of Baking	Twenty Twenty / Amazon Prime	Wardrobe Assistant	Letizia Di Veroli	Jun. 25
The One Show	BBC Studios / BBC One	Studio/Floor Runner	Jessica Enderby	Jan. 25 – May. 25
Strictly Come Dancing	BBC Studios / BBC One	Audience Runner	Christopher Mead	Oct. 24 – Dec. 24
Sidemen Inside 2	Cowshed / Netflix	Production Runner	Kyle Legg	Nov. 24
BBC Young Jazz Musician	BBC Studios / BBC Four	Talent Runner	Jamie Lynch	Nov. 24
The Masked Singer - S6	Bandicoot Scotland / ITV	Talent Runner	Rebecca Ramsey	Sep. 24 – Oct. 24
Doctor Who Proms	BBC Studios / BBC Two	AD Runner	Jamie Lynch	Aug. 24
D-Day 80	BBC Studios Events / BBC One	Production Runner	Gabriella Domonkos	May 24 – Jun. 24

MUSIC VIDEO / COMMERCIAL / OTHER:

Project Title	Company / Broadcaster	Role	Line Prod / 1st AD	Date
Puma 'Built Different'	Falca	AD Runner	Spencer Wilson	Sept. 26
Greene King	Agile	AD Runner	Chris Malin	Aug. 26
Crisis Christmas 2026	Outsider	2nd Assistant Director	Brodie McBride	Aug. 26
Chip 'Choose Well'	Tantrum	AD Runner	Chris Malin	Aug. 26
Adidas x Molly Mae	Our House	3rd Assistant Director	Elle Lotherington	Aug. 26
Market Rhythms 3.0	Armoury	3rd Assistant Director	Chris Malin	Aug. 26
Zara 'Sustainability'	Pleat	AD Runner	Danny Stoker	Aug. 26
Beebadoobee 'Memories'	Park Pictures	AD Runner	Laura Carrion Del Pozo	Aug. 26
Project Chestnut	Biscuit	Ad Runner	Rawdon De Fresnes	Aug. 26
Project Xanadu	Mini Title	2nd Assistant Director	Ali Copland	Aug. 26
Cabenuva ViiV Healthcare	You Boy	AD Runner	Ben Glickman	July. 26
Argos 'Arghaus' S3	Park View Creative	AD Runner	Laura Carrion Del Pozo	July. 26
Stone Island Archive	Rascal Film Company	Production Assistant	Rory Mills	July. 26
Kef 'Holidays'	Rattling Stuff	AD Runner	Laura Carrion Del Pozo	July. 26
Vuori Tennis x JD	Mox	AD Runner	Dave Stocks	July. 26
Crystal Palace 2026 Kit Launch	Mad Cow	AD Runner	Ali Copland	July. 26
UA Next S11	Raps Management	AD Runner	Scott Smith	July. 26
On Running x Burna Boy	Lafour	AD Runner	Ali Copland	July. 26
Riyadh Metro	Rascal Film Company	Production Assistant	Rory Mills	July. 26
World Gold Council 'Timeless'	Omnicom Productions	AD Runner	Ali Copland	Jun. 26
BetMGM 'The Real Deal'	All Things	AD Runner	Chris Malin	May. 26
Doom Loop	N/A	2nd Assistant Director	Sam Barnham	May. 26
EA Sports 'Symphony'	Business Club LTD	AD Runner	Robert Thorpe	May. 26
Argos 'Arghaus' S2	Park View Creative	AD Runner	Laura Carrion Del Pozo	May. 26
Bridgerton Brothers	Netflix	AD Runner	Laura Carrion Del Pozo	May. 26
Paddy Power	Anonymous Content	AD Runner	Chris Mears	April. 26
Chelsea FC	Chelsea FC	AD Runner	Laura Carrion Del Pozo	April. 26
Burberry 'A Good Sport'	Holmes	AD Runner	Chris Mears / Danny Stoker	Mar. 26
UA Next S10	Raps Management / Under Armour	AD Runner	Scott Smith	Mar. 26

Bbyclose x Dimension	Dimension	AD Runner	Lydia Martland	Mar. 26
Moncler - 'Have A Puffy Summer'	Mini Title	AD Runner	Ali Copland	Feb. 26
The Guardian 'Kathy Comes Home'	Love Song	2nd Assistant Director	Sam Barnham	Feb. 26
Sky x A New Era of TV	Kode	AD Runner	Ali Copland	Feb. 26
Ellie Goulding - Dont Want your Love	Graded Films	2nd Assistant Director	Elsa Grace	Feb. 26
Fielmann	Radical Media	AD Runner	Sascha Marden	Feb. 26
FLO 'Leak it'	Smuggler	AD Runner	Chris Malin	Feb. 26
Lululemon Marathon Capsule	Presence Team	AD Runner	Ali Copland	Feb. 26
Tena - Rethink Bladder Leaks	Omnicom Productions	2nd Assistant Director	Laura Carrion Del Pozo	Jan. 26
Bklava 'Pull Up'	ShotGunn Productions	Movement Director	Sam Barnham	Jan. 26
Garnier Mexico	Park View Creative	AD Runner	Laura Carrion Del Pozo	Jan. 26
Johnnie Walker - Azure	Rascal Film Company	Floor Runner	Rory Mills	Dec. 25
Garnier Good x Olivia Attwood	Park View Creative	AD Runner	Laura Carrion Del Pozo	Nov. 25
Pfizer - ICO Beyond	The Beautiful Truth	Production Assistant	Rory Mills	Nov. 25
McDonalds Saver Satisfaction	Prodigious / McDonalds	AD Runner	Laura Carrion Del Pozo	Nov. 25
UA Next S9	Raps Management/ Under Armour	AD/ Floor Runner	Scott Smith	Nov. 25
Bvlgari 'Reborn'	ShotGunn Productions	Stylist Assistant	Zoe Gunn	Jul. 25
Barclays Travel	Irresistible Studios	AD Runner	Elsa Grace	May 25
Jeshi 'Scumbag'	Love Song	Production Assistant	Abbey Valentina	Nov. 24
Neive Ella 'Ganni Top'	ShotGunn Productions	Production Assistant	Zoe Gunn	Jul. 24
Flo 'Check'	EMF Productions	Production Assistant	Zoe Gunn	Jul. 24
Scarlett Gasque	House On Fire Productions	Production Runner	Sarah Dines	May 24
Bradley Simpson 'Picasso'	Ramshackle Productions	Production Runner	Dan Matthews	Apr. 24
Tesco F & F 'Walkies'	Somesuch Productions	Production Runner	Scarlett Anderson	Mar. 24
Bank	Merman	Production Coordinator	Zoe Gunn	Mar. 24
Take That – tour visuals	Merman	Production Assistant	Zoe Gunn	Feb. 24
Tom Walker 'Head Underwater'	Just Fred	Production Runner	Zoe Gunn	Jan. 24
Cara Hart 'Hypelist'	Ramshackle Productions	Production Runner	Dan Matthews	Jan. 24

EXTRA :

- Driving License
- Dance / Choreography
- EU Passport (Irish)

EDUCATION

BA (Hons) Dance – First Class - *Performers College* ('20 – '22), *Creative Academy* ('22 – '23)

2020 – 2023