

SOFIA BOWES

RUNNER

FULL CLEAN UK DRIVERS LICENSE

EU PASSPORT

LANGUAGES: ENGLISH/FINNISH

PRODUCTION COMPANY	PRODUCTION	POSITION	1ST AD/ DIRECTOR
Amelia & co productions	Birkenstock	Production Assistant	Ilan Rosenblatt
Laird and Good Company	St Germain	Production Runner	Jason Bailey
Laird and Good Company	Martini	Production Runner	Jason Bailey
Execute Creative Productions LTD	People's Emergency Briefing	Runner	Marcus Jones
Madeleine Penfold Studios	Pepsi football 2027	AD Runner	Madeleine Penfold (photographer)
Art Production	TU	Runner	Emma pounds
Untold Fable	Monzo Business	Runner	Emma Pounds
Execute Creative Productions LTD	Men's Health Vox Pops	Runner	Neil Shanlin
Execute Creative Productions LTD	Numan Labs	Runner	Neil Shanlin
Prose on Pixels	Restylane	Location/ Art dept Runner	Emma Pounds
Laird and Good Company	Gordon's Spritz Edition	Runner	Jason Bailey

OTHER WORK

SUZ CRUZ 2025-2026

Assisting in office with the organisation of film crew's diaries.

CALLBOX 2025

Assisting in office with the organisation of film crew's diaries.

WRITER AT THE BORGEN PROJECT 2024

Researching and writing articles about global poverty for publication

MANAGER AT THE COFFEE BOTHY 2022-2025

Managing customer experience at a busy coffee shop, including finances, stock, schedules, bookings etc

STEWARDESS 2018-2019

Managing customer service and onboard tasks to ensure safety and comfort of all onboard.

MODEL 2016-2019

Working both on set and on location, assisting in various shoots, filming and fashion shows across London.

EDUCATION

UNIVERSITY OF LEEDS (2019-2022)

2:1 in English and Environment BA (Hons)

SOUTH HUNSLEY SCHOOL AND SIXTH FORM COLLEGE (2012-2018)

A LEVELS in English (B), History (B), Geography (B)

11 GCSE's (9 A's 2 B's)

SKILLS

Fluency in English and Finnish, film photography, Proficient in MS Office Suite (Word, Excel, PowerPoint), Teams and basic video editing, First aid, fire fighting, sea survival, crowd control, PADI open water diver, experience working with children and animals.

REFERENCES

Can be provided upon request.

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