



Henry Ling

3rd AD / AD Runner / Floor Runner

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Full, clean driver's licence / DBS checked

Credits:

NELLA ROSE - CASE CLOSED <i>21/12/2025</i>	Role: 3rd Assistant Director	Dir: Chris Goodson Prod: Colette Njoteh/Amalah Allen 1st AD: Sataish O Shea DOP: Jack Harrison
NUMAN x BUFFET BOY <i>Wonderhood</i> <i>18th December - 19th December 2025</i>	Role: Production Runner	Dir: Rob Rafalat Prod: Jake Parker 1st AD: Ollie Waters DOP: Tom Byfield
PSC x DON'T PANIC x COCA-COLA x ADVAN STUNT <i>Don't Panic</i> <i>03/12/2025</i>	Role: Driver/photographer	Prod: Chloe Shaw Photographer: Ben Howard
VERTICAL MODEL <i>Deadbeat Films</i> <i>25/11/2025</i>	Role: AD Runner	Dir: Boris Thompson-Roylance Prod: Anthony Toma 1st AD: Daniel Castro DOP: Jack Thompson-Roylance
PALACE/NIKE DN8 <i>Control Tower</i> <i>19/11/2025</i>	Role: Runner/driver	Dir: Eamonn Freel Prod: James Graley Prod Manager: Alice Hopgood DOP: Morgan Spencer
BET365 - REC ROOM (EP 3) <i>LADbible Group</i> <i>14/11/25</i>	Role: AD Runner	Creative prod: SAGAR KUMAR Senior Prod: PENNY GABRIEL DOP: MATT PARRY
VINTED: WELCOME TO MY OFFICE <i>Deadbeat Films</i> <i>6th November - 7th November 2025</i>	Role: AD Runner	Dir: Brook Driver Prod: Anthony Toma 1st AD: Laura Prast DOP: Jack Thompson-Roylance
THE CAPTURE S3 PICKUP DAY <i>Universal International Studios</i> <i>30th October 2025</i>	Role: AD Runner	Dir: Derek Ritchie/Johnny Allan Prod: Ben Chanan 1st AD: Adam Jenkins DOP: Ben Moulden



BET365 - REC ROOM (EP 2) <i>LADbible Group</i> 23rd October 2025	Role: AD Runner	Creative prod: SAGAR KUMAR Senior Prod: AAKASH NATH DOP: MATT PARRY
ENNY - SELFRIDGES <i>Dark Reality</i> 30th September - 1st October 2025	Role: AD Runner	Dir: IVOR LAWSON-ADAMAH Prod: ANITA OKPONGETE 1st AD: EJ SHEPPARD DOP: SHYAM PATEL
BET365 - REC ROOM <i>LADbible Group</i> 22/09/25	Role: AD Runner	Creative prod: SAGAR KUMAR Senior Prod: AAKASH NATH DOP: MATT PARRY
ASHA PUTHLI: TALKING SPACE <i>BangBang Media Corp</i> 17/09/25	Role: Production Assistant	Dir: Shruti Ganguly Prod: Roopak Saluja DOP: Tom Turley
JELLYFISH <i>MRMR Films</i> 15/09/25	Role: Runner/Driver	Prod: Nycollas Abreu
HERMAN MILLER <i>Lafour Studios</i> 12/09/25	Role: AD Runner	Dir: MAX SIEDENTOPF Prod: OLWYN FAGAN 1st AD: ROSE LUCAS DOP: JEREMY VALENDER
VICTOR RAY - CONTAGIOUS <i>Odyssey</i> 29/08/25	Role: AD Runner	Dir: TJ Saw Prod: Anisa Keninar 1st AD: Ismah Ansari DOP: Diara Sow
ADOBE SHOOT <i>Studio B Productions</i> 28/08/25	Role: Runner	Prod: Aurora Harris
MAS+ 1v1 EVENT LONDON <i>Smuggler</i> 23/08/25	Role: AD Runner	Dir: Fergus Brown/Lucy Kelly Prod: Nycollas Abreu
MUM <i>Rogue Films</i> 23-25th July 2025	Role: AD Runner	Dir: Jake Mavity Prod: Sarah Mavity 1st AD: Sam Powell DOP: Thom Neal
PENHALIGONS STILLS SHOOT <i>Born Group</i> 15/07/2025	Role: Floor Runner	Dir: Tim Johnston
FIND MY <i>Stormview Pictures</i> 31/05/2025-6/06/2025	Role: 3rd Assistant Director	Dir: Ed Whealan Prod: Luke Taylor 1st AD: EJ Sheppard DOP: Ben Cotgrove



NATIONWIDE X FAIRER SHARE <i>Playmaker Films</i> 23/05/2025	Role: AD Runner	Dir: Carley Cussen Prod: Melissa Massey 1st AD: Joe Stringer DOP: Eick Joaquim
BETA SQUAD: LAST TO LEAVE THE SCHOOL <i>Beta Squad LTD</i> 16th-17th April 2025	Role: AD Runner	Dir: Sam Turner Prod: Seb Miller 1st AD: Sataish Oshea DOP: Will Middleton
NIKE FEAR <i>ProdCo</i> 14th-15th April 2025	Role: Floor runner	Dir: Luna Carmoon Prod: Theo Hue Williams 1st AD: Clara Paris DOP: Andreas Johannessen
DREAMIES AD ATTACK <i>Adam and Eve studios</i> 16th - 25th March 2025	Role: Production assistant/runner	Dir: Robert Spray-Smith Prod: Tom Abbosh 1st AD: Tom Abbosh DOP: Robert Spray-Smith
HARRY PINERO'S WORST IN CLASS <i>Wall of Entertainment</i> 10th - 13th December 2024	Role: Ad runner	Dir: Chris Goodson Prod: Sapphire Dew 1st AD: Sataish Oshea DOP: Jack Harrison
TAPPED OUT <i>Wall of Entertainment</i> 10th October - 30th October 2024	Role: AD runner	Dir: Sam Ewen Prod: Sapphire Dew 1st AD: Sataish Oshea DOP: Jack Edmonds
BYREDO EDITORIAL <i>Lafour studios</i> 20th October 2024	Role: AD runner	Photographer: Jordan Hemingway Prod: Chiara Lefour Production Manager: Nerissa Gomez 1st AD: Jack Meredith
TODAY PROGRAMME COMMERCIAL <i>BBC</i> 27th September 2024	Role: AD runner	Dir: Sam McMullen Prod: Ozan Kazaker 1st AD: Jonathan Sidwell DOP: Hamish Anderson
DOMINOS PIZZA BRIDE/PIZZA SPA <i>Mbc studios</i> 24th-25th September 2024	Role: AD runner	Dir: Guy Davidson/Daniel Clarke Prod: Andre Woos/Liz Adeleye 1st AD: Emily Jane Sheppard DOP: Matthew Hooshmand
LOJAY - FALLING <i>Odyssey</i> 18th September 2024	Role: AD runner	Prod: Astra Pritchard 1st AD: Laura Carrion del Pozo DOP: Owain Morgan
ADIDAS COMMERCIAL <i>Sticker studios</i> 7th May 2024	Role: AD Runner	Dir: Luke Brookner Prod: Ed Whelan 1st AD: Chris Mullins DOP: Miguel Carmenes



**BBC NEWS TALENT
CAMPAIGN SHOOT**

BBC

March 21st 2024

Role: Ad Runner

Dir: Sam McMullen
Prod: Ozan Kazaker
1st AD: Jonathan Sidwell
DOP: Nathalie Pitters

**SONY PASSION FOR
PLAY**

Sony

Jan 23rd 2024

Role: AD Runner

Prod: Tom Abbosh
1st AD: Josh Jacob
DOP: Jack Edwards

RIDER

Sticker Studios

26th - 29th August 2023

Role: AD runner

Dir: Ed Whealan
Prod: Luke Taylor / Kelly Wong
1st AD: Luke Taylor
DOP: Toby Goodger

SILENT WITNESS

BBC 1

24th - 25th August 2023

Role: Assistant Armoury

Armoury: Noel Francis
07775721266

TAKE COVER

Signature films

26th June - 14th July 2023

Role: Ad runner

Dir: Nick McKinless
Prod: Melissa Massey
1st AD: Joe Stringer
DOP: Rick Joaquim

**CELEB COOKING
SCHOOL S2**

Channel 4

11th March - 18th march 2023

Role: AD runner/talent runner

Managing dir: Meredith Chambers
Series dir: Rob Fisher
Senior Pro: Rose Wilkinson
Line Prod: Claire Fletcher
DOP: Olly Wiggins

FOR THE BADGE

YouTube Webseries

13th January - September 2024

Role: Floor runner/Director

Dir: Rick Taylor
Prod: Rick Taylor
DOP: Rick Taylor

BROKE

Oneighty productions / Fullwell

3rd - 5th September 2022

Role: AD runner

Dir: William Miller
Prod: Marvin Sordell
1st AD: Kimane Erskine
DOP: Miguel Carmenes

SANOFI - RSVP to RSV

Blonde Limited

23rd August 2022

Role: Floor runner

Dir: Doug Newman
Prod: Doug Newman
PA: Harry Rylott
DOP: Matt Gathercole

NiNE8 MUSIC VIDEO

Amelia studios

22nd August 2022

Role: Floor runner

Dir: Claryn Chong
Prod: Alice Ellis
1st AD: Oliver Hill
DOP: Ailsa Aikoa

**THE TALE OF THE OLD
SMOKE**

Metfilm school

January - May 2022

Role: Writer
(graduate film)

Dir: Nikola Milenkov
Prod: Rebecca Atkinson
DOP: Jose Giraldo



Summary:

Having worked for several years across multiple forms of media in the AD department, I have developed my intuition, organisation, problem-solving and communication, always looking to be one step ahead of the schedule. Having worked in teams of 5 to 300, I am versatile and able to adapt to whatever the shoot requires of me, whether that's chipping in to help art department rearrange a set, chase down general public for release forms, or simply making a great cup of tea for the director - I am always eager to get my hands dirty and push myself out of my comfort zone.

Furthermore, outside the film industry, I have worked in hospitality for many years, being promoted to shift leader, which has further developed my skills in team building, sociability, and communication, all of which have transferred perfectly to the AD department.

Education:

BA practical filmmaking

2nd class honours (68%)

University of West London / MetFilm School, September 2019 - June 2022

Maths, Biology and Physics A levels

A grade, B grade, and C grade, respectively

Hedingham Sixth Form College, September 2016 - June 2018

13 GCSE's

7 A* grades, 1 A grade and 3 B grades

Hedingham School

Represented by Loop Talent Crew.

Contact Daisy for all work enquiries:

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