

## Runner

A runner acts as a general assistant, running errands between the set, office and location, looking after cast and crew. This position is traditionally the first rung on the ladder of a media career.

### The Work

The work varies according to the department, which could be art and animation, production, editing or on location.

You could be:

- filing, photocopying and answering the phone
- sourcing and hiring props
- transporting crew, guests, cast members and equipment between locations and sets
- organising catering and accommodation
- looking after studio guests or cast members
- delivering scripts, post and messages
- carrying out basic research
- keeping studios and sets clean and tidy
- ordering stock and handling petty cash.

### Pay

The figures below are only a guide. Actual salaries may vary, depending on:

- where you work
- the size of company or organisation you work for
- the demand for the job.

BECTU (Broadcasting, Entertainment, Cinematograph and Theatre Union) don't publish recommended rates for runners, but advise those working freelance to negotiate rates of pay higher than the National Minimum and National Living Wage.

Starting pay is often based on the National Minimum Wage (NMW) or the National Living Wage (NLW).

As of 1 April 2026 the National Minimum Wage is £10.85 an hour for workers aged 18 to 20. The National Living Wage for those aged 21 and over is £12.71 an hour.

### Conditions

- You might work outdoors and indoors.
- You travel locally a lot on foot or by car.
- Hours can be very long and irregular and can mean periods away from home – the media business runs 24 hours a day, 7 days a week.

- You must be available at a moment's notice.
- The work can be physically and mentally demanding.

## Getting In

- Although you don't need formal qualifications to get into a job as a runner, many runners have a degree (SCQF Level 9-10).
- Many get a job offer after making a good impression during unpaid work experience placements (internships).
- You could get experience through involvement with student or community TV and film projects.
- Experience and contacts in broadcasting are more important than educational qualifications.
- Employers look for a good understanding of what the job involves and lots of enthusiasm.
- You usually need a driving licence.
- You should be fit as you might have to lift and carry heavy equipment.
- The number of job opportunities in broadcasting involving community languages, including Gaelic, Urdu and Punjabi, is increasing.

## What Does It Take

You must be:

- enthusiastic and motivated
- well organised and focused
- willing to do a wide variety of tasks
- physically fit with lots of stamina
- polite, sociable and good at networking
- good at problem solving and using your initiative
- able to work well under pressure
- reliable
- able to follow instructions.

You should be:

- willing to accept orders and work long hours
- good at working in a team
- hard working and willing to learn
- aware of health and safety.

## Training

- Training is mostly on the job.
- ScreenSkills provide a list of relevant courses on their website.
- Both The BBC Academy and The National Film and Television School websites list courses which may be relevant.
- There are some training schemes with television companies but entry is highly competitive, with a range of qualifications acceptable.

## Getting On

- Because most work is freelance and temporary, there is little chance of promotion.
- Progress largely depends on getting other jobs through your networking abilities.
- Runner is the first rung on many different career ladders in the media industry. From here you may become a camera operator, a film and video editor, or you may move into production, direction or design.
- In television the next step up from runner is usually a researcher.

## More Information

If you are aged 18 or over you may be interested in [The Network](#). The Network is held each year alongside the TV Festival in Edinburgh. If selected you would attend for four free days of masterclasses and workshops which will provide you with the skills, knowledge and contacts to start a career in TV. You can usually apply from January to April.

The BBC runs a number of early careers apprenticeships in different areas of media and broadcasting. Follow [@BBCGETIN](#) Instagram to stay up to date. If you would like to find out more or check on application deadline dates visit [BBC Early Careers](#).

Trainee Finder is ScreenSkills flagship new entrant programme which offers paid work placements across a range of roles in film and TV. Recruitment will usually begin around September of the year before placement. Find out more and apply online by visiting the [Film Trainee Finder website](#).

Channel 4 offers a variety of talent development opportunities. Details are on the Channel 4 [4Talent](#) website.

## Contacts

### 4 Careers

Website: [careers.channel4.com/4skills](http://careers.channel4.com/4skills)

X: [@Channel4Skills](#)

Facebook: [www.facebook.com/Channel4Skills](http://www.facebook.com/Channel4Skills)

### BBC Academy

Website: [www.bbc.co.uk/academy](http://www.bbc.co.uk/academy)

### BBC Recruitment

Website: [careers.bbc.co.uk](http://careers.bbc.co.uk)

X: [@BBCGetIn](#)

### ITV Careers

Website: [careers.itv.com](http://careers.itv.com)

X: [@ITVCareers](#)

Facebook: [www.facebook.com/ITVCareers](http://www.facebook.com/ITVCareers)

### ScreenSkills

Tel: 020 7713 9800

Email: [info@screenskills.com](mailto:info@screenskills.com)

Website: [www.screenskills.com](http://www.screenskills.com)

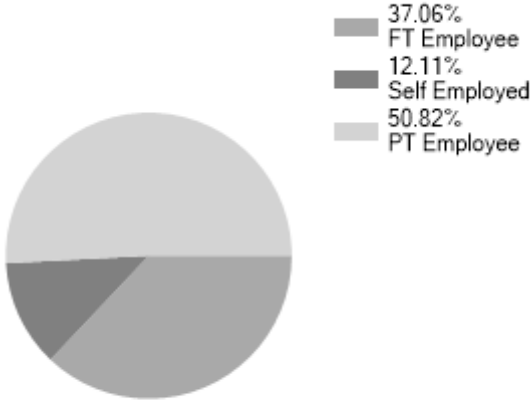
X: [@UKScreenSkills](#)

Facebook: [www.facebook.com/UKScreenSkills](http://www.facebook.com/UKScreenSkills)



Statistics

Employment Status UK %

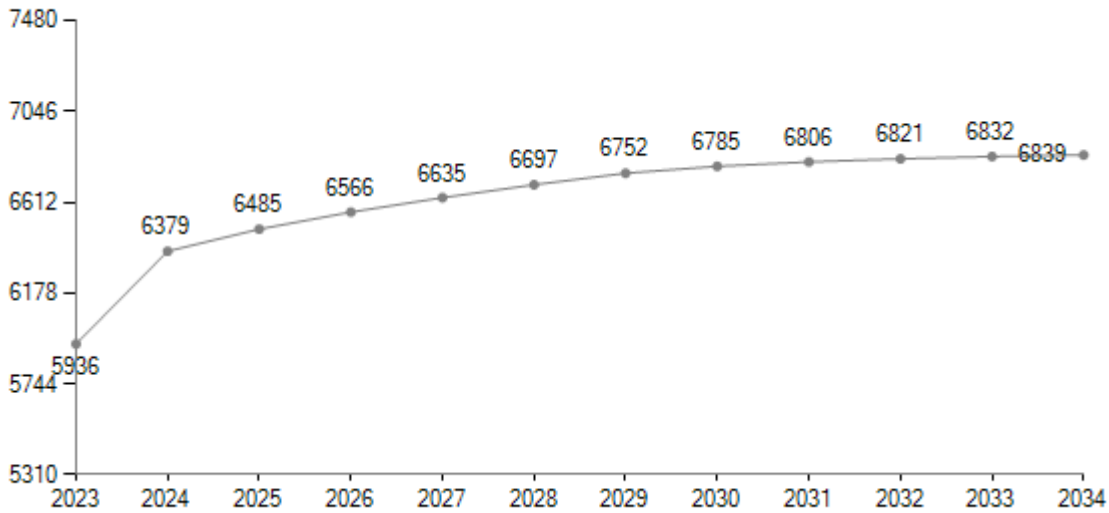


Past Unemployment - Scotland

No Claimant statistics available for Scotland.

LMI data powered by [LMI for All](#)

Predicted Employment in Scotland



LMI data powered by [Lightcast](#)