

HENRY LAX

Filmmaking & Media Production · Live Sport & TV

Showreel: [Henry Lax Showreel](#)

PROFILE

Final-year Filmmaking student at the University of the West of England with a strong passion for live sport and television production. Hands-on experience filming, directing and editing sport content — including active and interview-led productions for a university sports society and a documentary about a lower-league football club. Keen understanding of live TV workflows, having shadowed a professional editor on a Channel 5 production. Energetic team player with a genuine love of sport.

SPORT & MEDIA PROJECTS

UWE Hockey Society — Videographer & Director

March – May 2026

- Filmed and directed active sport content and on-camera interviews, capturing fast-paced live action and producing polished edits for social media and club use.
- Operated camera and managed all aspects of production as a small-crew operator in a live sporting environment, requiring quick decision-making and adaptability.

Bellevue FC Documentary — Editor

Feb – April 2026

- Editing a feature-length documentary about Bellevue FC, a lower-league football club in Wrexham that serves the migrant community and has experienced significant hardship and trauma.
- Full edit including narrative structure and pacing in Adobe Premiere Pro; handling sensitive real-world material with care and professionalism.

EXPERIENCE

Royal United Hospital, Bath — Strategy and Communication Internship

June – September 2025

A paid summer internship gaining experience within a professional team in a healthcare environment, including:

- Created and managed social media content and unscripted interview documentary productions.
- Filmed, edited and produced videos for patient rehabilitation; organised content for hospital events.
- Introduced and led on efficient use of AI tools; contributed at team meetings and managed admin tasks.
- Communicated sensitively with patients and staff; managed website transfer project and trained colleagues.

Filmmaking B.A. (Hons) — University of the West of England, Bristol

September 2023 – Present

Extensive experience across the filmmaking process, working on multiple projects, including:

- Fulfilled multiple roles across productions: producer, director, camera operator, gaffer, sound recordist and editor. Worked with industry-level cameras, lighting and microphones.
- Extensive use of Adobe Premiere Pro, Pro Tools, After Effects; written release forms and risk assessments.
- Pitched to BFI industry professionals and had script greenlit by lecturers— one of only a few to receive this approval.
- Academic dissertation on dialogue sequences; portfolios, pitch decks and brochures to accompany practical work.
- Completed Albert's *Applied Skills for a Sustainable Media Industry* module.

Work Experience — Channel 5 Programme Editor Shadow

July 2022

Shadowed Jessica Matthews, freelance editor for Carol Klein's *Summer Gardening* (Channel 5).

- Contributed to sound production — selecting music for a shot and syncing audio with visuals.
- Experimented with camera and gimbal work; broadened understanding of cinematography.

A-Levels

September 2021 – May 2023

Art (A), History (A), Spanish (B), EPQ (A*) — subjects chosen to develop creativity, communication and critical thinking.

- Explored surrealist cinema (Buñuel/Dalí) and the distinctive filmmaking style of Wes Anderson (colour theory, framing, production design) through written analysis.
- Spanish A-Level broadened cultural perspective through study of *El Laberinto Del Fauno*; History A-Level developed higher-order critical analysis and evaluative writing and EPQ developed key research and academic writing skills

OTHER WORK EXPERIENCE

Tortilla — Team Member

January 2024 – Present

- Reliable part-time employee for over two years, balancing academic studies with front-of-house and kitchen responsibilities in a busy Bristol city-centre location.

Drayton Manor Theme Park — Catering Guest Host

April 2021 – September 2023

PERSONAL INTERESTS

- First-team hockey player for UWE Bristol and school, demonstrating commitment and teamwork.
- Commitment to a variety of sports in the past such as bouldering, football, judo, swimming and more.
- Filmed vlog content during travels across Britain, Europe and America, capturing landscapes and experiences.
- Wide appreciation of multiple sports and music genres, including attending live fixtures and performances.

EDUCATION

University of the West of England, Bristol

September 2023 – Present

Filmmaking B.A. (Hons) *On course for a 2:1*

Bishop Vesey's Grammar School, Birmingham

September 2016 – June 2023

A-Levels

Art — A
History — A
Spanish — B
EPQ — A*

GCSEs

Two grade 9s (Art and DT)
Four grade 8s (English Language & Literature, Chemistry, Spanish)
Four grade 7s (History, Biology, Physics, Maths)