

Stan Mountford

Cotswolds based with ability to travel –
+447496744480 –
stanmountford@hotmail.com

Full, clean UK driving license, own a car

I'm a well organised, great communicative sound recordist, designer, video editor and all-round content curator. With experience at some of the biggest establishments in sport to television and films, I have built confidence in my ability. I thrive working as a part of a team and I always look to help my fellow colleagues. I'm motivated to always broaden my skills and learn more in many different areas.

Skills: Communication, organisation, ability to operate sound mixer/ recorder, conduct interviews, operate camera, attention to detail, good time management, great team working ability, problem solving, working to tight deadlines, experience in post sound mixing on ProTools HD and video editing with Premiere Pro.

Knowledge

- Handheld sound mixers
- ADR suite recording
- Foley studio recording
- ProTools HD
- Adobe Premiere Pro
- Adobe Photoshop
- Soundscape creation
- Podcast creation
- Graphic design
- Handling and transferring data and files
- Directing and producing films/ shoots
- Instructing and advising talent before and after takes
- Conducting interviews
- Senheiser radio microphones
- Setting up radio microphones on actors/ talent
- Handling and mounting microphones
- Timecode sync
- In ear monitoring
- Videography
- Photography

Professional Experience

Dair Ltd

Arsenal FC (2022 – present)

I've done an assortment of work for Arsenal FC from assistant camera to sound recording as well as having an involvement with internal content from video editing to creating a podcast and much more. Working for one of the biggest institutions in sport has taught me how to work in professional settings with highest of expectations. In April 2026 I was videographer for the Arsenal U15 Beijing Premier League Tour.

Dair Ltd

England Rugby (2022 – present)

From shooting at Twickenham to creating content in Paris, I've done a wide range of different forms of content for England Rugby. Interviewing people as a part of this content has really boosted my ability to direct and communicate my ideas.

BBC Bitesize (2025)

I worked on a shoot for bitesize where I helped with the setup, shot behind the scenes content and recorded edit notes.

Apple TV (2023)

I assisted sound recording for a day on an Apple TV series where I was able to work on a large-scale set with an extensive budget. Being in an environment of this calibre gave me a taste of what it's like to be at the top and gave me an understanding of how things operate and how to conduct myself.

Rough Trade (2022 – 2024)

I shadowed the audio mixing deck a long with helping set up at multiple live shows. This gave me more of an insight into live sound recording and how to deal with problem solving in the moment.

TV & Film Productions

- Wellington Films 2022
- Casarotto 2023
- Parker Rose 2024
- Roguish Films 2025

& more

Qualifications:

Filmmaking postgraduate degree BA Hons
Full, clean UK driving license
3 A Levels (AAC)

Additional Information

I have also worked in a range of customer service roles including; Bartender, Barista, Event Support and Sales Assistant.