I first became involved in archaeology in 1997 while studying Classics at Oxford, first taking part in the excavation of a Roman bath-house at Rushton, Northants, before joining the Janiculum Mills research dig in Rome and also beginning a longstanding involvement with the excavations at Vindolanda Roman fort. I moved into commercial archaeology after university, and have worked at Albion Archaeology in Bedford since 2002, progressing from 'trowel fodder' to Project Officer and editor of Albion's monograph series. I also edit the Bedfordshire Archaeology journal, and have published numerous excavation reports as East Anglian Archaeology monographs and as articles in county journals.

Alongside my professional career, I am involved with several archaeological groups and societies. I act as Secretary (and various other roles) for CBA East Midlands and CBA South Midlands, organising two conferences per year for each to help people find out about recent archaeological research in the region. I am also on the committee of both the Middle Nene Archaeological Group and the Upper Nene Archaeological Society, regularly participating in the latter's excavation of a Roman villa at Piddington, Northants.

I have only just been invited to join the Nene Valley Archaeological Trust, and am a relative newcomer to the archaeology of this part of the Nene Valley, but have been involved in a few projects locally. These have included excavations with the Middle Nene Archaeological Group at Water Newton Roman fort and at Nassington, and Albion Archaeology's excavations at Willow Hall Farm Quarry and evaluation of the proposed Great Haddon development area south of Peterborough.