# The High Performance uses Sennheiser




L-R: Damian Hughes, Jake Humphrey

Hosted by Jake Humphrey, a broadcast presenter for 20 years, and Damian Hughes, an expert on high-performance sporting cultures and visiting professor at Manchester Metropolitan University, The High Performance Podcast turns the lived experiences of the planet's high performers into valuable life lessons. Over the past four years, Humphrey and Hughes have interviewed more than 250 guests, including athletes, authors, entertainers, and industry experts, to uncover the secrets behind their success. Featuring guests like Olympic champion Keely Hodgkinson, rock climber Alex Honnold, Formula One engineer Adrian Newey, and celebrity chef Gordon Ramsay, the podcast relies on Sennheiser audio equipment to authentically capture their stories and insights.

Following that meeting, Button introduced Ryan to Sennheiser's Business Development Manager, Lee Shuttlewood, who was instrumental in demonstrating various Sennheiser solutions that could be used for studio recording, including the evolution wireless series. As Ryan notes, "That's when we got hooked, as we knew they were a good fit".

Earlier this year, after moving into their brand-new studio at Oxford Circus in central London, the team initially rented Sennheiser audio equipment from various companies, including Hand Held Audio. However, they soon sought a permanent solution that was reliable and simple to operate. "The G3 system we were using was great, but the latest EW-DP has made our workflow so much easier," Ryan explains. "What's fantastic about EW-DP is that while 80 percent of our interviews are studio-

based, if we need to record on location, it’s so easy to pack three receiver boxes, three transmitters, and a handful of AA batteries. It’s reassuring to know that we have everything we need in one bag.”




Not being an expert in frequency management, Ryan relies on Sennheiser’s Smart Assist App, which automatically establishes stable wireless connections. “I run the automatic scan every time we record. The app finds available frequencies, and I sync both boxes. Since we’re located in central London, finding available frequencies can be tricky, so the Smart Assist App is a lifesaver. Also, I can monitor everything, including battery levels, from my phone, even when the gear is in a different room.”

Ryan is well-acquainted with Sennheiser gear, having relied on HD 25 headphones since he first began working with audio. “I’ve always had HD 25s either in my bag or on my head,” he laughs. “Then I started using their microphones, and their wireless mics quickly became the industry standard for me. As soon as I began working with wireless technology, particularly live handheld mics, I always chose Sennheiser evolution wireless series. I started with the G3 series, and now we’re using their 5th generation sets,” he adds.



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“I know that with Sennheiser receivers, I’ll get high-quality audio that I can mix into a great podcast. We only get one shot to interview our guests – redoing a line is possible, but redoing the whole interview isn’t. We want the environment to feel comfortable, and it wouldn't be if a sound engineer was running in and out to adjust mics or batteries. With the EW-DP ME2 system, we set it up, let the guests talk for an hour, and know we’ll get great audio at the end.”

In addition to using EW-DP, Ryan is excited about incorporating Sennheiser’s MKE Series shotgun microphones and MK 4 cardioid true condenser microphones into their setup. “We’re looking forward to using the MKE Series for focused audio capture, and the MK 4 mics will be perfect for recording intros with both presenters, where we usually switch from lav mics to something with a large diaphragm.”



Additionally, Ryan has been impressed with Sennheiser’s latest HD 490 PRO Plus open-back studio headphones, which are designed to handle the complexities of modern-day sound production. “Mixing our latest episodes with these headphones has been a great experience. They’re incredibly comfortable and perform beautifully,” says Ryan. “Collaborating with Finn has been a great experience,” concludes Button. “Their commitment to authenticity and creating a relaxed, high-

quality environment aligns perfectly with Sennheiser’s dedication to delivering reliable audio solutions. It’s been a pleasure supporting them as they capture the inspiring stories of these exceptional individuals.”

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