



MANAGEMENT

Studio 61709, PO Box 6945
London, W1A 6US
+44 (0)207 183 6211
casting@lamanagement.co.uk
www.lamanagement.co.uk

Richard Halden



© Runar Vilberg

| | | | |
|-------------|--|----------------------|-------------------|
| Location | Greater London, New York, United States | Ethnic Background | White |
| Height | 185 cm | Heritage & Ethnicity | Icelander |
| Weight | 90.00 kg | Eye colour | Blue-Green |
| Playing age | 18 - 32 | Hair colour | Dark Brown |
| Appearance | White | Hair length | Mid Length |

Rick Halden is an actor known for his grounded intensity and quiet, commanding presence. With a natural ease in both contemporary drama and character-driven storytelling. He often plays men at a crossroads, resilient, conflicted and deeply human. His work balances strength with vulnerability, bringing authenticity to roles that demand both physicality and emotional depth.

Drawn to storytelling from an early age, Rick has immersed himself in every aspect of the craft, working across multiple departments on set to better understand the full language of filmmaking. Outside of acting, he composes music and writes scripts, and runs a small production company where he continues to develop original work and push himself creatively.

Television

2025, Sölvi, AVALANCHE, Glassriver, Þórður Pálsson
2024, Ólafur - Junior Detective, THE DARKNESS, stampede ventures, Lars Hallström
2022, Helicopter Pilot, BLACKPORT, Vesturport, Gísli Örn
2021, CIA Agent, STELLA BLÓMKVIST, Saga film, Óskar Þór
2024, Waiter with lines, HAPPILY EVER AFTER, Nanna Kristín
2023, Eddi, SKVÍZ, Glassriver

Feature Film

2021, Kári, HVERNIG Á AÐ VERA KLASSA DRUSLA, Myrkva Myndir, Ólöf Birna Matthías, ÞAR SEM VONDIR VERÐA AÐ VERA, Sigurður Anton
2020, Police officer with lines, GRANDMA HÓFÍ, Gunnar Guðmundsson
2020, Nurse with lines, THE GARDEN, Ragnar Bragason

Short Film

2023, Lead, SCAVENGER, Asoca productions, Rúnar Vilberg
2024, Lead, EXTRACTION, Asoca Productions, Rúnar Vilberg
2021, Lead, FIRST DATE, Dagný H
2020, David, CRYNALIS

Television Movie

2018, Bjarni, NIGHTOWL, Tíkall og Túss, Grétar Jónsson

Commercial

2023, Lead, NOVA - LOVE EVERYONE, Nova
2023, Model, PREMIATA

2024, Lead, ÍSORKA

Stage

2019, Danny, BREAKFAST CLUB - PLAY, Rúnar Guðbrandsson

2018, Friðrik, 1914 - PLAY, Rúnar Guðbrandsson

| | |
|---------------------------|---|
| Accents | American-Standard*, Essex, RP, Australian, French, Russian, Icelandic*, Nordic, Irish-Northern, English-Standard*, German |
| Languages | English, Icelandic* |
| Music & dance | Salsa Dancing |
| Performance skills | Story Telling, Comedy |
| Sports | Football, Swimming, Kick Boxing, Basketball, Golf, Karate, Horse-riding |
| Licences | Manual Car Driving Licence, Automatic Car Driving Licence |
| Other skills | Director, Camera Operator, Film/Video Editor (experienced), Juggling |

(* = highly skilled)

Training Film academy of Iceland, Diploma of Higher Education (DipHE) Acting, 2016 - 2018