

SELECT CASTING

PO Box 748 London NW4 1TT

+447956131494

info@selectcasting.co.uk

www.selectcasting.co.uk



© Sophie Walker

Sophie Russet

Location	Buckinghamshire, Greater London, Surrey	Ethnic Background	Latin/American, Black/Black African/Black Caribbean, Middle Eastern/North African
Height	160 cm	Heritage & Ethnicity	Nigerian, Jamaican
Weight	73.50 kg	Eye colour	Hazel
Playing age	35 - 42	Hair colour	Dark Brown
Appearance	Black-Caribbean, Black-African, Black-Other Areas, African-American	Hair length	Short
		Voice	Assured, Nasal

Ted Lasso AFC Richmond Women's Football Coach, Season 4. Lord of the rings - Rings of Power Stand-in/dialogue season 2. Cast by Georgi Banks-Davies for role of River Woman in the soon to be released "The Night Manager". The Chelsea Detective dialogue police officer. ITV " The Hack" detective. Through improvisation and role-play as a medical actor I create the bridge between the classroom and the real-world medical scenarios. It is a privilege to produce a realistic environment where students refine their diagnostic and interpersonal abilities. Highly disciplined performer with a unique physical profile, combining a professional bodybuilder physique with striking green-hazel eyes. Experienced in high-budget environments (Apple TV+, Amazon Prime, BBC), offering a blend of technical stand-in expertise and on-screen presence

Television

Year Role	Title	Company	Director
2026 AFC Richmond Women's Football Coach	APPLE TV	Apple	Jack Burditt
2025 River Woman MI6 Agent	THE NIGHT MANAGER	The Ink Factory	Georgi Banks-Davies
2025 Daniel Morgan case Detective.	THE HACK	ITV Studios	Lewis Arnold

Comedy

Year Role	Title	Company	Director
2024 Police Officer - Sophie	SLEEVES	We Film Reality	Samantha Hennessy

Motion Capture

Year Role	Title	Company	Director
2024 Volumetric Capture Actor	SYNTHESIA - VOLUMETRIC CAPTURE	Synthesia	Lenny Wolff

Educational

Year Role	Title	Company	Director
2023 Improv Simulation Patient	UNIVERSITY OF BUCKINGHAM MEDICAL SCHOOL		

Accents	London
Languages	English
Music & dance	Contemporary Dance, Disco Dancing

Performance skills Firearm Training for Film and TV - Advanced, Comedy Improv, Puppetry - Full Body / Skin / Creature, Underwater Filming*, Motion Capture, Puppetry - Performance Capture / Reference, Scare Actor, SAFD-Stage Combat (unarmed), Independent Drama-Firearms: Military & Tactical, Role Play, Firearm Training for Film and TV

Sports Gymnastics, Body Combat, Shooting, Swimming (Open Water)*, Abseiling, Trampoline, Horse-riding, Kick Boxing, Weight Training*, Fitness Instructor (qualified)*, Swimming*, Bodybuilding

Licences Car Driving Licence

Other skills Waiting Staff (experience), Survival Skills, Hand Modelling, Tumbling, Sewing (hand and machine), Video Gaming, Improvisation, Life Saving, Motion Capture, Acrobatics, Military Training/Experience, Computer Literate, Trained Auxiliary Nurse, Police Officer (former/professional), Sports/Remedial Massage Therapist (qualified), DBS (CRB) clearance, Personal Fitness Trainer (professional), Theatrical Gun Handling training, Firearms training, Life Modelling

(* = highly skilled)

Training Improv actor, whose performances are enriched by a unique fusion of combat and medical expertise. With a dynamic range of skills, bring captivating and authentic characters to life on screen and through the lens, seamlessly blending my diverse experiences into each improvisational role.
At a ex-lifeguard I find all water work a joy. Alongside work as a Police officer with my own uniform to hand.