

SELECT CASTING

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© Sophie Walker

Sophie Russet

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

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.

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, Firearm Training for Film and TV, Role Play, Underwater Filming*, Motion Capture, Puppetry - Performance Capture / Reference, Independent Drama-Firearms: Military & Tactical, Scare Actor, SAFD-Stage Combat (unarmed)
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Sports Gymnastics, Body Combat, Shooting, Bodybuilding, Swimming (Open Water)*, Swimming*, Abseiling, Fitness Instructor (qualified)*, Trampoline, Horse-riding, Kick Boxing, Weight Training*

Licences Car Driving Licence

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

(* = 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.