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Sophie Russet

Location	Buckinghamshire, Greater London, Surrey	Eye colour	Hazel
Weight	73.50 kg	Hair colour	Dark Brown
Playing age	30 - 42	Hair length	Short
Appearance	African-American, Black-African, Black-Caribbean, Bla	Voice	Assured, Nasal

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. Ongoing reoccurring role as Midsomer murders police officer, when filming Police roles I provide/own uniform.

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		

Commercial

Year Role	Title	Company	Director
2023 Riot Police	HOLY MOLY	Bootleg Films	Adam Morley

Documentary

Year Role	Title	Company	Director
2022 Sonya	CAUGHT IN THE NET	Arrow Media	Bill Thomas

Accents	London
Languages	English
Music & dance	Contemporary Dance, Disco Dancing
Performance skills	Comedy Improv, Firearm Training for Film and TV, Firearm Training for Film and TV - Advanced, Independent Drama-Firearms: Military & Tactical, Motion Capture, Puppetry - Full Body / Skin / Creature, Puppetry - Performance Capture / Reference, Role Play, SAFD-Stage Combat (unarmed), Scare Actor, Underwater Filming*
Sports	Abseiling, Bodybuilding, Body Combat, Fitness Instructor (qualified)*, Gymnastics, Horse-riding, Kick Boxing, Shooting, Swimming*, Swimming (Open Water)*, Trampoline, Weight Training*
Licences	Car Driving Licence

Other skills

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

(* = 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.