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## ©@Self

Company

**Director** 

## **Sophie Russet**

Location	Buckinghamshire, Greater London, Surrey, England, England, England	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-	Hair length	Short
	Other Areas, Black-African, Voice	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 priviege to produce a realistic environment where students refine their diagnostic and interpersonal abilities.

Black-Caribbean

Title

## Television Year Role

		1 /	
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

Firearm Training for Film and TV - Advanced, Comedy Improv, Puppetry - Full Body / Skin / Creature, Firearm

Performance skills

Training for Film and TV, Role Play, Motion Capture, Puppetry - Performance Capture / Reference,

Independent Drama-Firearms: Military & Tactical, SAFD-Stage Combat (unarmed), Underwater Filming\*,

Scare Actor

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Sports Gymnastics, Body Combat, Shooting, Bodybuilding, Swimming (Open Water)\*, Fitness Instructor (qualified)\*,

Weight Training\*, Abseiling, Kick Boxing, Horse-riding, Trampoline, Swimming\*

**Licences** Car Driving Licence

Waiting Staff (experience), Survival Skills, Hand Modelling, Life Modelling, Video Gaming, Improvisation, Life Saving, Motion Capture, Military Training/Experience, Computer Literate, Theatrical Gun Handling training,

Trained Auxiliary Nurse, Personal Fitness Trainer (professional), DBS (CRB) clearance, Sewing (hand and machine), Tumbling, Firearms training, Sports/Remedial Massage Therapist (qualified), Police Officer

(former/professional), Acrobatics

(loither/professional), Acrobati

(\* = highly skilled)

Other skills

**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.

The information in this CV may have been provided by partner sites. Every effort has been made to make sure that the information contained on this page is correct and Tagmin can accept no responsibility for its accuracy.

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