

# SELECT CASTING

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## Sophie Russet

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

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

<b>Accents</b>	London
<b>Languages</b>	English
<b>Music &amp; dance</b>	Contemporary Dance, Disco Dancing
<b>Performance skills</b>	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*
<b>Sports</b>	Abseiling, Bodybuilding, Body Combat, Fitness Instructor (qualified)*, Gymnastics, Horse-riding, Kick Boxing, Shooting, Swimming*, Swimming (Open Water)*, Trampoline, Weight Training*
<b>Licences</b>	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.