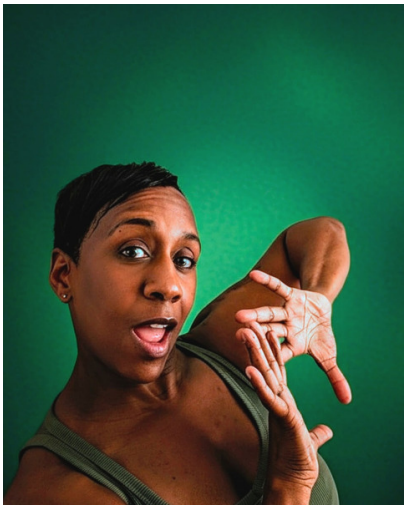
SELECT CASTING

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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	**69.90 kg**	Eye colour	**Hazel**
Playing age	**32 - 42**	Hair colour	**Dark Brown**
Appearance	**Black-Caribbean, Black-African, Black-Other Areas, African-American**	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. 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	Forensics officer (dialogue)	I, JACK WRIGHT SEASON 2	BBC / Federation Stories	Tom Vaughan
2026	AFC Richmond Women's Football Coach	APPLE TV	Apple	Jack Burditt
2026	Police Officer (dialogue)	THE CHELSEA DETECTIVE	Expectation Entertainment/BBC	Various
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)
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, Lifeguard, 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.

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.