



MANAGEMENT

Studio 61709, PO Box 6945
London, W1A 6US
+44 (0)207 183 6211
casting@lamanagement.co.uk
www.lamanagement.co.uk

Meghan Adara



© Chris Giles

Location	Greater London, Brighton and Hove	Ethnic Background	White
Height	160 cm	Heritage & Ethnicity	White
Weight	51.30 kg	Eye colour	Blue
Playing age	20 - 30	Hair colour	Blond(e)
Appearance	White	Hair length	Long
		Voice	Friendly, Delicate, Gentle

Meghan is a versatile, multi-award-winning London-based screen and stage actress, trained at East 15. She's starred in numerous films including The Cellar (6 Best Actress awards), The Caller, Apart, Never Looked Up, Terror on Luxor Ridge, and Bloody Perfect. Recently wrapped on They Wait in the Shadows, Meghan's upcoming roles include Amelia, Therapy, The Death of Us, Walldale, Hegemony - Part 1, Ghoul Squad, and The R.I.P Man.

Feature Film

Year Role	Title	Company	Director
2026 (lead)	THE INTERVIEW (PRE-PRODUCTION)	Big Evil Grin Productions	Neil James & Meghan Adara
2026 (lead)	OUIJA EXPERIMENT 2 (PRE-PRODUCTION)	Trash Arts Productions	Sam Mason-Bell
2026 (lead)	UNTITLED (PRE-PRODUCTION)	Trash Arts Productions	Sam Mason-Bell
2025 Helen Ward	BELIATH (IN-PRODUCTION)	Crystal Dome Productions	Cristian Parras
2026 Ivy (lead)	LUST FOR LIFE (PRE-PRODUCTION)	Trash Arts Productions	Sam Mason-Bell
2025 Jenny (lead)	THEY WAIT IN THE SHADOWS (POST-PRODUCTION)	Trash Arts Productions	Sam Mason-Bell
2025 Abigail (lead)	THE CELLAR	Double Take Pictures	Jamie Langlands
2025 Rachel Harding	THERAPY (POST-PRODUCTION)		Scott Clist
2025 Nurse	THE DEATH OF US (POST-PRODUCTION)	Six Foot Under Productions	Annabella Rich
2025 Valiant	HEGEMONY - PART 1 (IN-PRODUCTION)		Allan McTaggart
2025 Lana	THE R.I.P MAN (POST-PRODUCTION)	Double Take Pictures	Jamie Langlands
2025 Yvette	GHOUL SQUAD (PRE-PRODUCTION)	Hypericum Films	Richard Anthony Dunford
2025 Becca	SOUTH PARADE (PRE-PRODUCTION)		Tom Walters
2024 Mimi	SAFE SPACE - THE CLOTHES STORE		Issy Songer
2024 Francine Walters (lead)	WALLDALE (POST-PRODUCTION)	Horizon Pictures	Matthew Cathcart
2024 Carer	ALIEN LEGACY - TERROR ON LUXOR RIDGE	Voodoo Cat Productions	Saxon Brothers
2023 Izzy	SAFE SPACE 2		Issy Songer
2022 Melissa Coburn	THE CALLER (MINACIOUS - US)	Hypericum Films	Richard Dunford
2021 Mortina Fireblood	WINGS OF ASCENSION	PortraitXProductions	Marcus Godfrey-Beck
2025	UNTITLED	Voodoo Cat Productions	Saxon Brother's

Short Film

Year	Role	Title	Company	Director
2025	Hag	SLEEP TIGHT (POST-PRODUCTION)	CPR Productions	Thomas Clark
2025	Sam (lead)	NEVER LOOKED UP (POST-PRODUCTION)	T&A Productions	Andy Corry
2025	Alice (lead)	LOCKED IN (POST-PRODUCTION)	CPR Productions	Thomas Clark
2022	Young Doris	OUR FATHER	Pineal Dreams Production	Joshua Moulinie
2024	Hannah (lead)	THE VURGLAR	Haslam Films	Jake Haslam
2024	Woman	CROOK		
2024	Chess Player	HORSE	F11 Studio Films	
2023	Beth (lead)	MEMORIES OF YESTERDAY		Oliver Carratu
2023	Chloe (lead)	NEVER LOVE AGAIN		
2023	Laura (lead)	BLOODY PERFECT		Liam Coombes
2023	Sarah (lead)	NATURE'S MOCKERY		Ryan Chapman
2023	Samara (lead)	THE DEMON BARGAIN		Ice Greer
2022	Girl	THREEDOM	Macroverse Films	Luke Mephram
2022	Maddie (lead)	LITTLE MISS UNDERSTOOD		Sky Craig
2022	Anastasia (lead)	PROLONGED ADOLESCENCE		Zhen
2022	Jessie (lead)	DROWN YOU OUT		Elisa Ranney
2022	Amy	DESPERATE MEASURES		Sherry Davis
2022	Nina (lead)	BURNING PILES		Alishah Choudhary
2022	Earl (lead)	ROOM 114		Finton Cullen
2021	Ghost	WHO KILLED YOU	RC Productions	Reece Manigan
2021	Valerie	THE WALRUS AND THE CARPENTER	RC Productions	Reece Manigan
2021	Jade (lead)	JADES ESCAPE		Rory Connolly
2021	Ines (lead)	TOGETHER AGAIN		Brie Burns
2021	Robot	AUTOMATE		Caitlyn Parr
2020	Lori (lead)	VOOP		Chris Dunk
2026	Phoebe Scott (lead)	UNTITLED (PRE-PRODUCTION)		Joshua Millard
2026	Kiera (lead)	UNTITLED (PRE-PRODUCTION)		Joshua Millard

Web Series

Year	Role	Title	Company	Director
2023	Holly Boyden (co-lead)	FILES OF MYSTERY: DOPPELGANGER	Macroverse Films	Luke Mephram
2022	Roxy (supporting)	THE TIES THAT BIND (IN-PRODUCTION)	No Limit Productions	Cody Vera Williams
2022		THE WORLD REVOLVES AROUND ME		Fey Okege
2021	Jamia Wainwright (supporting)	I KILLED SOLOMON REID	Hypericum Films	Richard Dunford
2018	Zombie	THE DEAD AND US		Luke R Burge
2017	Zombie	THE DEAD AND US		Luke R Burge

Stage

Year	Role	Title	Company	Director
2025	Jessica (lead)	VULNERABLE VOICES (PRE-PRODUCTION)		Owen Bramman-Lewis
2023	Therapist (supporting)	I WAS KINDA THE BAD GUY		Jasmine Rose
2020	Multi-role/Ensemble	EVERYTHING ENGLISH	Paradoxical Frog	Sarah Elliott and Raphael Key
2020	Multi-role/Ensemble	THE REPROBATES	Windmill Young Actors	Tanushka Marah and Nicola Chambers
2019	Multi-role/Ensemble	MUSICALS OF BROADWAY	Poppa Roy's Players	Pippa Randall and Roy Randall
2019	Tom	BURYING YOUR BROTHER IN A PAVEMENT		Polly Broad
2018	Multi-role/Ensemble	LOSING IT	Windmill Young Actors	Tanushka Marah
2018	Multi-role/Ensemble	THE CAUCASIAN CHALK CIRCLE	Paradoxical Frog	Sarah Elliott

2018 Multi-role/Ensemble	THE CAUCASIAN CHALK CIRCLE		Polly Broad
2018 Multi-role/Ensemble	ABOUT A REVOLUTION	Windmill Young Actors	Tanushka Marah
2018 Multi-role	TIMELINE		Meghan Adara/Oliver Shanks
2018 Fairy	A MIDSUMMER NIGHT'S DREAM		Sarah Leaver
2017 Megan/Multi-role/Ensemble	WHAT ARE WE MADE OF		Terri Geal

Street Theatre

Year Role	Title	Company	Director
2018 Witch	COVEN OF THIRTEEN	Scream Park Entertainment/Tulleys Farm	Scream Park Entertainment
2017 Witch	COVEN OF THIRTEEN	Scream Park Entertainment/Tulleys Farm	Scream Park Entertainment

Television

Year Role	Title	Company	Director
2024 Forensic Investigator	THE TRUTH ABOUT MY MURDER (SERIES 2)	ITV	
2024 Samantha (supporting)	DILLUDED (IN-PRODUCTION)		Dillon Harris
2018 Audience/Guests	THE ROYAL WORLD	MTV	Katy Manley

Podcast

Year Role	Title	Company	Director
2024 Self	MOVIE ANALYST - SHANE ADAM BASSET INTERVIEW	Movie Analyst	Shane Adam Basset
2024 Self	THE HORROR HEATHEN PODCAST	The Horror Heathen	
2024 Self	GHOULS GONE WILD PODCAST	Ghouls Gone Wild Podcast	
2024 Self	VOICES OF THE DEAD PODCAST	Voices of the Dead Podcast	
2024 Self	INVASION OF THE POD PEOPLE PODCAST	Invasion of the Pod People	
2024 Self	BRIGHTON ROCKS FILM FESTIVAL INTERVIEW	Brighton Rocks Film Festival	
2024 Self	TERROR SALAD PODCAST	Terror Salad Podcast	
2024 Self	MOVIE ANALYST - SHANE ADAM BASSET INTERVIEW	Movie Analyst	Shane Adam Basset
2024 Self	CIVIL GORE PODCAST	Civil Gore Podcast	
2024 Self	THE CINEBYTES PODCAST	The Cinebytes Podcast	
2024 Self	THE JEFF MACOLINO PODCAST EP. 206 - MEGHAN ADARA	The Jeff Macolino Podcast	
2024 Self	HORROR TALKS WITH TATE PODCAST	Horror Talks with Tate Podcast	
2024 Self	HORROR MOVIES AND SHIT PODCAST	Horror Movies and Shit Podcast	
2024 Self	DIECAST MOVIE PODCAST	Diecast Movie Podcast	
2024 Self	HORROR HANGOUT PODCAST	Horror Hangout Podcast	
2024 Self	THE CINEBYTES PODCAST	The Cinebytes Podcast	
2024 Self	CIVIL GORE PODCAST	Civil Gore Podcast	
2024 Self	SINISTER SCRIPTS PODCAST	Sinister Scripts Podcast	Ryne Grotts
2024 Self	COMING SOON PODCAST	Coming Soon Podcast	
2024 Self	SCREAMS FROM THE BASEMENT PODCAST	Screams from the Basement Podcast	
2024 Self	8 QUESTIONS WITH PODCAST - MEGHAN ADARA		
2024 Self	PVD HORROR PODCAST	PVD Horror Podcast	
2024 Self	THE GHOSTLY GALLERY PODCAST	The Ghostly Gallery Podcast	
2024 Self	ANOTHER GODDAMN HORROR PODCAST EP. 193 - MEGHAN AD	AGHP Video Void	

2024 Self	ATHONY TS HORROR & WRESTLING SHOW EP. 122 - MEGHAN	Film Arcade Media	Anthony T
2024 Self	HORROR REALM PODCAST	Horror Realm	
2024 Self	ON THE SLAB HORROR PODCAST	On The Slab Horror Podcast	
2024 Self	BLOODY ESSENTIALS PODCAST	Bloody Essential Podcast	
2024 Self	PUGWALL 3:16 INTERVIEW	Pugwall 3:16	

Educational

Year	Role	Title	Company	Director
2023	Soldier	RESOURCE FILMS	Holloway Media Ltd	James Holloway

Promo

Year	Role	Title	Company	Director
2022	Model	ONE GREEN BOTTLE	One Green Bottle	Olivia Connor
2022	Model	LIFE DESIGN	Life Design	Dessie Magee
2020	Model	KISSING FISH	Orcabee	Luke Dean

Music Video

Year	Role	Title	Company	Director
2021	Actress (lead)	FALLING FOOLS - GUCHY2		Joel Eley

Internet

Year	Role	Title	Company	Director
2021	Model	WORTH MESSAGE	Orcabee	Luke Dean

Event

Year	Role	Title	Company	Director
2019	Stage Manager	SUSSEX GIN FESTIVAL	Mckenzie Associates Ltd	David Hill

Accents

American-Western States, American-Standard, RP, London, Sussex*, Yorkshire

Languages

English*

Music & dance

Singing (general), Harmony Singing, Ballet

Performance skills

Outdoor Performances, Meisner Technique, Scare Actor, Immersive Performance, Street Theatre, Theatre In Education, Pupperty, Story Telling

Sports

Kayak, Abseiling, Skiing, Cycling, Swimming, Weight Training, Canoe, Kick Boxing, RollerSkating

Other skills

Story Telling, Improvisation, Devising

Voiceover

Home studio, Professional microphone

Vocal range

C₃ to C₅ (belt to F₄)

(* = highly skilled)

Training

-East 15 Acting School
Directors Cut - Acting Course - (ongoing)
Identity School of Acting (ongoing)
MN Acting Academy (ongoing)
Actors Studio - Masterclass in Screen Acting
ThirdSpace Theatre
Northbrook College - Acting - Level 3
Northbrook College - Production and Performance - Level 2