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Lauren Poveda



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| | | | |
|-------------|---|-------------|-------------------|
| Location | Greater London, Devon, West Midlands | Eye colour | Brown |
| Height | 160 cm | Hair colour | Dark Brown |
| Weight | 57.15 kg | Hair length | Mid Length |
| Playing age | 22 - 28 | | |
| Ethnicity | White | | |

Fully Vaccinated with Booster.

Feature Film

2017, Rock and Roller, CROOKED HOUSE, Fred Films, Gilles Paquet-Brenner

Television

2018, Contestant, THANKS FOR THE MEMORIES, Gate Television Productions / BBC, Amit Gupta

2017, Cafe de Paris woman, THE HALCYON, ITV, Stephen Woolfenden

Commercial

2019, Model, FERDA COMMERCIAL, Alex Mitar Productions, Alex Mitar

2019, Friend, WERGO, ZOYA Films, Ben Cohen

Short Film

2022, Freya, MISCONCEPTION, Jonathan Hawkins

2014, Louise, CHILD TIME FORGOT, John Charles Media, John Charles Brownlie

Stage

2022, Mandy, 5 YEARS (DERBY THEATRE), Inside Theatre, Rebecca Gadsby

2022, Mandy, 5 YEARS R&D (CRUCIBLE SHEFFIELD), Inside Theatre, Rebecca Gadsby

2018, Juliet, ROMEO AND JULIET (11 MONTH TOUR), White Horse Theatre Company, Rebecca Gadsby

2018, Miss Melly / Neighbour / Policewoman, LIGHT FINGERS, White Horse Theatre Company, Rebecca Gadsby

2018, Jane, SILVER JANE, White Horse Theatre Company, Rebecca Gadsby

2016, Little Girl, BLOOD WEDDING, The Spanish Theatre Company, Jorge de Juan

2016, Hermione, THE WINTERS TALE, Fourth Monkey, Tom Espiner

2016, Mokrina Staritskaya, THE GRAIN STORE, Fourth Monkey, Jorge de Juan

2016, Natasha, PLASTICINE, Fourth Monkey, Steven Green

2016, Antonia's Daughter, THE REVENGERS TRAGEDY, Fourth Monkey, Tom Espiner

2016, Envy, ASCENSION PART 1&2, Fourth Monkey Theatre Company, Steven Green

2015, Lady, ORPHEUS DESCENDING, Fourth Monkey, Simone Coxall

2015, Eurymachus, THE ODYSSEY, Fourth Monkey, Tom Espiner

2014, Natalie, STANDING IN THE GUTTER STARING AT THE STARS, The Lyric (Hammerstimth) Studio, Richard Weinman

2013, Lucinda, CHRISTMAS, The Lyric Young Company, Toby Clarke
2013, Twitch, HOT MESS, Arts Educational Schools, Toria Banks

Still Photography

2020, Passenger, GATWICK EXPRESS & THAMESLINK, GTR & Making Pictures, Dan Burn - Forti
2019, Model, SHOP DAKOTA, Shop Dakota, Andu Kaprar

Site Specific

2015, Celia Obregon, THE WONDERFUL ICE CREAM SUIT, Fourth Monkey, Tom Espiner

Accents American-Standard

Music & dance Aerobics, Ballet, Choral Singing, Commercial Dance, Jazz Dancing, Lyrical Dance, Period Dancing, Rock 'n' Roll Dance, Street Jazz, Tap, Zumba

Performance skills BASSC-Actor Combatant (pass R & D/Unarmed), Children's Theatre, Comedy, Laban Training, Meisner Technique, Physical Theatre, TV Presenting, Voice Over

Sports Abseiling, Badminton, Bowling, Climbing, Cycling, Horse-riding, Hula Hooping, Ice Skating, Pilates, RollerSkating, Rollerblading, Running, Skiing*, Skipping Rope, Stage Combat, Stand Up Paddle Board, Swimming, Yoga

Licences Car Driving Licence

Other skills Pilates

(* = highly skilled)

Training Fourth Monkey Theatre Company, 2 Year Repertory Programme
Arts Educational Schools London, Acting Foundation

Zoe Nathenson School of Screen Acting
International Training in Commedia Dell'Arte, Antonia Fava
Lyric Young Company
Almeida Young Company