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Sarah Harwood



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Location	Greater London	Eye colour	Blue
Height	177 cm	Hair colour	Light/Mid Brown
Weight	64.00 kg	Hair length	Mid Length
Playing age	26 - 35		
Ethnicity	White		

I am a Meisner actress and like to make very intricate, layered characters. I've last month I was the female lead in a comedy series where I got to be a WAG. I'm finishing some work on two projects, one as a seductive, malignant narcissist, the other as a psychiatric patient. I've just been cast as a crazy, blood thirsty woman/ beast. Every character I take on feels like a real honor and a responsibility to find the truth of that being and give it life.

Film

2017, Kate, SCENE 3, Road Before Productions, Ffion Jones

Television

2022, Florence, SUPPER CLUB

Short Film

2021, Detective Melanie Stevens, FATAL AMBITION, Project Horror, Daniel Urben

2021, Ivy, THE 6, Possibility Assembly Gospel Ministries, Ms Funmi James

2017, Natalie, FATHERS DAUGHTER, JHS, Joanna Harker Shaw

2017, Rachel, WAKE UP, Jumping Frog Productions, Meghnath Goud

2016, Saz, MORNING AFTER, NM, Laura Winter

Stage

2017, Kate, BREATHING CORPSES, Richmond Actors, Fran McInally

2016, Clara Web, A VAMPIRE STORY, Richmond Actors, Fran McInally

Web Series

2016, Abi, LIVING TOGETHER, Film Art Productions, Frankie Contino

Event

2015, Mary- Lead, WITH DISPARATE VOICES, Ambassadors Group, Claudia Sherrif-Carrol

Comedy

2022, Florence, SUPPER CLUB

Sports Horse-jumping, Horse-riding, Running, Running-Marathon Distance, Swimming, Swimming (Open Water)

Licences Car Driving Licence

Other skills Artist (Fine Art), Artist (Oils/Oil Pastels), Artist (Portrait), Bartender, Carer (trained), Computer Literate, Cooking/Baking, Illustrator (experienced), Painting, Sculpture

(* = highly skilled)

Training

Actors Door Studio; Screen acting training; 2022- current

Actors Door Studio- 3year Meisner Technique; 2018- 2020

Richmond Young Actors; 2015-2017

Chubbuck Technique; 2 months- 2017

MN Academy, Professional Screen Acting, 1 year, 2015 - 2016