

SOPHIE FLACK

Performer

SPOTLIGHT



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SELF REPRESENTED

Seeking representation

SELF-REPRESENTED

enquiries@spotlight.com

www.spotlight.com

Your location: Greater London, England, United Kingdom, The City of Brighton and Hove, England, United Kingdom, Greater Manchester, England, United Kingdom

Gender: Female

Playing age: 28 years to 35 years

Height: 5 feet 6 inches (167cm)

Nationalities: British

Ethnicity or Heritage: White, English, German

Membership: Equity

Appearance: Eastern European, Scandinavian, White

Hair colour: Blond(e)

Hair length: Long

Eye colour: Blue

Voice styles: Engaging, Clear

Weight: 9 st 4 lb

Performer website:

www.sophieflackactress.co.uk



'SLEEP PARALYSIS' lead in psychological horror movie releasing in 2026

'MY AMAZING WOMAN' 14 award-winning audio comedy series

Voice Artist with home studio

Her previous agency unfortunately closed so she is currently looking for new representaton.

Non-headshot photos: www.sophieflackactress.co.uk

IG: https://www.instagram.com/sophiejflack_actress

Languages: English (fluent), French & German (conversational but with script in advance can confidently perform in), Spanish & Japanese (basic, good for smaller roles or v/o with script in front), Mandarin (just started learning!)

Other

Production/Role	Director	Date	Type	Company
My Amazing Woman (Series 5) Madison Goforth	David Robbins	2026	Audio	Hey Daddyo Audio
The Whistleblower and The Whistleblower Poison Seamstress	James Alexander Allen	2026	Feature Film	Ashbang Films Ltd
Beliath Claire Jennings	Cristian Parras	2025	Feature Film	Crystal Dome Productions
The RIP Man Alice	Jamie Langlands	2025	Feature Film	JNR Productions LLC
The Legend of the Soul Stones Zang	Phantom	2025	Video Game	Official Soul Stone
Paper Model (Short Story) Narrator	Kat Megson	2025	Audiobook	Independent
What Was Mine Radio Announcer	Nicholas Ferwerda	2025	Audio	Easel Weasel Productions

Production/Role	Director	Date	Type	Company
My Amazing Woman (Series 4) Maddison Goforth	Mark Bauer	2025	Audio	Hey Daddyo Audio
The Glass Magazine Crazy Lady (Voice)	Josu Vaquerizo	2025	Short Film	JV Films
Sleep Paralysis Anna	John Aldridge	2024	Feature Film	Parallax Films
Mumsurance Street Interview Mum	Corran Holmes	2024	Promo	Media Plan Ltd
Footprints of an Origin Voiceover	Samuel Franklin	2024	Feature Film	Monkey Humour Ltd
Mumsurance Mum	Corran Holmes	2024	Online Commercial	Media Plan Ltd
Duality Jane (Voice)	Phil Jones	2024	Site Specific	Long Way Home
The Cellar Isabelle Harper	Jamie Langlands	2024	Feature Film	Double Take Pictures
MTA Training Narrator	Tom Williams	2024	Voice Over	Stage Visuals
Cocoa & Gunpowder Queen Charlotte	Jacob Lee	2024	Animation	JLC Comics Productions
Twelve Dancing Princesses Magdalena	Mike Veselov	2024	Animation	
Guinness 0.0% Friend	Hector Niel-Mee	2024	Online Commercial	LadBible
The Aselian Journeys Natasha Simonova	Shaquille Hawkins	2024	Animation	Red Phoenix
The My Amazing Woman Movie Special Maddison Goforth	Mark Bauer	2024	Audio	Hey Daddyo Audio
Cinderabbit Madam Godmother	Jacob Lee	2024	Animation	JLC Comics Productions
Grimoire (Season 3) Penny (Guest lead)	Sultan Alkazmi	2023	Television	Sultanic Entertainment
I'm Live Streaming the End of the World Twitcher	Warren Dudley	2023	Feature Film	SixtySix Media
GTR Railways Customer	Mark Brailsford	2023	Corporate	Neil Pringle Productions
Lanoguard Hero 2	Warren Dudley	2023	Commercial	SixtySix Media
Because There is Silence (Poem) by Jackie Wang Narrator	Richard O'Calloghan	2023	Voice Over	
The Vanishing - Immersive Poltergeist Experience Lady Clara Blackthorn & Miss Pryor (Voice)	Stephen Hyde	2023	Immersive	Hyde Brothers Productions

Production/Role	Director	Date	Type	Company
MFA Narrator	Dan Sweeney Davies	2023	Voice Over	Fresh Movement
Te Deum Jubilante Tavern Voices	Raven	2023	Audio	Raven Tunes
The Obsidian Hound Harper	Richard Dunford	2023	Short Film	Hypericum Films
Dagastani Shakedown - Never Stay Down ft Kna-Lo Venge Lead Girl	Tom Williams	2023	Music Video	Stage Visuals
Ominous Thrill Creepy Neighbour	Jeff Schmidt	2023	Podcast	Jeff Schmidt Productions
My Amazing Woman (Season 3) Maddison Goforth	Mark Bauer	2023	Audio	Hey Daddyo Audio
So That's It Then Alison	Nicholas Alexander	2023	Audio	Dark Comedy
A Prisoner of Roora Transporter	Graz Richards	2023	Audio	Cyclone
Moto Spray Voiceover	Warren Dudley	2023	Commercial	SixtySix Media
I Killed Solomon Reid DS Elizabeth Loughton	Richard Anthony Dunford	2022	Television	Hypericum
Ex's Anonymous Brenda	Obie Dean	2022	Short Film	Silent Dove Productions
Minacious (Feature Film) Caller One	Richard Anthony Dunford	2022	Voice Over	Hypericum Films
Miss Sherlock Holmes (Tour) Gwendolyn Cobb		2022	Stage	Lantern Light
My Amazing Woman Season 1 (Ongoing) Maddy aka Red Light	James C. Taylor	2022	Audio	Hey, Daddyo
Skidz Promo Youth	D.James Newton	2022	Promo	
A Christmas Carol (Tour) Mrs Cratchitt	Kerren Garner	2021	Stage	Lantern Light
Claap Manifesto		2021	Voice Over	Claap
My Amazing Woman Maddison	Mark Bauer	2021	Audio	Hey, Daddyo Audio
To Starlight We Come Lieutenant Savitskaya	Jas Isaksson	2021	Audio	Pink Elephant Productions
Derbyshire Police Hannah	Sophie Flack	2020	Audio	Fun Fight at the OK Corona!
Nightmare in Blood (Audiobook) Young Woman	J. Pinkerton	2020	Audio	
Piercing Time Cynewyn	Muriel Rasofolo	2020	Audio	Louisa Lux Productions
Sakoku	Stephanie Palacino	2020	Workshop	

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Ilanya Alexandrina Vandeers				
So That's It Then Alison	Warren Saunders	2020	Audio	
The Birds are Feeding Me Kim	Tom Dussek	2020	Audio	Fun Fight at the OK Corona!
The Lockdown Hauntings Amy Sanders	Howard Ford	2020	Feature Film	Latitude Films Ltd
A Christmas Carol (Tour) Belle/The Ghost of Christmas Past/Martha	Kerren Garner	2019	Stage	Lantern Light
Lotty Lotty	Obie Dean	2019	Short Film	Silent Dove Productions
The Adventure of the Speckled Band Helen Stoner		2019	Radio	Lantern Light / Conan Doyle Collection
The Hound of the Baskervilles Beryl Stapleton		2019	Radio	Lantern Light / Conan Doyle Collection
Dragonflies Bride	Richard Dunford	2018	Feature Film	Kerzam
Heavenly Hexes Rose	Sultan Alkazmi	2018	Short Film	Sultanic Productions
Lemon Drop Kristina & Aurelia	Stephanie Palacino	2018	Audio	Shark Helping Fish
Lemon Drop (Episodes 6, 7, 8) Jules/Kristina/Painted Woman	Stepahnie Palacino	2018	Rehearsed Reading	
Lemon Drop (Episodes 9, 10) Jules / Kristina / Kate	Stephanie Palacino	2018	Rehearsed Reading	
Recurring Dream Lola	Emily Hammond	2018	Short Film	Brighton Film School
Romeo & Juliet Lady Capulet	Thomas Everchild	2018	Stage	Afterthought Theatre
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Sherlock's Poisons Miss Mary Tregennis	Sophie Flack	2018	Stage	Lantern Light / Conan Doyle Collection
The Adventures of Conan Doyle Sir Sophie	Sophie Flack	2018	Stage	Lantern Light / Conan Doyle Collection
The Comedy of Errors Courtesan	Mark Brailsford	2018	Stage	Brighton Shakespeare Company
The Visitors Poppy	Stephanie Palacino	2018	Stage	Bootcamp Productions
A Midsummer Night's Dream Helena	Mark Brailsford	2017	Stage	Brighton Shakespeare Company
After School Grace	Kristen Hunt	2017	Stage	Unmasked Theatre
Alone In Our Thoughts Georgie	Peter Gardiner	2017	Radio	Two Bit Productions

Production/Role	Director	Date	Type	Company
Buzzards Barbara	Dave Patchett	2017	Radio	Radio Playtime
Face with Many Voives Dapper Dame / Valley Girl	Peter Gardiner	2017	Radio	Two Bit Productions
Fermata Sarah	Faye Lord	2017	Stage	Unmasked Theatre
Lemon Drop (Episodes 3, 4, 5) Jules/Aya/Manon/Aurelia/Rachel	Stephanie Palacino	2017	Workshop	
The Theseus Switch Lieutenant Sykes	Peter Gardiner	2017	Radio	Two Bit Productions
Unmoored Connie	Peter Gardiner	2017	Radio	Two Bit Productions
Slow Time Teacher	Kyran Mitchell-Nanton	2015	Short Film	OLTE
I Am Woman Victoria (Lead)	Charlotte Taylor	2014	Short Film	
Our Dancing Feet Dancer		2014	Stage	Zap Arts
POV Ramona	Richard Dunford	2014	Feature Film	Kerzam
Elves / First Day Back Sophie / Elf	Peter Regan	2013	Short Film	Felstead and Flack
Fairy Tale Wanda	James Clark	2013	Stage	Party-Tales
Hansel & Gretel Gretel		2013	Stage	Lantern Light
Motorway Yvonne	Richard Dunford	2013	Feature Film	Kerzam
My Dreams Killed Me Narrator	Ray James	2013	Voice Over	Intense Puppy
The Cafe Society Show Suz/Lisa/Rebecca/Pam/Megan	Will Geffin	2013	Stage	Cafe Society Productions
Emotions Model	Francois Rocquemont	2012	Still Photography	Francois Rocquemont Photography
GhettOlympics Presenter	Kiell Smith-Bynoe	2012	Short Film	Nuffin But Comedy
Laura Lamarca Poems Narrator		2012	Voice Over	GJB Publishing
Mofilm / Samuel Adams Boston Lager Hero 1	Nat Nollid	2012	Commercial	Common Sense Films & Media
One Foot From Hell Alice (Lead)	Peter Regan	2012	Short Film	Peter Regan Productions
Seconds From Disaster (Series 6) Ma	Jane Sayers	2012	Television	Darlow Smithson Productions / National Geographic

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Time Teenager	Kris Dayne	2012	Short Film	Great Dayne Entertainment / Time Films Ltd
World Duty Free Young Girl	Jenni Day	2012	Corporate	BlueDog Productions
Ladies Who Lunch Lady	Laura Watts	2011	Still Photography	Watts Where Media
Mama & Bea Scene Bea	Ron Hagell	2011	Workshop	RHUL
Police Communication & Persuasion Training DVD Body Language Demonstrator / Panicked Woman	Jane Sayers	2011	DVD	Mojo Productions TV
The Secret of Jean Baptiste Abi	Nicole Volavka & Clio Barnard	2011	Workshop	Film London Microwave
Autumn Thoughts Alice Weinberg (Lead)	Barry Horvath	2010	Short Film	TBC
Belly Dancing for Beginners Vera	Benjamin Henson	2010	Stage	See You Next Tuesday (New Players Theatre)
Coriolanus Menenius	Arne Polhmeier	2010	Rehearsed Reading	River Productions (Scoop Theatre, South Bank)
Cybeline Imogen (Speech)	Marc farrington	2010	Stage	Upstage London
Heigh the Carrion Crow / Crooked Rooks The Whore	Dewi Bruce-Konuah	2010	Music Video	Broken Light Films / AD82 Productions
The Collector Drug Dealer's Girlfriend	Andrew Rainnie	2010	Short Film	Andrew Rainnie Productions
The Monologue Receptionist	Doy Gabriel Castillo	2010	Short Film	Castillo Brothers
Titus Andronicus Aaron	Arne Polhmeier	2010	Rehearsed Reading	River Productions (Scoop Theatre, South Bank)
Alleycats Katja	Ian Bonhote 'Emma' / Tom Hunsinger	2009	Workshop	Microwave
Bardathon Isabella/Puck/Viola (Speeches)	Diana Walker	2009	Stage	Word of Mouth Media Productions
Kim Kim	Caley Powell	2009	Short Film	Ginger Nut Productions
Live East, Die Young Alijca	Laura Hypponen	2009	Workshop	Electric Blue Films Ltd
My Photograph Photographer (Lead Girl)	Andrew Rainnie	2009	Music Video	The Cellar Door Sound
The Night Woman One	Benjamin Henson	2009	Stage	Lost Theatre
The Prayer Room Rilla	Angus Jackson	2009	Workshop	Microwave
Deadly Fires Elizabeth Brandon	Peter Bailey	2008	Short Film	7 Film

Production/Role	Director	Date	Type	Company
George & Friends Choreographer	Zillah Bridget Bosworth-Coleman	2008	Stage	Creative Reconnaissance
Strawberry Fields Emily	Francis Lea / Mark Tonderai	2008	Workshop	Microwave
Witches of Maudlin Down Alice	Ed Aldridge	2008	Workshop	Microwave
Family Ties Rebecca (Lead)	Sam Dilley	2007	Short Film	Don't Say A Word Productions
Imperial College London Online Training Video Samantha	Barnaby Girling	2007	Corporate	ICE Screen Development
Joy Division Moya	Harry Denford	2007	Stage	Harry Denford Productions
Long Distance Joan	Rahul Bhatt	2007	Radio	UWR
Memories Revisited Sorrow	Zillah Bridget Bosworth-Coleman	2007	Stage	Creative Reconnaissance
My Lucky Day Mary (Lead)	Maria Salvatore	2007	Short Film	TVU
Three More Sleepless Nights / Caryl Churchill Margaret	Philippa James	2007	Workshop	
Too Late, Too Late Dancer		2007	Music Video	Mercury Records Ltd
B@!!@CKS! Charlotte	Marcus DF White / Robert Bertrand	2006	Short Film	The Video College
Delta Jane Stevens	Mario Michaelides	2006	Short Film	TVU
Hayfever / Noel Coward Clara	Ted Craig	2006	Stage	Drama Studio London
Late! Louise (Lead)	Wayne Meckel-Quailey	2006	Short Film	TVU
Much Ado About Nothing / Shakespeare Maragaret	Ian Lindsay	2006	Stage	Drama Studio London
Shakespeare Workshop	Patrick Tucker	2006	Workshop	Drama Studio London
The Cherry Orchard / Chekhov Anya	Crispin Harris	2006	Stage	Drama Studio London
The Provok'd Wife / John Vanbrugh Bellinda	Chris Pickles	2006	Stage	Drama Studio London
The Winter's Tale / Shakespeare Paulina	David Wylde	2006	Stage	Drama Studio London
Time and the Conways / J.B. Priestley Joan Helford	Ilona Linthwaite	2006	Stage	Drama Studio London
Wizard's Dark Tales Ella	Rory Murphy	2006	Radio	FCCA

Production/Role	Director	Date	Type	Company
The White Cat / Pantomime Schools Tour Crystal	Chris Pickles	2005	Stage	Drama Studio London
Citizen Ken / 8 Month Tour Spain Miss Samson / Sergeant Hardy	Richard Harris	2004	Stage	Moving Parts Theatre Company
The Carbon in the Candle Mary	Devised	2004	Stage	The Theatre Experience Company
The Second Shepherd's Play Coll	Laura Kelly	2003	Stage	Falstaff Society
Clue-do? Miss Peacock	Devised	2002	Stage	Bristol University Drama Society
A Prisoner of Roora Transport	Graz Richards	2023	Audio	Cyclone

Accents & Dialects: **Native:** London
High standard: American-Southern States, American-Standard, Cockney, German, Northern, RP, Russian, West Country

Languages: **Native:** English
High standard: French, German

Music & Dance: **Skilled:** Charleston, Lindy Hop, Period Dancing, Singing (general)

Other Skills: Artistic Director, Computer Literate, Director, Drama Workshop Leader, Improvisation, Lyricist, Photographic Model, Scriptwriter (professional), TEFL Tutor, Writer

Performance: **Skilled:** Audio Drama, BASSC-Actor Combatant (pass R & D/Unarmed), Comedy, Outdoor Performances, Poetry Reading, Radio Drama, Sight-Reading (non-musical), Verbatim Theatre

Sports: **Skilled:** Cricket, Cycling, Football, Hockey (field), Netball, Skiing, Stage Combat, Tennis

Vehicle Licences: Car Driving Licence

Voice Over: **Skilled:** ADR, Animation, Audiobook, Commercials, Corporate, Gaming, Home studio, Narration, Voice Acting, Voice Over, Voice Over + Access to Studio, Voice Over + Home Studio, Voice Over Professional/Specialist

Training

Drama Studio London Postgraduate Diploma in Acting

C.S.A. Screen Acting Workshops with Carolyn Mcleod, Dan Hubbard & Jo Buckingham

BASSC Certificate in Stage Combat

BA (Hons) English Literature University of Bristol