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**Web site**  
[www.karispentecost.com](http://www.karispentecost.com)

Profile

Location	Greater London, England, United Kingdom	Gender	Female
Playing age	32 to 41 Years	Height	5 feet 6 inches (167cm)
Nationalities	British	Ethnicity or heritage:	White, Irish, Norwegian
Memberships	Equity	Appearances	Eastern European, White
Eye color	Green	Hair color	Dark Brown
Hair length	Mid Length		

Representation

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Gallery



About me

Currently filming 'Sad Face' in the role of 'Rosie' - the latest horror short from Last British Dragon Films directed by James Crow - \*WINNER of World Film Festival Cannes for 'The Whispering'

Credits

Short Film

Prod and role name	Director	Date	Prod type	Company
Sad Face Rosie	James Crow	2024	Short Film	Last British Dragon Films

Prod and role name	Director	Date	Prod type	Company
<b>Lets Be Honest</b> Kim	Perry O'Halloran	2024	Short Film	True Lies Ltd
<b>Late to the Party</b> Charlie	Emma Keeling	2022	Short Film	Emma Keeling Films
<b>Call Me Henry</b> Dr Sally Webb	Will Dolan	2022	Short Film	Firewood Pictures
<b>PWC</b> Jamie (CEO)		2022	Short Film	The Edge Picture Company
<b>Angel Watch</b> Mother	Daniel Persaud	2020	Short Film	Raggo Films
<b>With You In Mind</b> Mum	Isobel Doyle	2020	Short Film	University Of Greenwich
<b>Mother Ive Long Forgotten</b> Meera	Sara Costa	2018	Short Film	SOCC Films
<b>Babs</b> Doll Company Rep	Celine Held & Logan George	2018	Short Film	Compulsory Viewing
<b>Solus</b> Izzy	Josh Tue	2016	Short Film	Teddy Films
<b>Split Second</b> Sasha	Gabriel Steele	2015	Short Film	Steele and Coe Films
<b>Sleepless</b> Alice	Daryl Hopkins	2014	Short Film	Southbank Productions
<b>An Office Affair</b> Lisa	Dan Nathan	2013	Short Film	Streetlight Films
Television				
Prod and role name	Director	Date	Prod type	Company
<b>EastEnders</b> DI Marshall	Candida Scott Knight	2022	Television	BBC
<b>London Files</b> Sarah Jones	Sachin Pathak	2022	Television	Jar Pictures
<b>The Midwich Cuckoos</b> Training Soldier	Alice Troughton	2021	Television	Day Out Productions
Film				
Prod and role name	Director	Date	Prod type	Company
<b>Double XL</b> Doctor	Satram Ramani	2021	Film	Sumo Films
<b>Essex Vendetta</b> WPC Goodwin	Terry Coker	2016	Film	Cobra Films
<b>Death Walks</b> Beth	Spencer Hawken	2013	Film	Hawken Rhodes
<b>The Cheetah Girls III</b> Cheetah Girl Groupie	Fattima	2009	Film	Disney - Khussro Films
Commercial				
Prod and role name	Director	Date	Prod type	Company
<b>Rohlik</b> Mum	Adam Rae	2025	Commercial	Tatata Studios
<b>Team Viewer</b> Hero		2024	Commercial	Rooster Punk
<b>Citroen C3</b> Mum	Floris Ramaekers	2024	Commercial	El Carousel

Prod and role name	Director	Date	Prod type	Company
Galderma Skin	Bruno Metra	2024	Commercial	Lemonade Productions
Katie Piper's Jailhouse Mums Jailhouse Mum (hero)	Jessica Newark	2023	Commercial	UKTV
Coldzyme Hero	Filip Zaluska	2022	Commercial	Hybrid Agency / Brand Gym
Nintendo Super Golf Mum		2021	Commercial	Icon Films
Strive Footwear Lead	Phil Taylor	2021	Commercial	Emu Films
Boots No 7 Booster Serum		2021	Commercial	Hogarth / Ogilvy
Activia 10 day challenge Hero	Peter Crystal	2021	Commercial	Atomized Studios
Xero Cashbook Campaign Wife	Tom Gregson	2020	Commercial	Xero
Tapi Carpets Home Visit Hero		2020	Commercial	YOU agency
Rutherford Cancer Care Hero	Dan Veal	2020	Commercial	S3 Advertising
Tomy Bath Time Mum		2019	Commercial	Sassy Films
Tapi Carpets Hero		2019	Commercial	Spectrecom Films
Aptamil Nutritionist		2018	Commercial	Nonsense London
Disney Princess Belle's Enchanted Kitchen Mother	John Harris	2018	Commercial	Sassy Films
Chicken Guard Hero	Chris Tongue	2018	Commercial	Dead Ready Productions
Lay-Z-Spas Hero	Joseph Murrell	2016	Commercial	Murrell Productions
Dyson informercial Laura - main feature	Osagi Samuel	2015	Commercial	The Broadcast House
Voice Over				
Prod and role name	Director	Date	Prod type	Company
Optibac Probiotics (commercial)		2022	Voice Over	Vince Films
CIPHR HR	Ralph Crofton	2022	Voice Over	CIPHR
CY Express	Nick Franco	2022	Voice Over	1185 Films
Microsoft (Spotify ad)		2021	Voice Over	Audio Experts
Tapi Carpets (online commercial)	Connie Smith	2021	Voice Over	YOU Agency
Hewlett Packard Enterprises (explainer video)	Ralph Crofton	2021	Voice Over	Outbound Media
The Party Crashers (Acast)	Aaron Matthews	2021	Voice Over	Creative Audio
Digital 360.mobi		2020	Voice Over	Digi 360
BMW Hybrid (Sponsered Ad)	Sarah Hunt	2020	Voice Over	Dennis
Rutherford Direct	Dan Veal	2020	Voice Over	S3 Agency
Uber Eats - Spotify Commercial	Tim Morgan	2020	Voice Over	Audio Experts
NIPT Pregnancy	Hannelore	2020	Voice Over	Clementine
Dubai University	Rory O'Shea	2020	Voice Over	Arabian Radio Network

Prod and role name	Director	Date	Prod type	Company
Rinvog	Issac Warsall	2020	Voice Over	Hive Health
New Look	Tim Morgan	2019	Voice Over	Global Radio / Audio Experts
BP		2019	Voice Over	Maple St Creative
Manchester Doners		2019	Voice Over	Fuzzy Duck
Institute of Human Rights		2019	Voice Over	Fuzzy Duck
Fuze Tea	Tim Morgan	2019	Voice Over	Audio Experts
Pertemps Live	Umesh Mistry	2018	Voice Over	Umesh Mistry Films
McDermott Homes		2018	Voice Over	Radio Wave
Ask Alia		2018	Voice Over	Three Thirds Films
Dubai Sports City		2018	Voice Over	Arabian Radio Network
Sheerness Golf Course		2018	Voice Over	KMFM
IBM		2018	Voice Over	Dreaming Fish
Monaco Yacht Show		2018	Voice Over	Riviera Radio, France
Asia Gaming		2017	Voice Over	Brighton Voices
McDonalds		2016	Voice Over	Drum CO
Nivea Sun	John Sharp	2016	Voice Over	Animated Story Boards
First Time Buyers ISA		2016	Voice Over	Global Radio
Halifax Giving Extra Awards		2015	Voice Over	Global Radio
Monese Bank	James Skelton	2015	Voice Over	Monese Ltd
Tabata workout dvd		2015	Voice Over	Market - Me / ITV
Netflix		2014	Voice Over	Global
Virgin London Marathon 2014		2014	Voice Over	Global Radio
British Airways	Jonathan Wood	2014	Voice Over	Global Radio
The Fault in Our Stars	Jonathan Wood	2013	Voice Over	Global Radio
Clarks - Step It Up 2	Pat Bowyer	2013	Voice Over	NICKELODEON
The Secret Life of Walter Mitty		2013	Voice Over	Global Radio
Nintendo Ds - Professor Layton and the Curious Village	Helen Rosie	2013	Voice Over	Karmarama
Mario Tennis Open Nintendo DS		2012	Voice Over	Kream Productions
Fitness First		2012	Voice Over	Drum Co.
Harrods	Jenny Beckitt	2011	Voice Over	Wave
New Look Winter Tv Campaign		2011	Voice Over	Scorch London
New Look Summer Tv Campaign		2011	Voice Over	Stamp Films
Victoria Shopping Plaza		2010	Voice Over	AI Marketing
RIMMEL, London Campaign		2010	Voice Over	JWT
St. Stephens Shopping Centre, Hull		2009	Voice Over	Wild Stallions, ITV Belmont
Further credits				
Prod and role name	Director	Date	Prod type	Company
Lloyds - Eco Home Tool Presenter	Giacomo Cannata	2022	Internet	Sticky Content
Shell EV Charging Electrician		2021	Internet	Perspective Pictures

Prod and role name	Director	Date	Prod type	Company
<b>Law Advisory</b> Lawyer		2021	Internet	Geronimo Boy Films
<b>Eurotunnel</b> Hero	Franck Trebillac	2019	Internet	FRK Studio
<b>Vision Express</b> Hero	Suki Kainth	2018	Internet	Bright Blue Interactive
<b>Scandit</b> Hero - Warehouse worker	Richard Hunter	2018	Internet	Shoot Media
<b>Coty beauty brand film</b> Harrods Customer	Conan Belletty	2018	Internet	Coty
<b>JML Touch Lights</b> Mother	James Specker	2018	Internet	JML
<b>Dual Play Roulette - Grosvenor Victoria Casinos</b> Gambler	Konstantin Suslov	2018	Internet	Evolution Gaming Ltd
<b>Merifor Future Dreamers</b> Rachel (Mother)	Jonathan Stow / Philip Davies	2017	Internet	Hux Productions Ltd
<b>Reveal Body Cameras</b> Traffic Warden		2017	Internet	Reveal Media
<b>Sharp product videos</b> Hero	Jack Stimson	2017	Internet	ISite TV
<b>Lorna Drew Nursing</b> Lead Female		2016	Internet	Morello
<b>My battle with Ulcerated Collitis</b> Chloe /Emma - Identical Twins	Robin Whitten	2015	Internet	Litmus Marketing
<b>Americian Airlines</b> Flight Attendent	James Armstrong	2014	Internet	Media Station
<b>Snoozebox Portable Hotels</b> Hero	Nick Perry	2013	Internet	Nick Perry Media
<b>Apsara Awards</b> Ensemble	Ganesh Hegde	2008	Stage	Bollywood Producers Guild
<b>The Puente Romana Presents....Mikki Jay</b> Ensemble	Lee Alexander	2008	Stage	Pent Square Productions, Spain
<b>Cabaret</b> Ensemble/Solo Vocalist	David Fawcett	2007	Stage	Smart Move Productions
<b>Thursford Christmas Spectacular</b> Dancer	John Cushing / Colin Window	2006	Stage	Thursford Enterprises
<b>Oh! What A Lovely War</b> Sergeant Major/Australian Soldier Shaw	Ian Dewer/Matthew	2005	Stage	
<b>Brokenville</b> Bruise	Jane Atkinson	2005	Stage	De Valois Theatre
<b>Bodyswaps</b> Motion Capture Actor	Tom Szirtes	2020	Video Game	Bodyswaps - Target3D
<b>Gentlemen</b> Eliza	Catherine Sell	2024	Rehearsed Reading	London Screenwriters Festival
<b>Shop Local</b> Presenter	Jovan Moriac	2022	Promo	Square Daisy
<b>Olympic Opening Ceremony 2012</b> Performer	Temujin Gill / Sunanda Biswas	2012	Dance	OCC
<b>Guesstimation Game Show, National Lottery</b> Performer		2013	Dance	BBC

Prod and role name	Director	Date	Prod type	Company
Arcadia Customer		2018	Role Play	
Volkswagon Group Service Provider		2017	Role Play	Skillbox

## Skills

Accents & Dialects	<p><b>Native:</b> London</p> <p><b>High standard:</b> American-California, American-Southern States, American-Standard, Australian, Cockney, Essex, Kent, Manchester, Northern, RP</p>
Languages	<p><b>Native:</b> English</p>
Music & Dance	<p><b>Highly skilled:</b> Soprano, Tap</p> <p><b>Skilled:</b> Aerobics, Ballet, Blues, Cabaret Dancing, Cabaret Singing, Contemporary Dance, Indian Dance, Jazz Dancing, Lindy Hop, Old Time Dancing, Salsa Dancing</p>
Other Skills	<p>Blogger, Cooking/Baking, Firearms training, Hand Modelling, Improvisation, Model-professional, Narration, Poker, Story Telling, Waiting Staff (experience)</p>
Performance	<p><b>Highly skilled:</b> Actor-Singer, Autocue trained/experienced, Bare Arms-Theatrical Firearms Course Lv1: Basic, Corporate Roleplay, Dancer-Professional, Green Screen, Motion Capture</p> <p><b>Skilled:</b> Musical Theatre, Swashbuckling Cornwall-Riding for Actors-Level 1</p>
Presenting	<p><b>Skilled:</b> Education, Youth &amp; Children, Health &amp; Medical</p>
Sports	<p><b>Skilled:</b> Cycling, Horse-riding, Netball, Running, Swimming, Yoga</p>
Vehicle Licences	<p>Car Driving Licence</p>
Voice Over	<p><b>Highly skilled:</b> Voice Over + Studio + Source Connect or similar, Voice Over Professional/Specialist</p>

## Training

London Studio Centre - 3yr BA (Hons) Musical Theatre & Acting  
 The Actors Temple - Meisner Technique  
 Firearms Training - Bare Arms - Ben Simmons  
 Horse Riding for Actors - Swashbuckling Cornwall - Level 1 British Horse Society accredited  
 LA Voice Coach - MaryLynn Wissner