

SOPHIE FLACK

SPOTLIGHT

Profile



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Web site  
www.sophieflackactress.co.uk

Location	Greater London, England, United Kingdom The City of Brighton and Hove, England, United Kingdom	Gender	Female
Playing age	25 years to 35 years	Height	5 feet 6 inches (167cm)
Nationalities	British	Ethnicity or heritage:	White, English, German
Memberships	Equity	Appearances	Eastern European, Scandinavian, White
Eye color	Blue	Hair color	Blond(e)
Hair length	Long	Voice styles:	Clear, Engaging
Weight	9 Stones 4 Pounds		

Representation

SELF-REPRESENTED

enquiries@spotlight.com  
www.spotlight.com

Gallery



About me

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!)  
‘SLEEP PARALYSIS’ psychological horror movie releasing in 2025  
‘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](http://www.sophieflackactress.co.uk)  
IG: <https://shorturl.at/Y6tNn>

Credits

Further credits

Prod and role name	Director	Date	Prod type	Company
<b>The Whistleblower and The Whistleblower</b> Poison Seamistress (Support)	James Alexander Allen	2025	Feature Film	Ashbang Films Ltd
<b>The RIP Man</b> Alice	Jamie Langlands	2025	Feature Film	JNR Productions LLC
<b>The Legend of the Soul Stones</b> Zang	Phantom	2025	Video Game	Official Soul Stone
<b>Paper Model (Short Story)</b> Narrator	Kat Megson	2025	Audiobook	Independent
<b>What Was Mine</b> Radio Announcer	Nicholas Ferwerda	2025	Audio	Easel Weasel Productions
<b>My Amazing Woman (Series 4)</b> Maddison Goforth	Mark Bauer	2025	Audio	Hey Daddyo Audio
<b>Sleep Paralysis</b> Anna (Lead)	John Aldridge	2024	Feature Film	Parallax Films
<b>Mumsurance Street Interview</b> Mum	Corran Holmes	2024	Promo	Media Plan Ltd
<b>Footprints of an Origin</b> Voiceover	Samuel Franklin	2024	Feature Film	Monkey Humour Ltd
<b>Mumsurance</b> Mum	Corran Holmes	2024	Online Commercial	Media Plan Ltd
<b>Duality</b> Jane (Voice)	Phil Jones	2024	Site Specific	Long Way Home
<b>The Cellar</b> Isabelle Harper (Support)	Jamie Langlands	2024	Feature Film	Double Take Pictures
<b>MTA Training</b> Narrator	Tom Williams	2024	Voice Over	Stage Visuals
<b>Cocoa &amp; Gunpowder</b> Queen Charlotte (Lead)	Jacob Lee	2024	Animation	JLC Comics Productions
<b>Twelve Dancing Princesses</b> Magdalena (Support)	Mike Veselov	2024	Animation	
<b>Guinness 0.0%</b> Friend	Hector Niel-Mee	2024	Online Commercial	LadBible
<b>The Aselian Journeys</b> Natasha Simonova	Shaquille Hawkins	2024	Animation	Red Phoenix
<b>The My Amazing Woman Movie Special</b> Maddison Goforth (Support)	Mark Bauer	2024	Audio	Hey Daddyo Audio
<b>Cinderabbit</b> Madam Godmother (Supporting)	Jacob Lee	2024	Animation	JLC Comics Productions
<b>Grimoire (Season 3)</b> Penny (Guest lead)	Sultan Alkazmi	2023	Television	Sultanic Entertainment
<b>I'm Live Streaming the End of the World</b> Twitcher	Warren Dudley	2023	Feature Film	SixtySix Media
<b>GTR Railways</b> Customer	Mark Brailsford	2023	Corporate	Neil Pringle Productions
<b>Lanoguard</b> Hero 2	Warren Dudley	2023	Commercial	SixtySix Media
<b>Because There is Silence (Poem) by Jackie Wang</b> Narrator	Richard O'Calloghan	2023	Voice Over	

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

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<b>The Birds are Feeding Me</b> Kim	Tom Dussek	2020	Audio	Fun Fight at the OK Corona!
<b>The Lockdown Hauntings</b> Amy Sanders	Howard Ford	2020	Feature Film	Latitude Films Ltd
<b>A Christmas Carol (Tour)</b> Belle/The Ghost of Christmas Past/Martha	Kerren Garner	2019	Stage	Lantern Light
<b>Lotty</b> Lotty	Obie Dean	2019	Short Film	Silent Dove Productions
<b>The Adventure of the Speckled Band</b> Helen Stoner		2019	Radio	Lantern Light / Conan Doyle Collection
<b>The Hound of the Baskervilles</b> Beryl Stapleton		2019	Radio	Lantern Light / Conan Doyle Collection
<b>Dragonflies</b> Bride	Richard Dunford	2018	Feature Film	Kerzam
<b>Heavenly Hexes</b> Rose	Sultan Alkazmi	2018	Short Film	Sultanic Productions
<b>Lemon Drop</b> Kristina & Aurelia	Stephanie Palacino	2018	Audio	Shark Helping Fish
<b>Lemon Drop (Episodes 6, 7, 8)</b> Jules/Kristina/Painted Woman	Stepahnie Palacino	2018	Rehearsed Reading	
<b>Lemon Drop (Episodes 9, 10)</b> Jules / Kristina / Kate	Stephanie Palacino	2018	Rehearsed Reading	
<b>Recurring Dream</b> Lola	Emily Hammond	2018	Short Film	Brighton Film School
<b>Romeo &amp; Juliet</b> Lady Capulet	Thomas Everchild	2018	Stage	Afterthought Theatre
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<b>Sherlock's Poisons</b> Miss Mary Tregennis	Sophie Flack	2018	Stage	Lantern Light / Conan Doyle Collection
<b>The Adventures of Conan Doyle</b> Sir Sophie	Sophie Flack	2018	Stage	Lantern Light / Conan Doyle Collection
<b>The Comedy of Errors</b> Courtesan	Mark Brailsford	2018	Stage	Brighton Shakespeare Company
<b>The Visitors</b> Poppy	Stephanie Palacino	2018	Stage	Bootcamp Productions
<b>A Midsummer Night's Dream</b> Helena	Mark Brailsford	2017	Stage	Brighton Shakespeare Company
<b>After School</b> Grace	Kristen Hunt	2017	Stage	Unmasked Theatre
<b>Alone In Our Thoughts</b> Georgie	Peter Gardiner	2017	Radio	Two Bit Productions
<b>Buzzards</b> Barbara	Dave Patchett	2017	Radio	Radio Playtime
<b>Face with Many Voives</b> Dapper Dame / Valley Girl	Peter Gardiner	2017	Radio	Two Bit Productions
<b>Fermata</b> Sarah	Faye Lord	2017	Stage	Unmasked Theatre
<b>Lemon Drop (Episodes 3, 4, 5)</b> Jules/Aya/Manon/Aurelia/Rachel	Stephanie Palacino	2017	Workshop	

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<b>The Theseus Switch</b> Lieutenant Sykes	Peter Gardiner	2017	Radio	Two Bit Productions
<b>Unmoored</b> Connie	Peter Gardiner	2017	Radio	Two Bit Productions
<b>Slow Time</b> Teacher	Kyran Mitchell-Nanton	2015	Short Film	OLTE
<b>I Am Woman</b> Victoria (Lead)	Charlotte Taylor	2014	Short Film	
<b>Our Dancing Feet</b> Dancer		2014	Stage	Zap Arts
<b>POV</b> Ramona	Richard Dunford	2014	Feature Film	Kerzam
<b>Elves / First Day Back</b> Sophie / Elf	Peter Regan	2013	Short Film	Felstead and Flack
<b>Fairy Tale</b> Wanda	James Clark	2013	Stage	Party-Tales
<b>Hansel &amp; Gretel</b> Gretel		2013	Stage	Lantern Light
<b>Motorway</b> Yvonne	Richard Dunford	2013	Feature Film	Kerzam
<b>My Dreams Killed Me</b> Narrator	Ray James	2013	Voice Over	Intense Puppy
<b>The Cafe Society Show</b> Suz/Lisa/Rebecca/Pam/Megan	Will Geffin	2013	Stage	Cafe Society Productions
<b>Emotions</b> Model	Francois Rocquemont	2012	Still Photography	Francois Rocquemont Photography
<b>GhettOlympics</b> Presenter	Kiell Smith-Bynoe	2012	Short Film	Nuffin But Comedy
<b>Laura Lamarca Poems</b> Narrator		2012	Voice Over	GJB Publishing
<b>Mofilm / Samuel Adams Boston Lager</b> Hero 1	Nat Nollid	2012	Commercial	Common Sense Films & Media
<b>One Foot From Hell</b> Alice (Lead)	Peter Regan	2012	Short Film	Peter Regan Productions
<b>Seconds From Disaster (Series 6)</b> Ma	Jane Sayers	2012	Television	Darlow Smithson Productions / National Geographic
<b>Time</b> Teenager	Kris Dayne	2012	Short Film	Great Dayne Entertainment / Time Films Ltd
<b>World Duty Free</b> Young Girl	Jenni Day	2012	Corporate	BlueDog Productions
<b>Ladies Who Lunch</b> Lady	Laura Watts	2011	Still Photography	Watts Where Media
<b>Mama &amp; Bea Scene</b> Bea	Ron Hagell	2011	Workshop	RHUL
<b>Police Communication &amp; Persuasion Training DVD</b> Body Language Demonstrator / Panicked Woman	Jane Sayers	2011	DVD	Mojo Productions TV
<b>The Secret of Jean Baptiste</b> Abi	Nicole Volavka & Clio Barnard	2011	Workshop	Film London Microwave

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<b>Autumn Thoughts</b> Alice Weinberg (Lead)	Barry Horvath	2010	Short Film	TBC
<b>Belly Dancing for Beginners</b> Vera	Benjamin Henson	2010	Stage	See You Next Tuesday (New Players Theatre)
<b>Coriolanus</b> Menenius	Arne Polhmeier	2010	Rehearsed Reading	River Productions (Scoop Theatre, South Bank)
<b>Cybeline</b> Imogen (Speech)	Marc farringdon	2010	Stage	Upstage London
<b>Heigh the Carrion Crow / Crooked Rooks</b> The Whore	Dewi Bruce-Konuah	2010	Music Video	Broken Light Films / AD82 Productions
<b>The Collector</b> Drug Dealer's Girlfriend	Andrew Rainnie	2010	Short Film	Andrew Rainnie Productions
<b>The Monologue</b> Receptionist	Doy Gabriel Castillo	2010	Short Film	Castillo Brothers
<b>Titus Andronicus</b> Aaron	Arne Polhmeier	2010	Rehearsed Reading	River Productions (Scoop Theatre, South Bank)
<b>Alleycats</b> Katja	Ian Bonhote 'Emma' / Tom Hunsinger	2009	Workshop	Microwave
<b>Bardathon</b> Isabella/Puck/Viola (Speeches)	Diana Walker	2009	Stage	Word of Mouth Media Productions
<b>Kim</b> Kim	Caley Powell	2009	Short Film	Ginger Nut Productions
<b>Live East, Die Young</b> Alijca	Laura Hypponen	2009	Workshop	Electric Blue Films Ltd
<b>My Photograph</b> Photographer (Lead Girl)	Andrew Rainnie	2009	Music Video	The Cellar Door Sound
<b>The Night</b> Woman One	Benjamin Henson	2009	Stage	Lost Theatre
<b>The Prayer Room</b> Rilla	Angus Jackson	2009	Workshop	Microwave
<b>Deadly Fires</b> Elizabeth Brandon	Peter Bailey	2008	Short Film	7 Film
<b>George &amp; Friends</b> Choreographer	Zillah Bridget Bosworth-Coleman	2008	Stage	Creative Reconnaissance
<b>Strawberry Fields</b> Emily	Francis Lea / Mark Tonderai	2008	Workshop	Microwave
<b>Witches of Maudlin Down</b> Alice	Ed Aldridge	2008	Workshop	Microwave
<b>Family Ties</b> Rebecca (Lead)	Sam Dilley	2007	Short Film	Don't Say A Word Productions
<b>Imperial College London Online Training Video</b> Samantha	Barnaby Girling	2007	Corporate	ICE Screen Development
<b>Joy Division</b> Moya	Harry Denford	2007	Stage	Harry Denford Productions
<b>Long Distance</b> Joan	Rahul Bhatt	2007	Radio	UWR
<b>Memories Revisited</b> Sorrow	Zillah Bridget Bosworth-Coleman	2007	Stage	Creative Reconnaissance
<b>My Lucky Day</b> Mary (Lead)	Maria Salvatore	2007	Short Film	TVU

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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
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

Skills

Accents & Dialects	<p><b>Native:</b> London</p> <p><b>High standard:</b> American-Southern States, American-Standard, Cockney, German, Northern, RP, Russian, West Country</p>
Languages	<p><b>Native:</b> English</p> <p><b>High standard:</b> French, German</p>
Music & Dance	<p><b>Skilled:</b> Charleston, Lindy Hop, Period Dancing, Singing (general)</p>
Other Skills	<p>Artistic Director, Computer Literate, Director, Drama Workshop Leader, Improvisation, Lyricist, Photographic Model, Scriptwriter (professional), TEFL Tutor, Writer</p>
Performance	<p><b>Skilled:</b> Audio Drama, BASSC-Actor Combatant (pass R &amp; D/Unarmed), Comedy, Outdoor Performances, Poetry Reading, Radio Drama, Sight-Reading (non-musical), Verbatim Theatre</p>
Sports	<p><b>Skilled:</b> Cricket, Cycling, Football, Hockey (field), Netball, Skiing, Stage Combat, Tennis</p>
Vehicle Licences	<p>Car Driving Licence</p>
Voice Over	<p><b>Skilled:</b> 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</p>

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

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