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COCO Studios

Sophie Rae

Location:	Cardiff, United Kingdom, Greater London, United Kingdom, Greater Manchester, United Kingdom	Ethnic Background:	White
Height:	5'7" (170.2 cm)	Heritage & Ethnicity:	Welsh
Playing Age:	32 - 42	Eye Colour:	Heterochromia/Mixed
Appearance:	White	Hair Colour:	Blond(e)
		Hair Length:	Mid Length
		Voice Styles:	Cheerful, Engaging, Natural

Editorial journalist and ex-competitive swimmer.

Full, clean driving license with own vehicle and valid passport.

Sectoral heterochromia (1 eye blue, 1 eye hazel/blue)

Short Film

2026, Short Film, Alice Campbell, Leftover Women, Devisio Pictures, Atalanta Swire
2026, Short Film, Glinda, Over the Rainbow, Lights Camera Cymru, Andrew Creak
2026, Short Film, Emmeline Fitzwilliam, The Fitzwilliams, Bath Spa University, Eva Quinton
2025, Short Film, Mother, Eron, University of Portsmouth, Katie Halley
2024, Short Film, Carmen, This Hell, Rabbit Island Productions, Mark Bowsher

Feature Film

2025, Feature Film, Prison Warder, Out There, The British Film Institute & Sweetdoh Ltd, Simon Ryninks

Credits

2025, Workshop, Company, Bard City Shakespeare Workout, Bard City, Owen Horsley

Accents & Dialects: (* = native)

Welsh-Southern, American-Standard, RP, London, Scottish-Standard, Irish RP, Yorkshire, Cardiff*, Somerset, English-Standard, Welsh-Northern, Heightened RP

Languages: (* = Native/Fluent)

English*

Music & Dance: (* = highly skilled)

Choral Singing*, Aerobics*, Singing (general), Soprano

Performance:

Public Speaking*, Actor-Singer, Shakespeare, Swashbuckling Cornwall-Riding for Actors-Level 1

Sports: (* = highly skilled)

Swimming (Open Water)*, Weight Training, Yoga (Hot)*, Yoga (Bikram)*, CrossFit, Stand Up Paddle Board, Horse-riding (pony/small horse), Swimming*, Callisthenics, Cycling, Yoga, Horse-riding

Vehicle Licences:

Car Driving Licence

Other Skills:

Model-professional, Barista (experienced), Waiting Staff (experience), Editing/Proof-Reading (experienced), Digital Marketing, Journalist, Knitting, Public Speaking Coach, Workshop Leader, Computer Literate, Hair Model, Cooking/Baking, Life Saving, Bartender, Drama Workshop Leader, Sewing (hand and machine)

Training:

LOUISE KIELY CASTING 10-Week Screen Acting Intensive Course

First Class BA Hons Drama Aberystwyth University 2007-2010