

SARAH HOWETT

STUNT ACTION PERSON (CATEGORY 1)
BOXING KICKBOXING MARTIAL ARTS ACTOR

PROFILE

Sarah, or "Missy" as she is known in the fight circuit, has been training in Martial Arts for 18 years. She is a professional boxer, was rank ranked in the top 10 Worldwide at the end of 2014, and a Champion undefeated Muay Thai Kickboxer.

Sarah is known for starring in the hit Channel 7/Southern Star series Gladiators, in which she played the role of Viper. This was also around the time when she discovered a love for stunts and pursued that career path. Sarah graded as a SAP in 2011.

Sarah has also trained as an actress from a young age and her passion for acting and the physicality of stunts has only intensified with each day on set.

She has feature films, the TV Series Wentworth and House Husbands and numerous short films, coupled with many years on stage under her belt as an actress.

Sarah has performed at many live events over the past 14 years as a performer, dancer, singer, guest speaker and host.

Dedication, passion and the persistence to be the best she can be is part of who Sarah is. Her other areas of interest are crossfit, yoga, running, surfing and hip hop dancing.



MEAA # 3013705

AUSTRALIAN STUNT MANAGEMENT

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FILM CREDITS | STUNTS

• Tarnation	2017	Feature	A
• The Moon & The Sun	2014	Feature (US)	SA
• Jasper	2009	Feature	SP/A
• From Parts Unknown	2008	Feature	SP/A

TELEVISION CREDITS | STUNTS

• Wentworth 1, 2, 3, 4, 5, 6 & 7	2012 - 2018	TV Series	SP/A
• Jack Irish	2018	TV Series	SP
• Romper Stomper	2018	TV Series	SP/A
• Neighbours	2016	TV Series	SP/A Angelina Jackson 4 Eps
• Hunters	2015	TV Series (US)	SP (Lead Double)
• House Husbands S3	2014	TV Series	SP/A
• Neighbours	2014	TV Series	SP
• Gladiators	2008	TV Series	SP/A "Viper"

LICENCES/ INTERESTS		MEASUREMENTS			SKILLS	
Car	Boxing	HEIGHT	5' 8"	173 cm	SP STUNT PERFORMER/	
Motorbike	Kickboxing	CHEST	36.5"	93 cm	STUNT DBL	
Open Water PADI	Muay Thai	WAIST	28"	71 cm	SA STUNT ASSISTANT	
Security	Surfing	HIPS	36"	91 cm	A ACTOR	
	Fire Twirling	NECK	13.5"	34 cm	D DANCER	
	Running	HEAD	22"	56 cm	P PERFORMER	
	Yoga	I/LEG	31.5"	80 cm	DC DANCE	
	Sword Fighting	O/LEG	42"	107 cm	CHOREOGRAPHY	
	Theatrical Fighting	SHOE		US 7.5 - 8		

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TVC CREDITS | STUNTS

- | | | | |
|-----------------|------|-------------|---|
| • Home Hardware | 2013 | M&C Saatchi | A |
|-----------------|------|-------------|---|

SHORT FILM CREDITS

- | | | | |
|----------------------------|------|------------|---|
| • Happiness | 2008 | Short Film | A |
| • The Interview | 2008 | Short Film | A |
| • The Long Way | 2006 | Short Film | D |
| • Know Your Rights At Work | 2001 | Video | A |
| • Caring For Your Patients | 1998 | Video | A |

MISCELLANEOUS CREDITS

- | | | | |
|---------------------------------|------|-------------------|------|
| • Wentworth | 2017 | VR Shoot | A/SP |
| • St Kilda Festival | 2011 | Street Performer | P |
| • Undercover Boss | 2010 | Runner | R |
| • Children Collide | 2010 | Music Video | PA |
| • Camp Quality Road Warriors | 2009 | Camp Quality | P |
| • Devotion Active Wear Launch | 2009 | Fashion Launch | DC |
| • United Aged Care Function | 2005 | No Dramas Theatre | P |
| • Boutique Night club VIP Night | 2005 | Satori Dance Co | D |
| • IBM Christmas Party | 2005 | Satori dance Co | D |

QUALIFICATIONS

Muay Thai – Previously WKA South Pacific Champion
Muay Thai – Current WKA Victorian Champion
Film Industry Stunt Training – Yasco Sinigaglia
William Bates Academy of Performing Arts

Professional Boxing 4 fights, 3 wins 1 KO
Gladiators – 3 Months Training under Ray Anthony
1st Aid Level 2
Stunt Training – Zev Eleftheriou