

ROMANS BEGUNS

SPOTLIGHT



© Alisa Lymanska

Profile

Location	Greater London, England, United Kingdom Belfast, Northern Ireland, United Kingdom County Dublin, Ireland	Gender	Male
Playing age	25 to 40 Years	Height	5 feet 8 inches (172cm)
Nationalities	Latvian	Ethnicity or heritage:	White
Appearances	Eastern European, Mediterranean, White	Eye color	Brown
Hair color	Light/Mid Brown	Hair length	Shaved
Facial hair	Full Set	Voice styles:	Strong, Natural
Chest size	44"	Waist size	38"
Hips size	40"	Inside leg size	31"
Inside arms size	19"	Weight	14 Stones 8 Pounds
Collar size	17"	Hat size	22"
Shoe size	9		

Representation

FRANK HOLDER MANAGEMENT

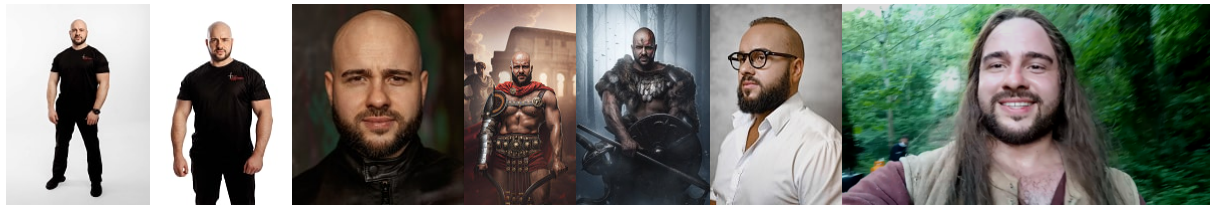
25 Woodmanhurst Road,
Corringham, Essex, SS17 7RX

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<http://www.frankholdermanagement.com/>

Gallery



About me

I am a professional, multilingual actor, stunt performer, and voice-over artist.

My cast type is antagonistic characters.

I have played lead roles in Feature Films & TV.

I am able to work & travel within UK (residency), Ireland (PPS number), EU (EU passport) & overseas.

Credits

Further credits

Prod and role name	Director	Date	Prod type	Company
Mayfair Witches, SE2 Stunt Performer	Michael Uppendahl	2024	Television	AMC Studios
The Clean Up Crew Stunt Performer	Jon Keeyes	2022	Feature Film	Yale Productions
Vikings: Valhalla, SE 2 Stunt Performer	Steve Saint Leger	2021	Television	MGM Television
Vikings: Valhalla Stunt Performer	Hannah Quinn	2021	Television	MGM Television
The Last Duel Stunt Performer	Ridley Scott	2020	Feature Film	Argentan Productions
Viss pa jaunam Bruno	Andrejs Ekis	2019	Television	Platforma Filma
Flight Risk Vlad	James Edlin	2018	Television Movie	Dragon Arts Media
Line Of Duty Ethan Parker	John Strickland	2016	Television	BBC Northern Ireland
Morgan Paul Giamatti	Luke Scott	2015	Feature Film	Scott Free Productions
Fridays Hotel Andrew	Mikhail Mamedov	2014	Television Movie	Forma Pro Films
37 Days Russian Secretary	Justin Hardy	2014	Television	Hardy Pictures
Mercenaries Serbian Soldier	Paris Leonti	2011	Feature Film	Angry Badger Films

Skills

Accents & Dialects	Native: Latvian, Russian High standard: American-Standard, East European
Languages	Native: Latvian, Russian High standard: English
Other Skills	Event Host (experienced), Event Management (experienced), Firearms training, Handgun Handling, Life Saving, Military Training/Experience, Sea Safety Training, Survival Skills
Performance	Skilled: APC Basic Baton, APC Basic Broadsword, APC Basic Broadsword & Shield, APC Basic Group Fighting, British Action Academy-Battle Phase II, British Action Academy-Warrior Phase I, Master of Ceremonies
Sports	Highly skilled: Fitness Instructor (qualified), Kick Boxing, Martial Arts, Scuba Diving, Shooting, Stage Combat, Sword Fighting Skilled: Horse-riding, Jiu Jitsu, Trampoline
Vehicle Licences	Car Driving Licence
Voice Over	Skilled: Voice Over

Training

Gaiety School of Acting, One-to-one coaching, 2024

Ireland's National Academy of Dramatic Art, Stanislavski's System, 2015

Oratory training, Moscow Region State University, 2013

Acting, 63rd Riga's High School, 1999-2006

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