

# KRYSSTINA FREMPONG

She/Her

**Height:** 5'6"      **Eyes:** Dark Brown  
**Hair:** Brown/Dark Brown      **Voice:** Soprano D#3 – A7 [Belt to A6]

**Eligible to work in the UK**



## LAMDA

Isabella / Mrs Overdone      *Measure For Measure*  
Masha      *Three Sisters*  
Claire Zachanassian      *The Visit*  
Ruth / Mama      *A Raisin in The Sun*  
Helen of Troy      *The Trojan Women*

Richard Neale  
Matt Peover  
Lyndsey Turner  
Anna Barkan  
Micaela Miranda & Ioli Filippakopoulou

## Professional Theatre, TV, Film & Radio

[Lucinda] Witch/Murderer      *Macbeth*  
Tiyah      *Essex Girls*  
Cynthia [Lead]      *Idle Interactions*  
Student      *TORR*  
Civilian      *Depth of Field*  
School Girl      *Bulletproof*

Ben May, Theatre Peckham  
Yero Timi-Biu, BFI/MONEGRAM  
Joshua Black, J Black Media  
Kate Cox, BFI  
Moe Alatawi, UAL  
Sarmad Masud, Sky/Vertigo Films

## Professional Other

Teenage Girl [Lead]      *Little Mix: No Time For Tears*, Music Video  
Younger Sister      *Black Dog: Arlo Parks*, Music Video  
The Queen      *When We Were Hooligans: Louis Dunford*  
Kate      *Smart Planet*  
Injured Girl      *Mental Health Campaign*

Troy Roscoe, Mastermind Media  
Molly Burdett, Oskar Brockbank  
Milo Blake, EM Films, Music Video  
Max Vana, Cambridge University Press  
Alex Cantouris, The Children's Society

## Other Experience

Performer      'Yes, it isn't' - *Space to create*  
Zainab      *FGM Case Study* – Training Film  
Performer      *Sketch: Soho Youth Company: Comedy Lab*  
Presenter/Interviewer      *Get Into Film* – *Young Reporter Programme*

National Theatre  
Virtual College  
Soho Theatre  
Into Film

## SKILLS

**Accents**      London [native], Essex [native], MLE, Estuary, RP, General American\*, African American, Southern American, Caribbean (Jamaican)\*, Manchester/Mancunian\*, Birmingham, Northern Irish      \*certified to Native Standard by Louise Jones

**Dance**      Tap, Street Dance, Lindy Hop

**Stage Combat**      Rapier and Dagger, Unarmed, Katana, Single Sword and Knife

**Sport**      Cycling, Netball, Running, Hula Hoop, Skiing, Badminton, Table Tennis, Krav Maga (Basic)

**Music**      Singing, Clarinet [Grade 1], Piano

**Driving**      Full Clean Driving Licence

**Other**      Experienced Presenter/Interviewer

## TRAINING & AWARDS

LAMDA [BA (Hons) Professional Acting, 2021-2024]  
Anna Scher Theatre  
The Elizabeth May Florence Mills Fund Award