

T.M. HORO MANAGEMENT



Sarah Parlow

Actor

Ethnicity: Caucasian
Height: 5' 8" / 173cm
Eye Colour: Brown
Hair Colour: Dark Blonde
Location: Auckland
Age: 50
Social:



Background

Sarah Parlow is an American actress, writer, and producer with a diverse body of work in independent film, television, and digital series. She is credited on a range of projects spanning drama, comedy, and character-driven ensemble pieces.

She is now living in NZ and we are thrilled to be representing her here at TMH.

[IMDB](#)

Resume

AWARDS

2020: Independent Shorts Awards - Best Supporting Actress

SHORT FILM

Year	Production	Part	Production Company	Director
2026	The Knock Knock Man	Laurie Murphy		Jonathan Rowan
2025	The Time We Spend	Megan		Zach Pierce
2024	Off The Menu	Nancy		Marino Reyes
2024	Catrina	Darinka		John Gondos

TELEVISION

Year	Production	Part	Production Company	Director
2020	Soft Focus 2 with Jena Friedman	HMU	CNT Productions	Jena Friedman

THEATRE

Year	Production	Part	Production Company	Director
2019	The Vagina Monologues	Woman 2	Anthony Meindl Theatre	Zoey Pappia, MacKenzie Ogden
2000	The Second Time Around	Eleanor (Lead)	The Las Vegas Little Theatre	Paul Harris

TRAINING

Year
2025
2024

Production
Screen Acting
Acting for Screen

Part

Production Company
Juliet Furniss Acting
Alan Feinstein

Director
Juliet Furniss

Skills

Accent

American / American - Californian / American - New York / Australian / Russian / UK / UK - Cockney / UK - English / UK - N.Ireland / UK - Scottish

Sports

Cycling / Roller Blading / Tennis / Trampoline / Yoga

Contact

e. tanya@tmh.management

m. +64 27 968 5424