



SARAH HARPUR



Location: Wellington | **Height:** 161 cm
Hair Colour: Blonde | **Ethnicity:** European | **Eye Colour:** Hazel

Sarah Harpur is a Wellington based MC, speaker, and former stand up comedian who brings sharp wit, confident stagecraft, and professional polish to every event she hosts.

With a background in comedy and live performance, Sarah has an instinctive understanding of timing, audience energy, and how to read a room. Her early career in stand up comedy shaped her engaging, quick thinking style, giving her the ability to keep events flowing smoothly while adding warmth and well judged humour.

Alongside her performance background, Sarah has built a strong reputation as a business leader, governance advisor, and speaker. This combination of commercial credibility and stage experience makes her particularly effective for conferences, industry events, and awards evenings where both professionalism and personality are required.

Sarah is experienced in hosting structured programmes, introducing speakers, managing transitions, and delivering award citations with clarity and confidence. She is comfortable working from detailed run sheets and collaborating closely with event teams to ensure seamless delivery.

Based in Wellington, Sarah is an excellent choice for events that require a confident, intelligent MC who can balance authority with approachability and bring energy to the room without ever overshadowing the occasion.

AWARDS

2022	Theatre Show: The Shit Kid	Shortlisted	Adam NZ Play Award
2022	Tour Ready Award	Nominee	NZ Fringe Festival



2018	Dunedin Fringe Festival	Best Comedy Nominee [Dead Dad's Club]	
2017	Creative Comedy Project Grant	Grant Recipient	NZ Comedy Trust
2011	Harpur's Bizarre: Immortal Combat	Best Comedy	Dunedin Fringe Festival
2011	Outstanding Lead Actress in a Comedy Series	Alice Chapman in 101 Dates	LA Web Series Festival
2010	NZ International Comedy Festival	Best Newcomer Nominee	
2009	NZ Comedy Guild	Best Newcomer	
2009	NZ RAW Comedy Quest	National Winner	

TELEVISION & STREAMING

2011	Comedy Jam	Role: Featured Comedian	Satellite Media & Creeping Charlie
2010	101 Dates - Online Comedy Series	Role: Alice Chapman [lead]	Seriously Entertainment - Director: Chaz Harris
2010 - 2009	@Seven	Role: Wellington Correspondent	TV3
2010	The Investigator Series	Role: Charlotte	Red Sky Television
2007	AA Torque Show	Role: Barista	Blue Bicycle Flicks

SHORT FILM

2017	Everybody Else is Taken	Role: Cheryl	Director: Jessica Grace Smith
2009	Blackout	Role: Hannah	Seriously Entertainment - Director: Chaz Harris
2007	Bad Medicine	Role: Gerri Read	48 Hour Film Festival
2006	Trainer Trash	Role: Tracy	Avalon Film & Television School

WEB-SERIES

2022	How to Sell Yourself Online	Role: Melissa [lead]	Gorse River Productions - Directors: Kieran Charnock & Jonathan Watt
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THEATRE

2022	The Shit Kid	Sharni [lead]	NZ Fringe Festival - Dunedin Fringe Festival Nelson Fringe Festival Tahi Festival - Upsurge Festival
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2005	The Threepenny Opera	Role: Narrator	Eastern International of Technology
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LIVE PERFORMANCE

2023	The Shit Kid	Role: Self [comedian]	Edinburgh Fringe Just the Tonic at The Caves
2017	Dead Dad's Club	Role: Comedian	NZ International Comedy Festival - Writer: Sarah Harpur
2010 - 2009	Comedy Divas	Role: Comedian	NZ International Comedy Festival
2010	Harpurs Bizarre - Life Death, Pets	Role: Comedian	Edinburgh Fringe Festival
2010	Harpurs Bizarre - Life, Death, Pets	Role: Comedian	NZ International Comedy Festival
2010	The Comediettes	Role: Comedian	Adelaide, Dunedin & NZ Fringe Festivals
2009	Comedy Cure	Role: Ensemble [sketch comedy]	NZ International Comedy Festival
2008	Improv - The Rock Opera	Role: Ensemble [improv]	NZ International Comedy Festival

TRAINING

2006	Certificate in Film and TV Production	Tutor: Various	Avalon Film & TV School
2005 - 2004	Diploma in Performing Arts [theatre]	Eastern Institute of Technology [EIT]	
2003	Certificate in Performing Arts	Universal College of Learning [UCOL]	
2000 - 1998	Ballet Tuition	Joan Irvine School of Dance	

NON-BROADCAST

2012	The Friendly Cyclist	Role: Mrs Farthing	Little Fighter Films - Director: Mike Townsend
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SKILLS

Instruments

Guitar » Basic

Other

Mimicking, Musical Comedy, Radio Broadcasting, Radio Presenting,
Song Writing, Stand Up Comedy

