



# 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

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



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

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## TELEVISION & STREAMING

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

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## SHORT FILM

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

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## THEATRE

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

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## LIVE PERFORMANCE

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

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## NON-BROADCAST

<b>2012</b>	The Friendly Cyclist	Role: Mrs Farthing	Little Fighter Films - Director: Mike Townsend
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## TRAINING

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

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## SKILLS

### Instruments

Guitar » Basic

### Other

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

