

# DELILAH GOW

**Location:** Auckland | **Height:** 177 cm
**Hair Colour:** Brown | **Eye Colour:** Brown | **Ethnicity:** European | **Eye Colour:** Hazel

Delilah Gow is a New Zealand–based actor, creative director, and content creator with experience spanning film, fashion, and digital media. She holds a Fine Arts degree from ELAM School of Fine Arts and has completed professional acting training at The Actors' Program, bringing a thoughtful, story-driven approach to every collaboration.

A 2023 NZ Fashion Week Photography Competition winner, Delilah has worked with brands across fashion, lifestyle, and events, creating visually striking, high-engagement content. Having modelled internationally from Canada to New Zealand and competed at championship level in volleyball, she brings energy, discipline, and professionalism to every project—both on and off camera.

## FEATURE FILM

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| **2025** | Notes from a Fish | Role: Book Launch Audience | Lumin Productions - Director: Romy Hooper New Zealand International Film Festival - Producers: Eva Trebilco, Thomas Levesque & Romy Hooper |

## TELEVISION & STREAMING

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| **2024** | Camp Be Better | Role: Wendy's Teammate | Be Better LTD - Director: Hayden Weal |
| **2022** | The Lord of the Rings: The Rings of Power | Role: Elven Weaver | Amazon MGM Cinemas & New Line Cinema - Directors: J.A. Bayona, Wayne Che Yip, Charlotte Brändström |

## SHORT FILM

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| **2026** | Insula | Role: Siren | Insula Limited - Director: Alex Plumb<br>Producer: Alex Plumb & Le Zhang |
| **2025** | Again | Role: Girl | The Handheld Film Company - Director: Kabir Saini<br>Producer: Aaryan Arora |
| **2025** | Second Skin | Role: Elitist Woman | In Progress Productions - Director: Dwayne Kyle<br>Producer: Annie Duynhoven & Dwayne Kyle |
| **2025** | Sensor | Role: Elizabeth | Director: Quinn Aitkinson |
| **2024** | Escape | Role: Brianna | Love, Blood & Rhetoric Productions - Director: Nicole Whippy<br>Producer: Jessi Williams |
| **2024** | Julia | Role: Chloe | Smith Productions - Director: Leonidas Smith |
| **2022** | Ava | Role: Ava | Campbell Productions - Director: Finn Campbell |

## THEATRE

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| **2024** | RUSH (Excerpts from Attempts on Her Life, People Places & Things, The Treatment) | Roles: Director, Therapist, Jennifer | The Actor's Program - Director: Caroline Bell-Booth |
| **2024** | The Welkin | Role: Helen | The Actor's Program - Director: Benjamin Henson |
| **2013** | Peter Pan | Role: Tinkerbell | The Citadel Theatre |

## TRAINING

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| **2024** | The Actors Program | Tutors: Various | Samoa House Library - Diploma in Acting |
| **2022 - 2024** | Kacie Stetson's Advanced Acting Class | Tutor: Kacie Stetson | Kacie Stetson Studio |

## MUSIC VIDEO

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|---|---|---|---|
| **2025** | Overdue by Brody Leigh | Role: Party Girl | NZ on Air & NZ on Air Music - Director: Steffen Haavik Taylor |
| **2023** | Better Days by Will Swinton | Role: Friend | Universal Music - Director: Alex Greaves<br>10K Projects - Producers: Evan Gartner & Westen Weiss |
| **2021** | To the Island by Crowded House | Role: Party Guest | Lester Records Limited - Director: Neil Finn & Simon Mark Brown |

## TV COMMERCIAL

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|---|---|---|---|
| **2024** | Doordash | | MediaNug: Christopher James Heiman |
| **2024** | Punk Electric Scooters | | Exponential Labs |
| **2024** | Tiger Brokers NZ | Role: Jogger | |

## SKILLS

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| **Accents** | American, Australian, Canadian, English - RP, Irish |
| **Dance** | Ballet |
| **Instruments** | Piano » Basic |
| **Other** | Design, Director, Drawing, Modelling, On Set Intimacy Trained, Painting, Photography, Pottery, Styling, Video Editing |
| **Sports** | Archery, Baseball, Biking, Boxing, Golf, Horse Riding, Ice Hockey, Ice Skating, Running, Skiing, Soccer / Football, Softball, Swimming, Tennis, Volleyball, Weight lifting, Yoga, Ice Skating » Basic |