



# 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

<b>2025</b>	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
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## TELEVISION & STREAMING



<b>2024</b>	Camp Be Better	Role: Wendy's Teammate	Be Better LTD - Director: Hayden Weal
<b>2022</b>	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

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## SHORT FILM

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

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## THEATRE

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

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## TV COMMERCIAL

<b>2024</b>	Doordash		MediaNug: Christopher James Heiman
<b>2024</b>	Punk Electric Scooters		Exponential Labs
<b>2024</b>	Tiger Brokers NZ	Role: Jogger	



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## TRAINING

<b>2024</b>	The Actors Program	Tutors: Various	Samoa House Library - Diploma in Acting
<b>2022 - 2024</b>	Kacie Stetson's Advanced Acting Class	Tutor: Kacie Stetson	Kacie Stetson Studio

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## MUSIC VIDEO

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

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## SKILLS

<b>Accents</b>	American, Australian, Canadian, English - RP, Irish
<b>Dance</b>	Ballet
<b>Instruments</b>	Piano » Basic
<b>Other</b>	Design, Director, Drawing, Modelling, On Set Intimacy Trained, Painting, Photography, Pottery, Styling, Video Editing
<b>Sports</b>	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

