

Alex Fryer - Conducting Media

Performance Video – [Rachmaninoff: Symphonic Dances \(full\)](#)

Recorded in November 2024 with the Academy of St Mary-le-Bow.

Performance Video – [Britten: Variations of a Theme of Frank Bridge \(full\)](#)

Recorded in June 2024 with the Academy of St Mary-le-Bow.

Performance Video – [Prokofiev: Romeo and Juliet \(excerpts\)](#)

Recorded in Feb 2026 with the Academy of St Mary-le-Bow.

Performance Video – [Symphonic Dances from West Side Story \(excerpts\)](#)

Recorded in Feb 2026 with the Academy of St Mary-le-Bow.

Performance Video – [Vaughan Williams: Symphony No. 5 \(excerpts\)](#)

Recorded in June 2022 with the Academy of St Mary-le-Bow.

Rehearsal Video - [Copland: Appalachian Spring, \(dress rehearsal excerpts\)](#)

Recorded in Feb 2018 with the Academy of St Mary-le-Bow

Performance Video – [Berkeley: Serenade for String \(excerpts\)](#)

Recorded in June 2022 with the Academy of St Mary-le-Bow.

Performance Video – Elgar: Enigma Variations – [Excerpt 1 \(Theme\)](#) / [Excerpt 2 \(Variation VIII W.N.\)](#)

Recorded June 2019, The Academy of St Mary-le-Bow (chamber orchestra orchestration Alex Fryer).

Performance Video – [Vaughan Williams: Oboe Concerto \(full\)](#)

Recorded in June 2024 with the Academy of St Mary-le-Bow, soloist Izy Cheesman.

Performance Audio – [Vaughan Williams: Sea Symphony Mov 1, Mov 2, Mov 3, Mov 4](#)

Recorded in Feb 2024 with ASMLB, Cantus Ensemble, Covent Garden, Constanza Chorus', Jessica Cale and Dan D'Souza

Rehearsal Clips - [Vaughan Williams: Symphony No. 5 \(2 clips\)](#)

Recorded in June 2022 with the Academy of St Mary-le-Bow.

Performance Video – [Finzi: Severn Rhapsody \(excerpts\)](#)

Recorded in June 2022 with the Academy of St Mary-le-Bow.

Performance clips – [Rimsky-Korsakov: Scheherazade \(excerpts\)](#)

Recorded from audience (poor quality footage) in Oct 2024 with the Academy of St Mary-le-Bow.

Performance Audio – [Ibert: Flute Concerto \(excerpts\)](#)

Recorded in Feb 2022 with the Academy of St Mary-le-Bow, soloist Hughes Roberts.

Performance Audio – Mozart: Symphony 40 – [full work excerpts](#) / [2nd movement full](#)

Recorded Feb 2022 with the Academy of St Mary-le-Bow.

Performance Audio - [Sibelius: Symphony 7 \(excerpts\)](#)

Recorded in Oct 2021 with the Academy of St Mary-le-Bow.

Performance Video - [Strauss: Metamorphosen \(excerpts\)](#)

Recorded in Nov 2019 with the Academy of St Mary-le-Bow.

Performance Video - [Britten: Les Illuminations \(excerpt\)](#)

Recorded in June 2019 with the Academy of St Mary-le-Bow.

Masterclass Video - [Wagner: Siegfried Idyll, \(rehearsal/masterclass\)](#)

Recorded in April 2019 with Southbank Sinfonia.

Performance Audio – [Beethoven: Symphony No. 4 \(excerpt\)](#)

Recorded in March 2019 with the Academy of St Mary-le-Bow.

Performance Audio - [Vaughan Williams: Serenade to Music \(excerpts\)](#),

Recorded in Feb 2017 with the Academy of St Mary-le-Bow