

Run Leader Profile

Name: Helen Dolby

Nickname: Hells Bells/H/Dolbers

Hometown: Penyffordd

Profession: Quality monitoring/Internal audit

CRR Role: G4 Run Leader

Joined CRR: Nov 2016

Started running: 2015 (C25K type thing)

First running event: Arley Hall 10k Nov 2016

Favourite event and why: GNR but more for the weekend than the actual run; for the run, Cardiff half in 2017 as it was my first proper half by myself; for the CRR support it has to be Chester half

Favourite running moment: Running the LLHM with crazy CRR buddies on my 40th birthday. Raising money for Macmillan at the same time was a bonus

Favourite CRR moment: Supporting the London marathon runners on Tower Bridge. I cried with pride... a lot!

Why do you run? I like to eat... and drink... and chat...

2018 goals: Chester marathon I'm coming for you... oh and actually making it to the start line of Conwy half this year! 🙄

Favourite Food: Burgers. No, cake... No, Burgers!

Favourite place: Thailand/Dubai/New York (can't decide)

First thing you would buy with lottery winnings: Clear my mortgage then head for some sunshine 🌞 🌴

Three interesting facts:

1. I lived in Vienna teaching English in schools
2. I have a fridge magnet obsession; people bring them for me from all over the world (was great until I got an integrated fridge! 🙄)
3. Growing up I wanted to be a firefighter (with my level of clumsiness it's probably a wise choice that I didn't!)