

## Run Leader Profile

Name: Laura Davies

Nickname: Lol

Hometown: Prestatyn

Profession: Software Tester

CRR Role: Head Run Leader/Group 3 Run Leader

Joined CRR: April 2017

Started running: March 2015 via C25k app

First Event: June 2015 - Tatton Park 5K Race for Life

Favourite Event and why: Conwy Half Marathon. Challenging Course, and a great sense of achievement when you reach the top of the Orme!

Favourite running moment: Running towards Sir Mo Farah on the final straight at the Great North Run, as he was receiving his winner's medal.

Favourite CRR Moment: Majorca 2017 - Singing in karaoke bars, dancing on a podium in Magaluf, Running a mile a day on a motorway....don't think I've ever laughed so much in my life.

Why do you run?: 1. Personal achievement and reaching my goals. 2. Because that's what some of my favourite people and best friends do. 3. So I can eat cake and Nando's

2018 Goals: Run my first marathon in under 4 hours 20 minutes

Favourite Food: Nando's

Favourite Place: New York

First thing you would buy with Lottery winnings: 5\* luxury holiday for me and my mum!

Three interesting facts:

1. I lived in Canada for a year
2. I've been an extra in a Hollywood film
3. I used to be a Burlesque dancer