

## Run Leader Profile

Name:

Roxanna Woodward

Nickname:

Roxy, Rox, Peppa (as in the pig)

Hometown:

I grew up in Connahs Quay/Flint and now live in Huntington

Profession:

I graduated in Biomedical Science in 2012 and now work as a Senior R&D Technologist in the Development of Medical Devices

CRR Role:

Group 3 Run Leader

Started running:

March 2015

First Event:

Chester half marathon

Favourite Event and why:

Conwy Half Marathon - the Great Orme is such a challenge, but the views are beautiful and that ever so rewarding downhill feels like it goes on for ages. Great support from the locals and atmosphere on the coach!

Favourite running moment:

Planning a route for my mums couch to 5k graduation (from the app) and running it with her and my sister, super proud!

Favourite CRR moment:

so many!!! The team photos before races; [Claire's](#) race faces; qualifying as a run leader and planning my first route; it feels really rewarding to see all your happy faces at the end of a group run whether you've been smiling the whole way or smiling through gritted teeth!! I love encouraging and motivating who I'm running with.

Why do you run?:

For the feel good vibes 🙌.

For the social

For general health and wellbeing

2018 Goals:

I'm currently recovering from a fractured metatarsal which is taking longer than expected to get back to normal so my goal this year is to get back to fitness - considering my clumsiness nature it's a miracle that I've got to the age of 27 and this is the first thing I've broken. I'd like a PB at pies and peas; PB at Conwy half. Also I am aiming to volunteer more- this year I've volunteered at 7 Park runs; chester 10k; chester deva triathlon and I am volunteering at Edinburgh half Ironman this weekend - it's good to give something back

Favourite Food(s):

Ham; watermelon; chocolate 😊.

Favourite Place: Bangkok or Iceland

First thing you would buy with Lottery winnings:

If it's a big lottery win I'd pay off our mortgages and for the family. If it's a little lottery win I'd probably just buy food 😊.

Three interesting facts:

1. I used to be a part of Grosvenor rowing club high performance program and races against GB

athletes in London on the Thames

2. I used to play violin and got to grade 4

3. September is my crazy challenge month - I'm completing the Yorkshire 3 peaks challenge to raise money for St Luke's Hospice with my work friends; Tough Mudder and Eaton 10k.