

Run Leader Profile

Name: Susan Dawn Jean Bailey

Nickname: Soozie / Floozie 😊 / Princess 👸 / Bee 🐝

Hometown: StokeOnTrent, Staffordshire

Profession: CareAssistant @Grosvensor Manor Centre

CRR Role: G5 Run Leader

Joined CRR: October 2017

Started running: 1st March 2017 - decided enough was enough and I wanted to get fit and fabulous! I "made time" to enjoy 10 lovely minuets of treadmill HIIT sessions everyday - and

this 🐝 got fit! Size 18 to 8 in just over a year! 🤩👍

First running event: Chester Half 2016. Mostly walked and completed it in 4hours15minuets 😱
was very unfit pink wearing alcoholic 🍷

Favourite event and why: Helsby Half, my first race as a CRR ❤️🧡 running with the cool kid [Drew Skinner](#) in the rain, snow, sleet and hail 🌨️❄️ [Victoria](#), [Philip](#) and Betsy braving the weather to cheer us on in a deserted road. If you survived Helsby Half 2017 you can survive anything 🤩👍

Favourite running moments: Going through the finish line at Liverpool Half with the lady who fell 2 miles away from finish. There was no way I was leaving her on the floor alone, face bleeding, winded from the impact. After running to get help and waiting 45 minuets to be cleared to run by

paramedics, we crossed the line together with a woohoo! Best feeling ever! 🐝💛👍

Favourite CRR moment: The support from fellow CRRs at the Chester 10k was awesome! So many cheers and shouts, and help at the end getting up the bank. [Lindsey](#) on Parkgate Road 💜

Why do you run? I run to 🐝 the best version of me I can be! I'm addicted to the state of euphoria experienced during and after a race 😄

2018 goals: Half marathon every month (7 completed so far ✅) and to complete my first Marathon! (9 weeks fo go!)

Favourite Food: Italian 😊 peanut butter on toast, poached egg with chilli flakes!

Favourite place: My beehive 😊 anywhere with no internet

First thing you would buy with lottery winnings: A husband, I think I need one, I'm not sure though 🤔

Three interesting facts:

1. I've served 10 years as a civilian with Staffordshire Police, and 10 years in pub management. My life changed forever in 2013 when my mum was diagnosed with terminal cancer. I looked after mum end of life care at home. The worst and best thing I've ever done. Now I throw my passion into making a difference to people's life at a residential living care centre, delivering delightful care and entertainment to those that live there. 💛

2. On a lighter note... I've appeared on a tv documentary called "Booze Britain" They filmed a student night at Jumping Jacks nightclub, Hanley, StokeOnTrent. If you find the clip I was wearing a yellow tshirt with the logo "University of Hot Stuff" 😱😄

3. After being unsuccessful finding love on dating sites I joined a running club called Chester Road Runners hoping to meet a nice guy that runs, has stamina, have things in common! DBS!

but mostly to find my "Phil" ❤️ Although I'm doomed in the love department I am overwhelmed with love from all you CRR running buddies, so guess I'm winning in life

💜🧡 thank you to every single one of you! 🤩🐝💛xxxx

