

## Run Leader Profile

Name: Simon Gifford

Nickname: 'Giffy'

Hometown: Chester

Profession: Production Team Leader for a Newsprint Mill

CRR Role: Group 2 Run Leader

Started running: May 2016, after years of almost no physical exercise I decided to get fit and lose some weight. Joined CRR May 17 and became a Run Leader in March 18.

First Event: Farndon 10K (I've only done 4 events, still a novice and very much to learn)

Favourite Event and why: Chester Half Marathon. The support from fellow CRR members both running and along the course was amazing, something I will never forget.

Favourite running moment: Completing my 1st ever Half Marathon this year at Chester.

Favourite CRR moment: Being part of the CRR Marshalling group for this year's Chester 10K

Why do you run?: Such a great feeling to run, have made so many great new friends, especially within CRR.

2018 Goals: Enter more races and improve on my 10k pb

Favourite Food: Indian but there again I love all food except for sprouts. Another good reason to run.

Favourite Place: Austrian Alps or the Isle of Man

First thing you would buy with Lottery winnings: A Ducati (always wanted one)

Three interesting facts:

1. Learnt to ride a motorbike at the age of 5. My dad built it for me as a birthday present and it made the Chester Chronicle. Still love to ride but after years of fast bikes, motocross and trials bikes I now ride a more sedate 1959 Triumph
2. Completed the Welsh 3 peak challenge with a group of friends for charity in less than 15 hrs. This involved climbing Pen Y Fan, Cader Idris and Snowdon including driving time between the three mountains.
3. Swam for Chester as a child