

## Run Leader Profile

Name: Emma Brown

Nickname: Broon

Hometown: Plymouth

Profession: Lash technician

CRR Role: Run Leader Couch 2 5k

Joined CRR: March 2018

Started running: March 2015

First running event: Discovery Run 5k, Petworth, West Sussex

Favourite event and why: Barns Green Half & 10k, Sussex. It's a beautiful run and the post run atmosphere is great with a fete style event put on for runners and their families. They also give the first 50 gold medals, the second 100 silver and everyone else bronze. I got bronze!

Favourite running moment: The one and only time I got a sub hour 10k!

Favourite CRR moment: No particular moment yet but making new friends through the club has been great when relocating to a new place.

Why do you run? For fitness and the sense of achievement. And, so I can drink wine guilt free!

2018 goals: 🤔

None for 2018 but for next year to run the Disneyland Paris 5k, 10k and half marathon.

Favourite Food: Mussels

Favourite place: France

First thing you would buy with lottery winnings: Trip to Disney World

Three interesting facts:

My great great great great great grandfather is William iv and my name is mentioned in books along with the rest of my family because of this!

I once sung incy wincy spider on stage with Alvin Stardust

I was once on songs of praise singing with my school choir