

Run Leader Profile

Name: Catriona Duncan

Nickname: Cat , Duncs (also a hypocorism Dermot)

Hometown: Chester

Profession: I am a Fellow of the Institute and Faculty of Actuaries and work as a Change Actuary. It is a fairly small profession and I had to sit rather a lot of exams to qualify after doing a maths degree. Thank goodness I love maths!

CRR Role: Group 5 Run Leader

Joined CRR: January 2017 in the C25k with [Claire Lockerbie](#), [Chris Laughton](#) & Heather Duffy. Thanks for showing me the joys of running with a group.

Started running properly: January 2017

First running event with CRR: As one of my C25k homework runs, I did the Perth Park Run.

Favourite event to date and why: Port Sunlight 10km – there were so many CRR people there cheering us on – and I managed to get a PB,

Favourite running moment: Completing my first race. It was the Liverpool Spring 10k in May.

Favourite CRR moment so far: There have been quite a few. I could say Palma because that was good fun or Port Sunlight 10km because there were so many of us but I think the Group 5 run leader meeting a few weeks ago wins because it was such a laugh. We started out planning and ended up singing and dancing round Jo's kitchen. 🎉👯

Why do you run? I started running because I stopped playing footy and wanted to do something else. I also joined CRR to get to know some new people.

2019 goals: 1. To complete my first Half Marathon (Chester Half in May) – and I never thought I would ever say that!

2. To lose weight again so that I can run faster again.

3. To meet everyone of the CRR members and remember your names!

Favourite Food: Lasagne, no.... turkey, no chocolate sorry I just love food! 😍

Favourite place: Orkney Islands

First thing you would buy with lottery winnings: Not sure... a holiday home in Orkney would be good.

Three interesting (or not) facts you may not know about me:

1. I played Futsal against the Brazil National team in a tournament in Portugal run by Benfica FC. It was all expenses paid except for our flights!.

2. I learnt to read before I went to school thanks to a lazy older brother who got me to read to him. As a consequence, my spelling was awful but I love reading. Any recommendations for books to try are most welcome (just not horror)

3. I did my first mile ever when i was at school. For school sports day, we were competing in teams. No one else wanted to do it for my team so I said I would. It was more of a walk than a run and I took much longer than everyone else but I got the biggest cheer when I finally finished. It just goes to show, it really is the taking part that matters. That feeling has stuck with me throughout my life.