

## Run Leader Profile

**Name:** Dermot Ryan

**Nickname:** Derm (less nickname, more hypocorism - dictionary corner fans 🤪)

**Hometown:** Dublin (living in Chester for last 11 years)

**Profession:** Learning Hub Manager

**CRR Role:** Group 1 Run Leader

**Joined CRR:** November 2017

**Started running:** May 2017

**First running event:** Cheshire Half Marathon Oct. 2017

**Favourite event and why:** Dublin Marathon - cheering supporters every step of the 26.2 miles; Fell Hell - although I found it hellish at the time, I now fancy another crack at knocking a few minutes off.

**Favourite running moment:** Crossing the Dublin Marathon finish line in 3:49. I originally just wanted to do the Chester Half and I ended up doing 6 half marathons and a marathon in 13 months.

**Favourite CRR moment:** Comments after my first led run of "that was horrible.....but good." I enjoy Wednesdays being challenges you wouldn't do on a run on your own.

**Why do you run?** Started running just to get/keep fit and complete a half marathon, now its social runs, races and somehow I'm a run leader.

**2019 goals:** Sub 1:45 in Chester Half and Edinburgh Half (7 days apart!) and aiming for 3:45 in Chester Marathon.

**Favourite Food:** Thai or any creative vegetarian fare

**Favourite place:** The Cornish coast or west coast of Ireland

**First thing you would buy with lottery winnings:** A private jet to avoid contributing to Ryanair's profits all the time

**Three interesting facts:**

I wrote my MSc Dissertation on the importance of reading to babies (it's very important!).

I worked nights in a new supercasino in Melbourne in 1997 and during a star studded opening period I passed Sheryl Cole in a corridor, shared a lift with BB King, wheeled a bin past Bobby Brown (while he waited outside Whitney's dressing room) and avoided crashing into Billy Joel's massive birthday cake.

I've played gaelic football at Croke Park (Ireland's national stadium) and I have two county championship winner's medals (a rare achievement which I didn't appreciate in my youth).