

# Leith Times



## From the editors...

Kirsty, Meredith, Jan C, Marc, Greg, Andrew

Welcome to another instalment of Leith Times! With a mild winter we've had good turn-outs at races, and Leith can be proud of the way it is performing consistently across all grades. This issue rounds off the Cross Country part of the season as we move into the road races and relays.

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Remember, contributions can be emailed to Andrew Lonie (maps@paradise.net.nz) or any other of the editors. Once again, many thanks to those who contributed this time.

## News/notices

**Be in the Leith photo!** Leith photo/Patrons club run. This will occur on Saturday 24 September (usual time, 1.45 pm). Please make an effort to come along as it would be great to have as many faces as we can in the photo.

**New look Leith website!** Marc Boullé has been putting in a great effort in getting the website up to speed. Check it out at [www.leithharriers.com](http://www.leithharriers.com) for the latest results and news.

## Training sessions

- Monday, 5.15 pm Steady run starting from Chris Sole's place, 5 Monro St, Maori Hill
- Tuesday, 5.20 pm Speed work, Logan Park (between Caledonian and Hill City rooms)
- Wednesday 1 pm Steady run from 5 Monro St, meeting time can vary so phone Chris 4676527 to confirm
- Thursday, 5.20 pm Hill work, Woodhaugh (meet by swings)
- Friday, 5 pm Rhythm and drill, Caledonian
- Sunday, 9 am Longer run leaving from John McGlashan field, Maori Hill

And of course don't forget **Saturday club runs**, check your programme/the website for details!

## Barnes Cross Country

Andrew Lonie

The 2005 Barnes Cross Country Handicap was held at Kettle Park on Sunday 29 May, in cold windy conditions with a very dry track.

First was the men's race, a field of 60 with a good representation from Leith of 12 runners. The race consisted of four laps, each approximately 1.25 km, with a few sections on narrow tracks in the dunes, requiring tactical running as the field bunched up.

First home for Leith was new member Will Hyndman, in a time of 21:08 (handicap of 5:15). This earned him 5<sup>th</sup> place overall and 3<sup>rd</sup> U19 men. Neale McLanachan ran impressively to gain 2<sup>nd</sup> fastest time of 17:57, only six seconds slower than fastest time-getter Eddie Smith. Leith men results:

5	William	Hyndman	M19	0:21:08
11	David	Rush	MM	0:19:11
13	Andrew	Lonie	SM	0:18:28
18	Brian	Pascoe	MM	0:19:25
27	Neale	McLanachan	SM	0:17:57

28	Ray	Knox	MM	0:20:28
30	Richard	Hendry	MM	0:19:29
42	Conor	Delahunty	SM	0:19:09
43	Mark	O'Donnell	SM	0:21:12
52	Lorne	Singer	SM	0:21:33
53	Stu	Hodges	MM	0:21:05
58	Bill	Kenny	MM50	0:28:23

In the women's race, consisting of three 1.25 km laps, Leith was even better represented with 13 out of 43 starters. Natalie Cobby (8<sup>th</sup>, 16:42), Jan Craig (13<sup>th</sup>, 16:37) and Helen Hendry (14<sup>th</sup>, 18:39) all had very good runs, finishing well up the field. Leith women results:

8	Natalie	Cobby	W19	0:16:42
13	Jan	Craig	MW	0:16:37
14	Helen	Hendry	MW	0:18:39
29	Cate	Shields	MW	0:18:32
30	Emily	Scoones	W19	0:18:08
31	Julia	Clearwater	W19	0:17:29
32	Gisela	Sole	MW	0:20:53
33	Clare	Pascoe	MW	0:19:27
34	Laura	Scoones	W19	0:18:31
35	Sarah	Goldsmith	SW	0:18:55
36	Adele	Poulter	MW	0:23:21
37	Elyse	Fraser	W19	0:20:38
38	Tania	Hodges	MW	0:24:34

In the Girls Under 16 race, consisting of two laps (approx 2.5 km), Deborah Lambie continued her good form this season with 2<sup>nd</sup> fastest time of 11:10.

## Christchurch Half/Full Marathon

Grant McDougall

Ed Stevens represented Leith with distinction, coming third in the Vet Mens 50-59 section in this popular event, which also doubled as the NZ half and full marathon championships this year.

The evergreen Stevens ran the impressive time of 3:05.18 in the marathon, just short of a PB time. Coming third in your category in the NZ champs is an excellent achievement and Ed is to be congratulated for his sterling effort.

The Christchurch half and full marathon courses are both very 'fast', flat courses, ideal for attempting a PB, something achieved by two other Leith runners. Andrew Perry ran a brilliant 1:21.18 half-marathon to gain at least his second half-marathon PB of the year. Perry was 61st overall in a half-marathon field of over 1600 and 39th in the M20-39 section. After several years of trying, Grant McDougall finally shattered the elusive 1:30.00 barrier with a very pleasing time of 1:27.07.

Jan Craig ran a very good time of 1:35.19, giving her 11th place in the Vet Womens 40-49 section. Carol Stevens completed the half in 2:15.14, finishing 116th in the VW40-49 section.

## Edmond Cup

Conor Delahunty

The Edmond Cup Cross Country Steeplechase was held 3 days prior to winter's shortest day, following a spell of seasonal wet and cold weather. Athletes could hardly believe their luck, as the day dawned sunny and exceptionally mild.

The race followed the outer perimeter of the mostly flat horse race course, with a lap distance of something over 2km. Each lap included one ditch, two high steeplechases, and a "water" jump. Underfoot conditions did not match the weather of the day, rather reflecting the rain that fell in the days prior. The ground was soft for almost the entire lap, and ruts caused by horses were common. These were truly testing cross-country running conditions.

Leith runners took part in 5 of 12 age group races, and enjoyed a very successful day for the club overall. Deborah Lambie (10:57) was a run-away winner of the women's 16 and under race, held over one lap of the course. Leith runners dominated the women's 19 and under race, held over two laps. Kirsty Morris (21:15) won easily, whilst Laura Scoones, Natalie Cobby and Emily Scoones finished third, fourth and fifth, respectively. Leith won the team's prize.

William Hyndman was the lone Leith runner in the men's 19 and under race. He ran a great race to finish 4<sup>th</sup>.

Brooke Carman was the only Leith entrant in the Senior Women's race, help over 2 laps. She continued her excellent form, and won comfortably in a time of 19:22.



Laura Scoones, Edmond Cup.



Brian Pascoe finishes the Men's Race.

The other success of the day came in the Senior Mens race, where Leith had 11 runners (The Senior Men's race included all men under 50). Allan Carman ran an excellent race, over approx. 4 laps, to finish 3<sup>rd</sup> overall in a time of 37:15. He was followed by Neale McLanachan (7<sup>th</sup>), Conor Delahunty (9<sup>th</sup>), Ian Thomas (10<sup>th</sup>), Brian Pascoe (12<sup>th</sup>) and Alan Funnell (13<sup>th</sup>), who together won the team prize. The team win was made certain by Luke Kendrick, Andrew Perry, Ray Knox, Richard Hendry and Mark O'Donnell, who most importantly held off the opposing teams scoring runners.

## **Kennett Cup (incorporating SI Cross Country Champs)**

Kirsty Morris

Christchurch's annual Kennett Cup Steeple Champs was held on a sunny but crisp winter's morning on 2<sup>nd</sup> July at QE2 Park. This year the race also incorporated the South Island Cross Country Championships. The course was made up of a bendy 2.5km loop with two steeple and a couple of lumps in it which the Christchurch athletes refer to as hills. The ground was dry and firm and the wind was ever so slight, so conditions were set for a series of fast races.

The men's race consisted of a large field of 115 runners. There were some extremely fast times recorded over the 9km course, with the overall winner of the men's race, Mark Bailey (New Brighton), clocking 26:55. Allan Carman ran strongly throughout the whole race to be placed 8<sup>th</sup> male overall and 3<sup>rd</sup> in the Masters Men 35-49 age group.

In the women's race Leith had two members entered, Brooke Carman and Kirsty Morris. Brooke continued her unbeatable form winning the women's race and taking the senior women's title. She completed the 5140m course in 16:50 with her closest rival being a huge 40 seconds behind her! Kirsty was placed sixth overall and 2<sup>nd</sup> in the U19 age group in a time of 18:33.

As a whole, Dunedin athletes shone over the weekend and showed Christchurch why Otago is one of the strongest centres for distance running. Here are some results of other Dunedin athletes:

### **Senior Men (9km)**

3rd Andrew Davidson 27:33:00  
4th Stafford Thompson 27:45:00  
7th Xaviour Walker 28:52:00  
13th Richard Murphy 29:35:00  
18th Elliott O'Sullivan 30:34:00  
19th Andrew More 31:01:00

### **Master Mens (9km)**

3rd Allan Carman 28:28:00  
26th Allan Williment 33:35:00

### **Men 17 -19 (6km)**

1st Oliver O'Sullivan 18:52  
2nd Caden Shields 19:57

### **Senior Women (6km)**

1st Brooke Carman 16:50  
2nd Clare Goodwin 18:07  
3rd Bridget Thompson 18:16  
8th Hayley Burt 20:10  
9th Tania Smellie 20:16

### **Women 17-19 (6km)**

2nd Kirsty Morris 18:33  
3rd Cindy Lowe 19:53  
5th Jane Soper 24:05:00

### **Women 15-16 (6km)**

3<sup>rd</sup> Romana Salis 19:24

## **Hughes Road Race**

Brian Pascoe

A new course had been decided on this year. Starting at the usual place in Fryatt St we ran past High Tide Restaurant and out onto Portsmouth Drive. We ran to the end of Portsmouth Drive, across Andersons Bay inlet and down to the Vauxhall Yacht Club where we turned around and followed the same route back.

Competitors faced a cold day with a strong north easterly wind for the club road races. Most runners went for a run to warm up before the race. Gerald Scoones in his first race back from an injury opted to warm up in his car with the heater going.

The first race was the children's race over 500 metres. Erin and Reuben Knox were the only ones to brave the elements in this event. Erin was first and Reuben second with only one second separating them. Next up was the women's 3000 metres event. Jessica Shields won in a time of 11.42. Jan Craig was 2nd and Laura Scoones 3rd.

Now it was time for the 10k handicapped event. First to start were Adele Poulter and Christine Leith with Jim Flynn not far behind them. The runners were called up to the start line at their handicap time and eventually everyone was on their way. The first leg was great with a strong tailwind up Fryatt St. Ian Thomas and Conor Delahunty started well, quickly catching the bunch in front of them. Conor mentioned something about the Sunday run being tomorrow. As the field ran around Portsmouth Drive and down to Vauxhall positions were changing and you could start picking someone who might have a chance of winning. On the return leg the pace was starting to show and some of the back markers were working their way through the field. Ian and Conor hit the lead coming back up Fryatt St. Ian won in a time of 35.42 with Conor second and Luke Kendrick who finished strongly in third. Christine Leith held on to win the women's section with Jan Brosnahan second and Clare Pascoe third.

There were many favourable comments about the new course and I'm sure we will keep using it. After the races we adjourned for a social hour to celebrate with the winners and discuss handicaps.

## **Otago Cross Country Champs**

Andrew Lonie

The centenary of the Otago Cross Country Championships were held at Waikouaiti Race Course on Saturday 16 July, in sunny but cold, moderately windy conditions. The track was reasonably dry but a bit spongy underfoot down the back straight, and there were a couple of muddy sections in the paddocks.

**Junior races.** Leith's representatives in the Under 16 races were Jessica Shields and Deborah Lambie (W16) and Emma Lloyd (Girls U12). Jessica and Deborah were 2<sup>nd</sup> and 3<sup>rd</sup> respectively in their 4km race, finishing in 17:12 and 17:55, not too far off the pace set by winner Romana

Salis (Hill City). Emma completed the 1500m Girls U12 race in 8:30, gaining third place.

In the Men's Under 19, Will Hyndman again showed some strong running in his first year of harriers to complete the 8000m in a time of 33:24. In the Women's Under 19 (6000m) the Leith team of Kirsty Morris, Laura and Emily Scoones were first, with Kirsty the race winner in 22:52, Laura 5<sup>th</sup> (27:29) closely followed by her sister in 6<sup>th</sup> place in a time of 27:40.



Will Hyndman finishes the Mens U19 8000m.

Once again Leith junior women showed a lot of promise we look forward to their continued improvement over the next few years.

**Senior and masters races.** In the 6000m race, incorporating Masters Women 35 and MW45 (also Men U16), Jan Craig had a great run of 23:35 to finish 2nd in MW45, only seven seconds behind Julie Wilson (Ariki) and also up with the winners of the MW35 race. Cate Shields put in a determined run to finish 6<sup>th</sup> in MW35 in 28:11.

Next was the 8000m race which was a combined field of Senior Women, Masters Men 40 and Masters Men 50 (Men U19 also ran in this field). In the women's race Sarah Bryant had a very gutsy run, leading Shireen Crumpton for the first

2km and keeping touch throughout the race to finish in 31:10, only 21 seconds behind Crumpton. Meredith Molloy was 11<sup>th</sup> in 37:30.



Cate Shields, 6000m Masters Women's race.

The Masters Men 40 was fiercely contested. Richard Hendry (4<sup>th</sup>, 30:23), Brian Pascoe (5<sup>th</sup>, 30:34) and Chris Sole (6<sup>th</sup>, 30:37) all ran outstandingly to claim the teams race, and were only 30-60 seconds behind the imposing trio of Geoff Anderson, Brent Halley and Graham Sinnamon. In the MM50, Steve Smith (4<sup>th</sup>, 33:10) and Ed Stevens (6<sup>th</sup>, 34:58) showed why they are such good off-road runners and were unlucky not to have the numbers for a teams place.

The final event of the day was the 12000m Senior Men's race. Allan Carman showed typical courage in going out hard with leaders, finishing 4<sup>th</sup> in 41 minutes flat. Neale McLanachan (11<sup>th</sup>, 42:46), Andrew Lonie (12<sup>th</sup>, 43:10) and Conor Delahunty (15<sup>th</sup>, 44:14) made up the rest of the Leith team which finished third behind Ariki and Otago Uni. Alan Funnell (17<sup>th</sup>, 45:16) had an epic sprint finish, managing to hold out Greg Hannah (Taieri) in the final straight. Mark O'Donnell (21<sup>st</sup>, 48:59) was the 6<sup>th</sup> Leith man home.



Sarah Bryant flies down the hill to the grandstand, on her way to 2<sup>nd</sup> place.



Neale McLanachan rounds the bend at the bottom of the hill.

## **Caversham Brighton to Green Island Centennial Road Race**

Ed Stevens

The Caversham club put on a great day for the Brighton to Green Island road race. This event is opened up to all clubs every four years. This year it was to celebrate Caversham Harriers' Centennial. There were fine warm conditions and a slight tailwind to assist the 100 runners and 27 walkers complete the 9.6 km event. Leith runners made up 20% of athletes, a very good representation from our club.

Christine Leith and Adele Poulter ran very well to gain second and third line honours

respectively. The fastest Leith runner over the course was Ian Thomas with a smart time of 32min 46sec, giving Ian third fastest time overall. There were many other stand out performances. It was good to see Julia Scoones back racing after quite a long lay-off, posting a handy time of 38:54. It was also good to see John and Gerald back into racing mode as well.

The day concluded with the prizegiving and afternoon tea in the Civic Hall, Green Island. The Caversham club's afternoon tea was up to its usual high standard and was thoroughly enjoyed by the Leith members.

*Editor's note: and now, Cliff Donaldson recalls the same race 50 years ago:*

## **From my scrapbook - 1955**

Cliff Donaldson

### ***Record time by Williams in Road Race (from Star Sports)***

*The feature of the Caversham Harrier Club's Jubilee was the record-breaking run of the new Zealand Cross Country champion KE Williams (Leith). Twelve months ago, the Caversham Club Champion, PN Sidon, who was not a starter today, recorded 31min 32sec, but Williams substantially improved on this run.*

*The Leith Club scored 27 points in the teams section, to beat Caversham by 10 points. The race was run in cold conditions with light rain. Except for a short distance of rough going, the road was in good order.*

### **Individual placings**

K King (Mornington) 6min30, 1<sup>st</sup>; L Dearsley (University) 5min30, 2<sup>nd</sup>; A McKernan (Civil Service) 3min30, 3<sup>rd</sup>; KE Williams (Leith) scratch, 4<sup>th</sup>; H Hendry (Caversham) 2min, 5<sup>th</sup>; C Donaldson (Leith) 2min, 6<sup>th</sup>.

### **Fastest times**

KE Williams (Leith) 30min 22s, 1<sup>st</sup>; F Perry (Leith) 31min 40s, 2<sup>nd</sup>; R Cain (Caversham) 31min 44s, 3<sup>rd</sup>; H Hendry (Caversham) 32min 27s, 4<sup>th</sup>; C Donaldson (Leith) 32min 33s, 5<sup>th</sup>; T Douss (University) 33min 38s, 6<sup>th</sup>.

### **Teams race**

Leith (Williams 4th, Donaldson 6th, Perry 8th, Turvey 9th) 27pts, 1<sup>st</sup>; Caversham (Hendry 5th, Sherwood 7th, R Cain 11th, J Cain 14th) 37pts, 2<sup>nd</sup>; University 50pts, 3<sup>rd</sup>.

### **Timaru Gorges Relay**

Andrew Lonie

Leith fielded four teams in the annual Gorges Relay, held on Saturday 30 July, and with three vans going up and a fair few staying the night the trip promised to be up to its usual standards as a social event.

The trip up had its usual dark frosty start and it looked fine until just south of Timaru we drove into the fog. This turned out to be a coastal phenomenon though, revealing a beautiful day in the country west of Timaru.

This year there was a new start and finish involving the athletics track at Aorangi Park. First to depart were the F grade, which included the Leith Masters women team of Jacinta Neilson, Jan Craig, Helen Hendry, Clare Pascoe, Vicki Williams, Adele Poulter, Alison Perry (SW) and Christine Leith. They had to hoof it from Dunedin for the early 9.40 am start, but it appeared they were ahead of some of the officials who were marking out the course as they ran!

This team achieved a feat matched by no other in the event: not content with winning their own grade they won the grade above (E Grade)! This was thanks to a very consistent performance across the team.

Next to depart for Leith were two teams in the D grade, the biggest with 14 teams entered. These were Leith Women (Jill Alexander, Meredith Molloy, Jennifer Bentley, Julia Clearwater, Laura Scoones, Emily Scoones, Debbie Fields and Julia Scoones) and Leith Mixed (Ed Stevens, Carol Stevens, Mark O'Donnell, James Appleton of Canterbury Uni, Jim Flynn, Sarah Goldsmith, Gerald Scoones and Jan Craig).

The Leith women captured second place in the D Grade, with everyone getting in the top four fastest times for their grade, and particularly good runs from Jennifer on Leg 3 (32:44) and Julia on Leg 8 (35:21). Julia's time was 11<sup>th</sup>

fastest of the day on Leg 8, and even Conor, in flying form for the Men's team, had to work hard to get past!

Leith Mixed finished 6<sup>th</sup> in the D Grade. Ed took the first leg, after swapping with Gerald who was a little worse for wear after marking the end of 30 years with Telecom the night before! Fortunately by Leg 7 Gerald had made a full recovery, charging up the zigzag. Stand out performers were Mark on Leg 3 who bolted up the hill to record 3<sup>rd</sup> fastest SM time of the day (28:49, 8<sup>th</sup> overall) and Sarah on Leg 6 who ran a well-judged 35:14 to be 2<sup>nd</sup> fastest senior woman.



Julia Scoones and Christine Leith pin their ears back for home on Leg 8.

Last Leith team to leave were the Men's team of Andrew Lonie, Alan Funnell, Brian Pascoe, Neale McLanachan, Andrew Perry, Richard Hendry, Luke Kendrick and Conor Delahunty.

On the first leg Otago and Canterbury University opened up a three minute lead with their star runners leaving Andrew L and the rest of the field behind in the mist. However the Leith men kept plugging away and didn't allow the gap to increase, thanks to strong runs from Alan, Brian, Neale and Andrew P. By the 6<sup>th</sup> leg things were getting interesting with Otago and Canterbury juggling the lead, but Richard making inroads

and pegging the deficit back. An outstanding run by Luke on the next leg put the team within 2 minutes of Canterbury and earned him fastest time of the day. This fired up Conor for a great last leg in which he made short work of getting the team into second, and also to within a very respectable 2 minute margin of winners Otago University. Everyone was in the top four fastest on their leg and to add to Luke's first placing, Brian was fastest Masters Man on his leg.



Luke 'Skywalker' Kendrick powers up the final hill to record fastest time on Leg 7.

Following the race, Timaru Harriers put on an excellent afternoon tea and prizegiving. The speed at which they collated the results for 35 teams all competing in a wide variety of grades and categories was impressive.

For those that were staying the Saturday night at the Blue Dolphin Motel, Ed put his organisation skills to good use and sorted out a dinner venue. The meal was good but the service left something to be desired with hungry runners having to wait until nearly 9pm before getting served! On speaking to Brian later it was discovered that those who drove back to Dunedin on Saturday went out for a meal and were served before those

who stayed in Timaru! After a few beers back at the motel it was definitely time for some sleep before getting out for a run down to Caroline Bay on a beautiful Sunday morning.



Timaru Gorges: Richard Hendry gets airborne on Leg 6.

## **National Cross Country Champs**

Andrew Lonie

The National Cross Country Championships on Rabbit Island, Nelson on 6 August were very successful for both Otago and Leith runners.

Sarah Bryant was 6<sup>th</sup> in the Senior Women's 8000m race in a time of 30:46, and spearheaded the Otago team which gained a silver medal.

Neale McLanachan had a great run to get 24<sup>th</sup> in the Senior Men's 12000m event in a time of 41:49. Neale was part of the Otago Senior Men's team which won the bronze medal.



The Otago Senior Women's Silver Medal team. Sarah Bryant at right.



Neale McLanachan (2<sup>nd</sup> left) in the Senior Mens event.

Also competing were Ian Thomas in the Mens 35-39, Chris Sole in the Mens 45-49, Jessica Shields and Deborah Lambie in the Womens Under 16, and Kirsty Morris in the Womens Under 19.

Ian was 5<sup>th</sup> in his age group in a time of 27:43 and Chris was 7<sup>th</sup> in a time of 29:46 (both in 8000m race). Ian was the first home in the Otago Mens 35-49 team which won a silver medal.

In the 4000m Girls U16 race Jessica was 24<sup>th</sup> in 17:02, only two seconds behind Otago's Romana Salis, and Debbie was 37<sup>th</sup> in 19:30. In the 6000m Women U19 race Kirsty was 9<sup>th</sup> in a time of 24:06.

Overall Leith can be very proud of the significant contribution its competitors made to a very strong Otago performance.



Ian Thomas with the rest of Otago Mens 35-49 Silver Medal team: Brent Halley, Geoff Anderson and Graham Sinnamon.

## **Port Road Races**

Grant McDougall

For the third time in four years a Leith member has won the prestigious Port - Dunedin road race. Following Scott Pauley's triumph in 2002 and my win in 2004, Ray Knox was victorious this year.

Conditions were good for the race - fine but not too hot, with a slight breeze. As runners waited to start at Borlases Rd, we looked at the handicaps and speculated on who had the best ones. With a handicap of eight minutes, Meredith Molloy was generally rated as a potential winner, although Jan Brosnahan, with a 10-minute handicap, would've stood a good chance if she'd run. No one mentioned Ray Knox - little did we know...

The runners gradually took off on the undulating 12km run back to Logan Park. I was off a 16 minute handicap, along with Stu Hodges and Mark O'Donnell and was quickly left in their dust. Any slim chance I had of retaining the title was well and truly down the gurgler.

Knox was off 17 minutes, while the likes of Brian Pascoe, Andrew Lonie, Alan Funnell and Andrew Perry were off even tougher times. As Knox passed me at the bottom of Brick Hill Rd, I noticed that he seemed to be running with ease, swiftly ascending the road. It was then that I thought that Knox stood a good chance of winning. Although several other runners passed

me at pace, none seemed to handle the climb as easily.



Clare Pascoe runs through Ravensbourne

After reeling in most of the field, Knox didn't hit the front until only a couple of hundred metres from the finish, when he overtook Molloy at Logan Park. His winning time was 45mins 54secs, the sixth fastest men's time. Molloy, second overall in 55.01, was the eighth fastest senior woman. Knox also received a trophy for being first in the Masters Men grade to finish.

Brian Pascoe was the next Leith runner to finish, in 45.03, coming fifth overall and third in the Masters Men grade. Slightly behind Pascoe was the fleet-footed Andrew Lonie in 43.20, second-fastest time overall. Lonie placed sixth in the Senior Men grade and eighth overall. Alan Funnell finished in an impressive 45.57 to be 10th overall and eighth fastest man and eighth in the SM grade. Andrew Perry was the 12th overall in 47.22 and also 12th fastest time. The strong runs by Knox, Pascoe and Lonie gained Leith the men's teams race medals.

The Leith women were equally successful. Apart from Molloy's effort, Julia Scoones finished in 50.52, coming 21st overall and fifth in the Senior Women's grade. Scoones was also the second

fastest woman in the race. Debbie Fields was 11th in the SW with 58.35, placing 36th overall. Molloy, Scoones and Fields' placings secured Leith the womens teams race medals.

Knox, Molloy, Pascoe, Lonie, Funnell and Perry's placings gave Leith the clean-sweep of trophies, winning the Frank Perry Memorial Trophy for the first six (men or women) club members to finish.



The Leith team with the Frank Perry Trophy

Other Leith men that competed were Mark O'Donnell, 47.22, 15th SM, 19th overall; Stu Hodges, 50.06, 26th MM, 37th overall and Grant McDougall, 53.48, 48th in SM, 68th overall.

Other Leith women that competed were Alison Perry, 1hr 03mins 14secs, 18th SW, 58th overall; Cate Shields, 1:02.04, 19th MW, 60th overall; Clare Pascoe, 1:03.19, 20th MW, 67th overall; Sara Goldsmith, 1:01.21, 21st SW, 69th overall; Helen Hendry, 1:02.58, 22 MW, 70th overall and Jacinta Neilson, 1:09.09, 25th MW, 76th overall.

## **Leith Walker's Group – 16 years old this year**

Cliff Donaldson

In 1988, when pain from arthritis in my left knee and foot was taking the enjoyment out of my running, I thought it was time for Leith to have a walking group. Having been a keen tramper since I was a teenager, the transition was not difficult, and, when the Milton Rotary Club organised a Milford Track tramp early in 1989, I contacted numerous friends (including Leith Harriers) to

join in. From this group the nucleus of the Leith walkers was formed.

Initially we walked directly from Chingford, covering every point of the compass, then later, to get variety, we would travel a short distance by car. Of course we still do this. The group increases, as people told friends and family and occasional runners recovering from injury would join in. At the end of the winter season we kept up interest by going out on the occasional Saturday or Sunday a bit further afield. It was interesting to find that to a number of walkers some of the areas we visited were completely new to them, area that experienced walkers trampers and runners took for granted. Enthusiasm has always been high and before long we took on longer tramps, and our first overnight tramp was two nights in the Caples Valley, really enjoyed by ten members in 1993. This was followed by several trips away from the Heaphy track in the north to Stewart island in the south. Always a social group, what started as a Midwinter tramp to Flagstaff summit from Leith Valley and return with nibbles, drinks and Christmas cake on the summit and afternoon tea at Glenmore St afterwards in 1993, became midwinter weekends away every year since. Of course end of year functions are the norm, and we have enjoyed a few trips to Alexandra with the Club.

There is still a hard core of original members in the group, and this may give the impression of a clique, but I can assure you that we are an open friendly group intent on healthy, enjoyable exercise, so if any Leith member has a parent, spouse, or sibling that can't handle running and wants some exercise or companionship, we will guarantee to satisfy their needs.

### **Caption contest!**

Chocolate fish promised to best caption for the following photo of Marc Boullé and Phil Morris, appearing here in synch at the Otago Road Champs (Photo courtesy of 'Paparazzi Ed'). Captions can be emailed to Andrew ([maps@paradise.net.nz](mailto:maps@paradise.net.nz)) See next issue for competition results!



### **Next issue**

Keep a look out for the next issue which will see the completion of the winter harrier season and maybe even a few track and field meets:

- Coast Road Relays – Leith women triumph
- Otago Road Champs – good showing from Leith members
- Clyde to Alex – Kirsty takes out W19
- Peninsula Relay
- National Road Relays

and more!

Remember, articles/photos for the next issue can be emailed to Andrew Lonie on [maps@paradise.net.nz](mailto:maps@paradise.net.nz), or talk to any of the other editors: Marc, Meredith, Jan C, Greg or Kirsty.

## **Contacts**

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President: Brian Pascoe 03-4774105  
[pascoes\\_6@slingshot.co.nz](mailto:pascoes_6@slingshot.co.nz)

Treasurer/Uniform Steward:  
Margaret Knox 03-4766288  
[raybmarg@xtra.co.nz](mailto:raybmarg@xtra.co.nz)

Harrier Captain (Men): Richard  
Hendry 03-4530275  
[richardhendry@xtra.co.nz](mailto:richardhendry@xtra.co.nz)

Harrier Captain (Women): Meredith  
Molloy 03-4531473  
[builderchicky@hotmail.com](mailto:builderchicky@hotmail.com)

Entry Steward: Marc Boullé 03-  
4667962 [marcb@clear.net.nz](mailto:marcb@clear.net.nz)

Walkers Convenor: Ann Barton 03-  
4679304