

Leith Successes Shout Out



Huge congratulations to Chris Bisley - winner of the **2021 Riverhead Backyard ReLaps Ultra and Relay** which was held this past weekend. Chris completed a stunning 38 laps (a total of 254.6km) of the course over 38 hours. Outstanding effort!

Well done to everyone who took part in the recent **Christchurch Marathon** events on what was a very hot Christchurch Day:

Nic Bathgate 2:48:43 (Full Marathon)

Gallien Chanalet-Quercy 3:18:02 (Full Marathon)

Rachael McKinney 1:51:30 (Half Marathon)

Susan Craig 2:11:50 (Half Marathon)

Tadgh Ryan-Charleton 33:31 (10km)

Hat off to those hardy souls who tackled the **Coastal Ultra** on the same weekend:

Steve Tripp 10:04:59 (71km)

Sandor Toth 10:26:40 (71km)

Tuesday Night Training with Chris Sole

All runners are welcome to attend the Tuesday night sessions with Chris down at the Caledonian track - meeting around 5.30pm.

The April 27th session will include a 1500m time trial using Chris' adapted "Kenyan session". The Kenyans and typically Chris' South African friends would run each as hard as they can. If they blew up, no matter, they might just stop, jog the rest. But you can be certain, someone will take the bait and take off, trying to hurt everyone else.

Here is this week's session:

2km (5 laps), **1500m** (3laps+300m), 1200m (3 laps), 1km (2.5 laps), 800m (2 laps), 400m, (1 lap), 1-2x200 (1/2 lap) (=7300m) and if still standing, back up the clock!

Jog/walk recovery between reps.

The 1500m, officially timed by Chris, can be used by anyone as a **TT for Lovelocks**. You do not have to do the whole session! Please let Chris know by **text or email to warn him you are coming and what you would like to do**. The exact time is difficult to predict but he is thinking **around 5.45pm (but can be flexible)**.

An Invitation from Civil Service and Ariki to run a mile followed by a pack run on Saturday, 24th April

Civil Service and Ariki Athletics have kindly invited Leith Athletics and Civil Service Harriers Athletes to take part in their Lovelock Relay Trials held on a one mile loop around the Anderson's Bay inlet starting just opposite Ariki Athletics clubrooms at Guthrie Pavilion.

Meet at 1.30pm at the Guthrie Pavilion for the race to start around 2pm.

The course consists of a surface of gravel and mostly sidewalk – spikes would not be advisable. This will not be a Lovelock Trials for Leith athletes as many of the Leith teams will have already been sorted, but this will give participating athletes an opportunity to run against other club athletes over the mile distance. Great preparation for the Lovelock Relays (1500m relays) the following week on a grass service at the University Oval and will give a good indication of fitness levels for this shorter faster type of running.

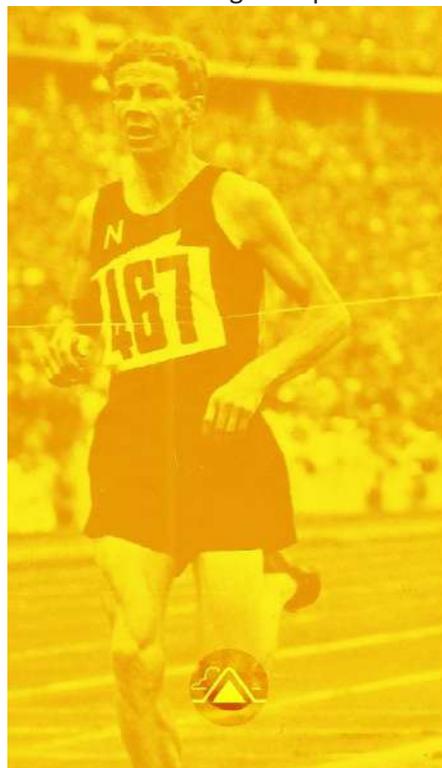
Let's see a great turnout of Leith athletes for this event. If possible, please bring a plate for the refreshments afterwards. Shower and toilet facilities are available.

Lovelock Relays - Saturday, 1st May

Teams are still being finalised for this 85th running of this annual event. So far Leith has 2 x SW, 1 x MW, 1 x kids, 2 x SM, 4 x MM.

If you would like to take part in a team, please send an email to harrier captains Tadhg (tadhg_charleton@outlook.com) and Lydia (lydiapattillo88@gmail.com) or to Chris (chrissole@gmail.com) as soon as possible. Entries close on Wednesday, April 28th.

We are also looking for lap counters on the day, so if you're available to lend a hand, please let us know!



Lovelock Relays 2021

DATE: 1 May 2021

VENUE: University Oval

TIME: 1:30pm start

ENTRY FEE: \$10 per person | Kids free

To enter a team email hcyharriers@gmail.com

Senior mens	6x 1500m (4 laps)
Senior womens, Masters,	4x 1500m (4 laps)
Social + Children 13 and over	
Children 12 and under	4x 1 lap

Sunday Social Runs

All runners, regardless of club affiliation, are welcome to join the weekly Sunday Social Run which leaves from the George Street entrance to Woodhaugh Gardens at 8am. The runs last for 1 to 2 hours and caters for all abilities with Marc Boule leading a slow pack and options for faster runners. After the run everyone is welcome at the [Croque-O-Dile in the Gardens](#) for a coffee and a chat. Please contact [Marc Boule](#) for more information or check the Leith website events page: <https://leithharriers.com/events/club-runs/>

Annual Memberships are now due

It's time to renew your annual membership with the club, whether as a competitive or social member, or as a volunteer, and you can find out how to do it here: <https://leithharriers.com/join-2/>

Leith Relays (Ponydales) - Saturday, 15th May - racing starts 12.45pm

This is an important event for Leith. If you are not planning on running, we would love it if as many Leith folk as possible could help by volunteering some time on Friday before the event to set up or on the day.

1. Course Set-up / building clean out: From 12 noon Friday, 14th May. Please let us know if you can help.
2. Helpers / Officials needed on the day.
3. Teams: please email Lydia (lydiapattillo88@gmail.com) or Tadhg (tadhg_charleton@outlook.com) should you wish to take part. A big push after Lovelocks.
4. Detailed Races and The Challenge.

Find out more about the event here: <https://leithcrosscountryrelays.leithharriers.com/>



Saturday May 15th

Dunedin Ponyclub Grounds
Three Mile Hill Rd

First race starts at 12:45 PM

Get a team together of families,
friends, school or workmates!

Teams can be made up of 1 - 4 runners
& complete either the 8km or 16km course

Primary / Intermediate school
children run a 650m lap course

There's even a race for children under 7

\$10 per team member

Free for intermediate aged
children and younger

*There is no prerequisite that runners need
to belong to a running club to enter*

Email entries to Margaret:
raybmarg@xtra.co.nz
by Thursday, May 13th
0274696688 | 4766288



LEITH CROSS COUNTRY RELAYS

Ponydale Challenge!

*Runners start running at race 1
start time and run laps for the
entire afternoon. How many
laps can be completed before
the last competitor in race 4
has finished?*



Leith Harbour Free

The next running of the Leith Harbour Free 10km and 5km timed free run will take place on Thursday, 29th April at 6pm over course 1 which leaves from Magnet Street by the Kayak Club.

For more information, visit the dedicated webpage here: <https://leithharbourfree.co.nz/>

Make sure to follow us on

Facebook: <https://www.facebook.com/LeithHarrierAndAthleticClub>



For more information on upcoming events please see: <http://leithharriers.com/>