



LEITH HARRIER AND ATHLETIC CLUB

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BARNES CROSS-COUNTRY..... Finally lets the girls run 5km!!

"The brainchild of the late Sir James Barnes, the 1932 national cross-country champion, a two-term member of Parliament for St Kilda and mayor of Dunedin 1968-77, the event has been an annual fixture on the local running scene since 1950.

But time brings change and this year, for the first time, no separate races for men and women were on the card. Instead the three-lap 3.75km race for women became an open event, as too, the old four-lap 5km race just for men.

Female athletes proved a force in both feature races, making the statement that the new format will usher in a new era in gender equality in local running events". Wayne Parsons, ODT report.

Although the weather wasn't at its best with heavy rain and fields turning muddier with each lap, four of our lasses braved the annual run in the testing conditions.

Siobhan and Gaya took on the 3.75km race while Christine and Eva stuck it out for the 5km race. Well done girls!



Mt DIFFICULTY & RUSTIC RUN

A handful of Leith females headed over to Central for the Mt Difficulty Ascent and Rustic Run events.

Congratulations to Lydia Pattillo who came home for the overall win in the Rustic Run half marathon. Beating all the boys and taking out the women's record for the event.

Orlaith Heron came home strong in the 25km Mt Diff run, along with Cassie Hart and Sarah Goldsmith in an equally valiant effort.

Chantal Whitby and Lydia McLean put in the huge KMs for the full 42km Mt Diff run - AMAZING!



EDMOND CUP

Wingatui Racecourse resembled somewhat of a swamp for the annual running of the Edmond Cup. Despite the boggy conditions, Siobhan, Christine and Lydia were still brave enough to take on the tough 5km cross-country.

Although one runner short for the teams race, the girls ran

the blue singlet proud even if mud and water was the true winner on the day!

*Apologies for not including a women's photo but the effort from our Andrew Robinson is too good not to share!



Recent Research – ULTRA WOMEN

A recent study conducted by RunRepeat looked over 5,010,730 results from 15,451 ultras to explore the trends in the events over the past 23 years and turns out women may just rule the roost!

Findings concluded that the longer the distance, the closer the gender performance gap: On average, men were 11.1 percent faster than women at marathons and just 0.25 per cent faster over 100 miles. At 195 miles the tables turn, and women are actually 0.6 per cent faster than men. From 1996 to 2020, female participation has also increased by almost 10%.



Case and point for the surge in female ultra performance came to light just last week in the Western States 100 miler where 3 women placed in the top 10, NZs Ruth Croft (pictured) among them.

Read the Runners World article here:

<https://www.runnersworld.com/uk/news/a36528666/ultrarunning-more-popular-than-ever/>

ONE FOR THE MUMS

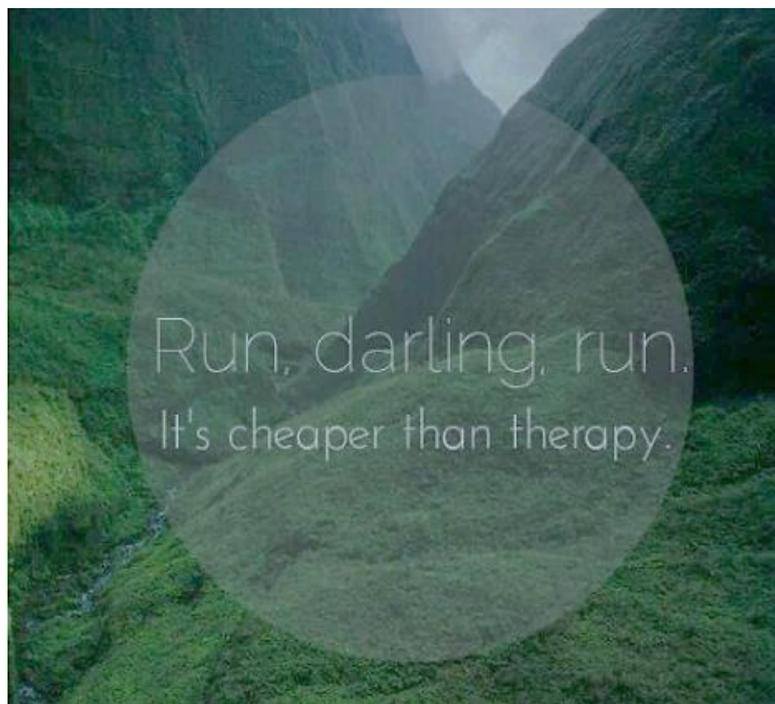
Life in this era is madness for mums juggling family, career, housework before even thinking about any personal athletic commitment.

Time is currency and long gone are the days of simply popping out the door for a run whenever pleases. Sometimes we may grieve the simplicity of the past but with a fresh and calculated approach all is not lost. Of course, largely in the planning and prioritising, you'd be surprised what you're capable of once 100% committed.

Within our Leith community we have a healthy number of running mothers who are more than willing to assist others in reaching running or fitness goals while juggling life's demands – do reach out!

A great article from womensrunning.com can be read online where three marathon running mums give great advice on managing running and parenthood:

<https://www.womensrunning.com/culture/how-these-marathon-moms-get-it-all-done/>



Leith Harbour Free half marathon!!

Now two years into the running of the LHF, whispers of a half marathon option appear to be coming to fruition.

Chris and Mark have measured out the course so watch this space!! With all things currently in a TBC state, the distance would be an option for Course 2 when held on a Sunday morning.

More information to come but, we hope to be able to offer the distance in the lead up to the Dunedin Marathon events which will be held in September.



RELATIVE ENERGY DEFICIENCY IN SPORT aka RED-S:

A taboo subject of the past, previously named the Female Athlete Triad, Relative energy deficiency in sport (or RED-S for short) has been discussed much more openly in the female athlete sector and a more supportive awareness has surrounded the syndrome. Recently, NZ Olympic lightweight rower Zoe McBride must be applauded for her stand against the syndrome by putting her physical and mental health first and excluding herself from Tokyo 2021 contention.

Clinically defined, RED-S is "the impairment of physiological function caused by a deficit in a person's **energy intake** relative to the **energy required** to maintain optimal health, homeostasis, growth, the activities of daily living, and sport". Common symptoms include altered menstrual cycle, fatigue, low energy, altered mood, poor concentration, under-performance, failing to improve, recurrent injuries, loss of enjoyment from sport. Although the syndrome progresses slowly, symptoms which may seem minimal to begin with can lead to serious long-term conditions such as infertility and early onset osteoporosis.



If you feel you may be suffering from RED-S early intervention is always best. Speak with your health professional.

An informative article on the syndrome and personal experience account from Great Britain runner Pippa Woolven can be found here:

<https://www.runnersworld.com/uk/health/a33589189/red-s-relative-energy-deficiency-running/>

Does beetroot really make us run faster?

Recently lauded as a miracle food for endurance activity the humble beet has had a fair workout in the research lab.

The majority of research does conclude an improved endurance, faster time trials and greater oxygen efficiency. As a result, the beetroot boom began, and we now see beetroot juices and powder lining the supplement shelves.

Being a devil's advocate, several studies have now looked further into the root veg's powers and have found the effects are not felt so strongly in the athletic population. Initial studies with positive results appear to be concentrated on beetroot use in the general population, however, once we change the subject to a trained athlete, no benefit was seen. Authors speculate that fit athletes have already maximized whatever physiological mechanism that beetroot stimulates.

Nevertheless, placebo effect and all, if it works for you, embrace it, or if you want to give it a go there's no harm done!



Source: <https://runnersconnect.net/can-beetroot-juice-improve-running-performance/>

UPCOMING EVENTS

3 July: Southland XC Champs

10 July: Invite to Ariki XC

18 July: Otago XC Champs

25th/29th July: Leith Harbour Free, date & course TBC

7 August: National XC Champs

15 August: Surf to Stadium

22 August: Otago Road Race Champs

26, 27 & 28 August: Great Naseby Water Race

28 August: Clyde to Alexandra Road Race

Every Tuesday: Chris Sole's training group, approx. 5:20pm from Caledonian and fields

Every Thursday: Group run from Tomahawk area, approx. 5:20pm. Confirm weekly details with Chris

Every Saturday: 5km Park Run 9am at the Botanical Gardens

