

May 2021

# LADIES of LEITH

Issue no. 1

LEITH HARRIER AND ATHLETIC CLUB

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#leithharrierandathleticclub



## WELCOME

As we kick off the 2021 winter season it seems surreal to think this time last year, we were in the grips of Covid lockdown and 'virtual' races were to become the norm for any running competition. Fast forward and I am sure we can all agree just how lucky we New Zealanders are in our running community where we continue to flourish when others are denied such freedoms. I can only hope going forward that our season remains free of interruption and our Leith singlets fly around the trails once again.

Welcome to new members to the Leith club and community for 2021, I hope this monthly newsletter of a female orientated running plethora keeps you all in the zone and motivated through our colder months. Please do contact me if you have topics or questions you would like covered in future issues.

Keep up all your amazing work out there!

Lydia

Registrations for the 2021/22 season:

<https://memberdesq.onesporttechnology.com/3076/org>

## THREE PEAKS

The 38<sup>th</sup> running of the iconic Three Peaks mountain race took place on Sunday 28 March in perfect running conditions

The 5 events on offer were competed in by a fantastic gang of females within the Leith community along with a huge contingent of volunteer effort.

A massive thank you to race directors Steve and Mark along with volunteer coordinators Siobhan and Gaya.

A massive job to take on a mere 5 months after 2020's delayed three peaks.



RUN, WALK or TEAM OPTIONS

## LOVELOCK RELAYS

The annual running of the Lovelock Relays kicked off the beginning of the Winter season for another year.

Despite the popular Southern Lakes half marathon and 10km falling on the same date, Leith entered 4 strong women's teams. Congratulations to the SW1 team

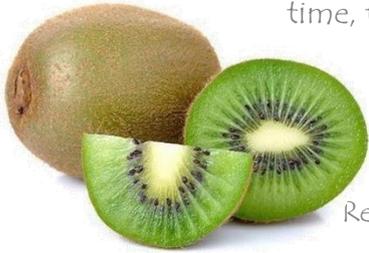


captained by Caitlin O'Donnell who ran home strong for Silver. Well-done also to our two other SW teams and our MW35+ team. Special mention to three of our very young ladies, Ailish, Ellie and Lucy who ran for the kids.

## RECENT RESEARCH

Move over beetroot, there's a new kid on the block for runners to munch in to. In a recent study at Japan's Kagawa Nutrition University, researchers found Kiwifruit, aside from being a powerhouse of nutrients, held higher levels of antioxidant goodness than originally thought which, has brought greater benefit in terms of oxidative stress in runners.

The study found eating kiwi twice daily increased the antioxidant defences of runners, who, in turn, were able to reduce the damaging impacts of training such as muscle tissue damage from intense bouts of exercise. Over time, this could lead to fitness gains and reduced injury and recovery time.



Lucky for us in NZ, Kiwifruit season hits right in time for the winter harrier season.

Stock up on the green stuff!!!

Read the full article here: <https://www.runnersworld.com/nutrition-weight-loss/a36014564/benefits-of-kiwi/>

## NOTABLE NUGGETS

- Running is really just flying...

"When you walk, one foot is always on the ground. When you run, most of the time you are actually airborne. For example: a 6-foot-tall runner with feet about a foot long was found to take 1,250 steps while running 8-minute miles. Thus, while covering 1 mile – 5,280 feet – they were in touch with the ground for 1,250 feet and airborne for 4,030 feet. Put another way, they were in the air for 76% of the time. So don't think of it as a 10-mile run. Think of it as 7 miles of flying." – Paul E. Richardson

- Currently on Netflix is the documentary – Limitless. The documentary follows eight women in India who struggle with self-confidence and society's expectations but rediscover themselves through running. Worth a look!
- Remember why you love running: Take the pressure off. Try running without a goal. Leave the watch at home, forget the pace, don't think about the distance. Just lace up, hit the road and see where it takes you. You might be surprised at what you can achieve when you run free. (credit: @manymiles)
- HILLS..... If you want to better your performance on the hills, think cycling. When you hit a steep hill, change to a lower gear with faster footsteps and shorter strides – just like you would on a bike!
- Sunday Girls Run: Join the Facebook group to be part of a great female running community within the Dunedin area <https://www.facebook.com/groups/257890684374337>





## ONE FOR THE RUNNING NERDS: WHAT ON EARTH IS A V-DOT?

Overheard whispers in the running community of a whole lot of Jack Daniels and V-DOTs??

No, they're not talking about downing Tennessee whiskey before heading out for a run, rather, the chatter is about running coach/ guru named Jack Daniels and his complex running formula based around your VDOT value.

So what is a VDOT you ask? Daniels fashioned VDOT as a measure of your current running ability i.e. how fast you are for a given distance. In a nutshell, once you know your VDOT value (many calculators online), you can determine precisely how fast you should do your training runs. That's because at every level of fitness, according to Daniels, there are particular training speeds that provide optimal benefit. As your body adapts to the training and performance improves, you would move up the VDOT values and so too the corresponding training approaches for each value.

If you're of the science-minded type, the below link gives a good detailed summary of the concept.

<https://www.sweatelite.co/understand-the-jack-daniels-running-formula-in-15mins/>

Runners World also gives a great (lay persons) rundown of the approach.

<https://www.runnersworld.com/training/a20829461/>

## EAT TO COMPETE

Stuck for ideas of easy, fast, healthy, scrumptious meal and snack ideas that'll help churn out the miles?

Take a nosey at Shalane Flanagan's most recent cook book; Run Fast, Cook Fast, Eat Slow. It's more than just a recipe book as Shalane gives insight to her incredible running career and sound advice on eating to train and compete well.

One of the most popular recipes "Super-Hero Muffins" can be found at the below link if you fancy a test-run nibble.

<https://www.womensrunning.com/health/food/sshalane-flanagans-superhero-muffin-recipe/>



**RUN FAST.  
COOK FAST  
EAT SLOW.**  
QUICK-FIX RECIPES FOR HANGRY ATHLETES



## UPCOMING LOCAL EVENTS

- 15 May: Leith cross-country relays
- 22 May: Forbury clubs 5km
- 30 May: Leith Harbour Free 5/10km
- 13 June: Barnes cross-country

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

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