

LEITH LASSES

Leith Harrier and Athletic Club



Sole Tuesday – What’s it all about?

As the ever-increasing popularity of Chris Sole’s Tuesday interval training sessions continue to grow, many female runners in town have been begging the questions:

Am I good enough or will I keep up?

The short answer – YES. Yes you are and yes you will!

It would be very normal to feel hesitant to join a training group but Sole Tuesday’s bear no judgement and would be one of, if not the, most inclusive training groups in town. Let’s also not overlook the fact that studies have found those in group training display significant improvements in physical fitness, mental well-being, and emotional stability, as well as a marked reduction in stress levels compared to those who don’t!

The sessions are about a 50 / 50 gender split with ages ranging from under 15 through to 65+. Abilities range widely with top Dunedin runners, weekend warriors, team sport players, social runners, those returning from injury, those just in it for health & fitness and those dipping their toes into the running world for the first time. We have runners attend from all Dunedin athletic clubs but even more so, those unaffiliated to any club at all, so there is no need to feel you must be attached to Leith or any formal running organisation/ club.

Come the winter season we move to the Logan Park fields where ‘yes, you will be good enough and yes, you will keep up!’. Faster runners run wide and slower take the inside line so we all keep together.

And of course Chris’s Thursday session at Tomahawk beach and sand dunes are always great to further compliment the training – more on that next edition!

If you are one of those keen to join us but just needing that little bit extra to push through any hesitation feel free to contact us with any questions.



Above is a 2019 turnout compared to our below more recent numbers



Above is our Rhythm & Drills warm-down to sharpen technique and below where we move to the fields for the winter trainings.





Safety in Numbers – calls for more group runs

Interest has been brewing for the offerings of more group runs in our local tracks, trails, beaches and roads less travelled. Chances are if you're keen on exploring an unfamiliar area on a run there's probably a whole swag of others just as keen!

Please do get in touch with us if you have an area of town (or further afield) which you would love to explore with a group run – we can make it happen. Feel free to post your interest on our Facebook group too as many others may take up the offer to join you.

Oriental runs for the Three Peaks are on offer this month (regardless if you are running the event or not), granted the duration of the runs are quite long at about 20km, there will be splitting into groups to cater to differing speeds. Any questions, let us know.



One for the Historians

In 1972, six female runners, Lynn Blackstone, Jane Muhrke, Liz Franceschini, Cathy Miller, Pat Barrett and Nina Kuscsik, signed up to run the New York City Marathon. Although they were allowed to participate, they were only allowed to do so on the condition that they would start 10 minutes before the men. This was a rule made by the Amateur Athletic Union, then the governing body for marathons in America.

In an act of defiance against this discriminatory rule, the six women sat down as soon as their start gun went off. 10 minutes later they stood up and took off with the rest of the men when the second start gun went off.



EVENTS IN RED



Three Peaks orientation runs:
March 6 and March 13, 9am from
George St entrance to
Woodhaugh

Leith Harbour Free:
March date TBC but either
Sunday 20th or Thursday 31st

Northburn 100, Cromwell:
100 Mile and 100km cancelled
but all other distances are go

THREE PEAKS MOUNTAIN RACE
27 March

Every Tuesday: Track interval
training session, 5:20pm @
Caledonian

Every Thursday: Beach and sand
dunes group training, 5:20pm @
Tomahawk



Now here's something to get the estrogen boiling...

In a 2022 world of improvement in gender equality in sport we are encouraged by the success stories, however if we delve deeper into the topic it would appear we still have some way to go where the financials of sport come into play. Fortunately here in New Zealand things such as prize money between gender is equal for the most part, however elite sport in a worldwide sense has much work to do.

From the book *Daughters of Distance* by Vanessa Runes (yes, that's her actual surname), the following reasoning for financial inequality between the genders in endurance sport were given albeit in the current world we live.

- **Women don't work as hard.** Because female races can be shorter women don't put in the same amount of training hours as men. Since there is no equal work, there should be no equal pay.
- **Women aren't as popular.** There is a lack of market appeal in women's sport, and ultimately the market determines how much an athlete should get paid. Spectators don't want to pay to watch females' race.
- **Women don't get enough sponsors.** Sponsors help pay salaries and women don't get enough. Companies aren't interested in female athletes because they don't have as much exposure. It's not sexist; it's just a business decision.
- **Women aren't big enough, fast enough, strong enough.** Biologically, men are built better suited for sport. You can't overlook the fact that men are simply stronger. They compete harder and faster than women.
- **Women don't get enough media coverage.** The public just isn't interested. Since 50% of the public isn't interested in women's sports, they shouldn't get half the coverage.
- **Women have less competition.** Because fewer women are racing, the competition is soft. A woman who gets first female in field of 50 does not deserve the same prize money as the first male who had to beat hundreds of his competitors.

Hard to digest but one must ponder are we just a victim of the media's own creation? If it all comes down to "Business", does the perceived lack of market appeal exist simply because the media doesn't cover female sport equally?

VOLUNTEER FOR THREE PEAKS



Running a large event in Protection Framework Red obviously has a few workarounds which need to be managed very strictly compared to the usual.

Although we hope to be in a place where restrictions are loosened come late March, we must plan to run Three Peaks in Red.

Taking this into consideration we would predict we may encounter current volunteers to run into issues on race day such as illness or the need to isolate as close contacts. For this reason we are needing an extensive reserve list so we can still carry out the event on the day!

If you are not running in the event and have the capacity to help out if called upon, please let us know and flick us a message:
volunteers@threepeaks.co.nz