

# LEITH LASSES

Leith Harrier and Athletic Club



## Three Peaks 2022 – what a day!

The biggest running event in town this side of New Years, the 39<sup>th</sup> Three Peaks Mountain Race went ahead on the 27<sup>th</sup> of March in perfect conditions only the running gods could turn on for us.

The planning for the event was huge this year where a multitude of Covid-19 restriction scenarios were all strategised in order to have the popular event actually happen for the running community. Thankfully Jacinda lifting the outdoor restrictions less than 48 hours out from the starting gun meant we could implement the event to be as close as possible to normal. **A huge THANK YOU to the event organisers and the bright-pink clad volunteers for getting the event off the ground for the third time in a global pandemic!!!**

### So how did the female finishers stack up this year?

One of our goals for 3P is to creep closer to a 50 – 50 gender split for finishers. Although entries were down this year (cheers Covid), if we look at things in terms of ratios there is cause for celebration. For the 55 km, there were 58 finishers, 14 of them women. Giving females 24% of the finishers which is up on last year's 18% - well done ultra ladies.

In the 26km there were 192 finishers, 76 being female. Giving females 40% of the finishers which is also up on last year's 32%. What a great increase – well done to all.





## Join our Sunday Group Runs

The Sunday Long Run, AKA the SLR, while it may coincide with Sunday morning church goers, the ritual is a religion in itself to any committed runner.

In our Leith community we have a few Sunday morning group run options: at 8am at the George Street entrance to Woodhaugh Gardens many Dunedin runner's meet for about a 1 to 2 hour run. Many of the SLR runners run at a faster endurance workout pace but for those who want a true easy aerobic run and not an endurance workout then join those of us who run at a conversational pace of the slowest runner with options for running less than 2 hours. Post-run we gather at the Croque-O-Dile in The Garden's for a nibble.



Any questions at all about the Sunday runs please contact Marc Boullé [marcb@leithharriers.com](mailto:marcb@leithharriers.com)

If you prefer the conversational pace but on a flat, hard surface, our Rach has recently started the aptly named "Bitumen Bashers" Sunday group as well. A coffee and a chinwag at a local café also feature. Keep up with the happenings of this on our Facebook Group.

## Treadmill vs. Outdoors – an age-old debate!

Both will benefit a runners performance yet we continually come back to the debate of which is better or easier. Some swear a treadmill has them running much faster than pavement while others are adamant the treadmill is hugely taxing on them. So aside from personal preference, in a nutshell, here's what the research says:

When running on a treadmill we have assistance from the belt; the belt moves below us and reduces the force we exert from the lower limb compared to the leg when outdoors. Because we are stationary on the treadmill we also don't encounter any air resistance, an assistance to start with but the longer we go, the more this becomes a burden. Even on a calm day, moving through the air when running outdoors has a significant cooling effect, delaying heat related fatigue compared to the treadmill.

So in summary, when at a slower pace and shorter duration the treadmill should feel easier than outdoors. That said, the more we up the pace and duration, the more outdoors becomes preferable.

**Training tip: if you find yourself on a treadmill, raise the incline to 1 or 2%, this counteracts the assist of the belt and lack of air resistance.**



## WINTER IS COMING



Check out the draft Winter Programme for 2022

<https://www.athleticsotago.co.nz/asset/downloadasset?id=f68140c0-40b3-4e62-956e-22f372b8b491>

Leith Harbour Free: April date TBC but will be 24<sup>th</sup> or 28<sup>th</sup>

Every Tuesday: Interval training session, 5:20pm @ Logan Park field behind Caledonian

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

Every Saturday: PARK RUN IS BACK!!! Beginning again at 9am on 9 April @ Botanic Gardens

Every Sunday: Group run options, 8am from Woodhaugh George St entrance or keep up to date on FB group



## Ultra Running – Is this the event where we will see females begin to outstrip males?

In the wake of Camille Herron’s 100-mile World Record earlier this year the spotlight once again comes onto the prowess of female abilities in the extreme endurance sport.

Researchers are in on it too and believe with proper training and guidance it could be in our lifetime where we see women overtake men in dominance of ultra endurance events.

An array of biological differences between the genders in endurance have been studied but the elephant in the room really comes down to the fact the women are just fatter... but in a good way! Women have a physiological advantage for gender-specific fat; a predominance of fat stored around the pelvis, buttocks and thighs attribute to the increased energy needs for a females to child-bear and lactate. When we take into consideration the extreme energy cost of running an ultra where ‘Fat is Fuel’, this additional adipose tissue is a female’s secret weapon!

Where a male and female of similar size, fitness and nutrition run an extreme ultra (100+mile), we may begin to expect the female outlasting the male as a result of the energy benefit of a higher fat percentage.

Here’s all the real sciency stuff <https://bjsm.bmj.com/content/39/7/410>



Perhaps we just need a little more belief, the human mind works in funny ways in that we often need to see to believe. In 1954 Rodger Bannister broke the 4-minute mile in a feat thought impossible, then only weeks later more runners broke the same barrier by simply knowing it could be done. In 1967 Katherine Switzer ran the first female marathon as an official entrant (we all know many more women ran the distance well before this!), in another feat thought impossible for females – today we see female marathoners in numbers near equal to men. The more we see women dominate ultras, the more it will happen!

## The Easy Run

*Your Aerobic Base can be your secret to getting faster!*

### What is Aerobic Base?

Aerobic = the presence of Oxygen. Aerobic running can only happen when your running a slow enough pace. The more time spent in the aerobic zones, the more efficient you become. Your aiming for about 70% of Max HR (220 – age)

### How does it make you more efficient?

- Easy, aerobic running produces muscular adaptations that improve oxygen transportation to the muscles
- Reduces the rate of lactate formation and improves lactate removal
- Increases energy production

The key is consistently doing easy runs over time!

		EXERCISE ZONES									
		AGE									
		20	25	30	35	40	45	50	55	65	70
BEATS PER MINUTE	100%	200	195	190	185	180	175	170	165	155	150
	90%	180	176	172	167	162	158	153	149	140	135
	80%	160	156	152	148	144	140	136	132	124	120
	70%	140	137	133	130	126	123	119	116	109	105
	60%	120	117	114	111	108	105	102	99	93	90
50%	100	98	95	93	90	88	85	83	78	75	