

LEITH LASSES

Leith Harrier and Athletic Club



Leith Cross Country Relays turn 40

From humble 1982 beginnings in the depths of the Lawrence back blocks at the Waitahuna Ashton family farm, the Leith Cross Country Relays were born; a 4-person team running a 2km leg each. For a time the club organised event was even sponsored by Adidas and named the Adidas Cross Country Relays.

After 4 years at Waitahuna the event venue was moved to the new Ashton family farm in Taieri Mouth. The Ashton family being a long serving Leith family over the decades where their legacy continues today in Leith members Margaret Knox and Janice Ashton.

Come 1993 the event once again moved to a new venue at the Wesleydale Methodist Camp in Berwick. Where the course and facilities received great feedback. A short, near vertical and incredibly muddy climb on the course separated the field where luck of foot placement could make or break you!

After 13 years of the "Wesleydales", in 2006 the relays moved to today's location at the Wakari Pony Club. Unfortunately when the church sold the Wesleydale property, the new owners weren't too fond of a bunch of mad runners running in the mud around their grounds.

The term "Ponydales" was coined by Leith runner Jan Craig, obviously a play on the former Wesleydales name. Today, the course itself is known as "The Ponydales" with Leith Cross Country Relays being the race title. In 2018 the Ponydales Challenge was incorporated into the event where entrants run as many laps as they can from the start of the first race until the final runner finishes in the last race.



WINTER SEASON BEGINS



Lovelock Relays: Saturday May 7,
University Oval

Leith Relays: Saturday May 21,
Wakari Pony Club

Leith Harbour Free: Thursday 26
May, 6pm, Course 1 from Magnet
Street

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, 9am
at the Botanic Gardens

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



Meet Eilish McColgan – A world class runner with a reasonably manageable training schedule!

Scottish runner Eilish McColgan recently smashed Paula Radcliffe’s 21-year British half-marathon time in a blistering 1:06:21 and has a plethora of other world class achievements in distances from 5km through to the half.

Runners World sat down with the athlete where she shared her training schedule which, compared to her counterparts, is rather manageable at 60 – 75km/week. A career where over-training and injury has impacted her, Eilish believes she’s now found the balance...and it’s obviously working - a typical (non-race or taper) week for Eilish is as below. Although she did not discuss the extent of the interval sessions, the athlete was clear on having one full day off a week and the importance of easy runs. Eilish will also cross-train in the evening on interval days with a 45min spin, elliptical or aqua-jog.



Monday: Easy run 45 – 60min
 Tuesday: Track interval session and cross-train
 Wednesday: Easy run 45 – 60min
 Thursday: Track interval session and cross-train
 Friday: Rest day
 Saturday: Easy run 45 – 60min
 Sunday: Long run, about 20km
plus 2 strength training sessions per week

How’s your bounce?

- Wash & wear on sports bra integrity

Although the majority of female distance runners may not be blessed in the region, breast health when running should still be considered where even an A-cup can be seen to bounce about 4cm without proper support.

A unique study has recently looked into the impact of wash and wear on sports bra integrity. The study found a sports bra regularly washed (tested to 50 washes), but not worn, reduced support by about 20%, this was compounded further by bras washed **and** worn which reduced in support by about 32%. Participants could detect reduced support, but still found it comfortable in the worn and washed bra. This is significant as had participants perceived **both** reduced support and comfort, they may have been more willing to replace the bra. With only a reduction in perceived support and no change in comfort, we may be wearing sports bras beyond their expiry date, so to speak.



Quiz Time

- Who was the NZ female international athlete who won the 55km race (as a “training run”) at Three Peaks 2022?
- Leith Cross Country Relays are held at the Wakari Pony Club but where was their previous location?
- A C-cup breast size will bounce on average how many cm when running in an unsupportive bra?
A. 6cm, B. 9cm or C. 12cm
- The fastest recorded 100m by a mammal was ran by a female cheetah in how many seconds? **A. 8.67s, B. 7.02s or C. 6.13s**
- In regional cross-country champs across NZ, Masters women run 6km, Senior women 10km but how far do the Under 20 women run?

Answers:

- Ruth Croft
- Westleydale
- A
- C
- 6km



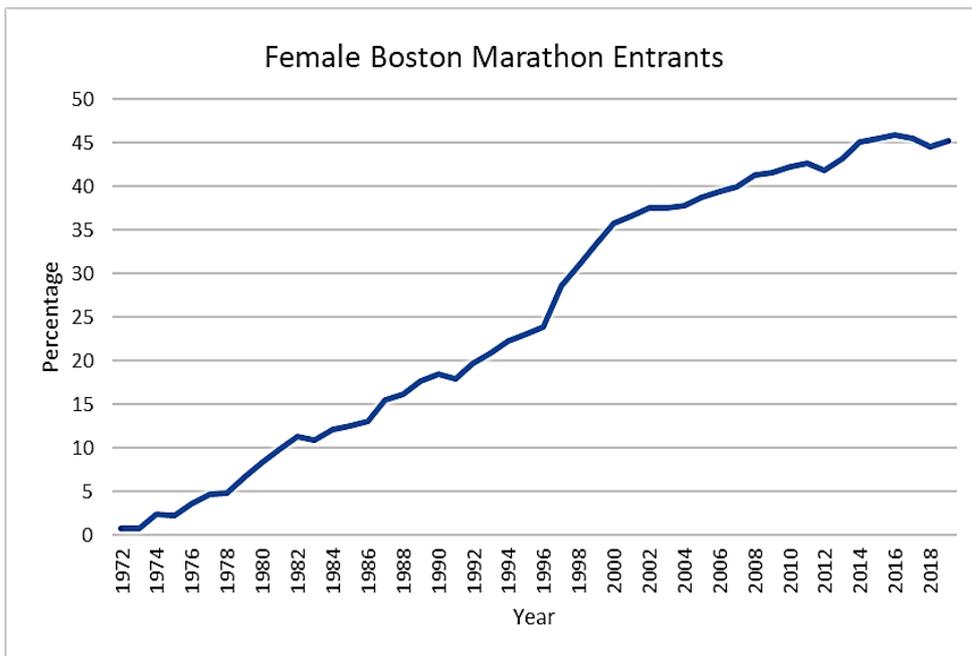


Closing the Gap – The growth of women in running

If you've been thinking, there's been a fair few more wāhine on the start lines over recent times you wouldn't be mistaken. Worldwide female participation in organised running events has been on the increase from beginner through to elite. The flow on effect of this resulting in competitive running times in the female cohort markedly reduced in comparison to our male counterparts.

A solid example of this is obviously in the marathon. Since 1970, the men's marathon record has been lowered by about six minutes. By contrast, during that time the women's record has fallen by more than 45 minutes!

Perhaps the marathon with the most controversial history of female participation, the below graph is just one example which highlights the rise of female participation within the sport - edging ever so closer toward a 50 - 50 gender split.



Of course, the more women who get involved in running, the more women's athletics will continue to improve, and Anne Bouchard (elite ultra runner) encourages all women not to limit themselves. "If you want to improve, do what needs to be done," she says. "Forget you're female, forget age, forget that you have to work 50 hours, forget whatever—do what your dreams show you."

Leith Committee 2022

President: Chris Sole

Co-Vice Presidents: Lydia Pattillo & Susan Craig

Secretary: Rach McKinney

Treasurer: Greg Johnston

Website: Marc Boullé

Men's Captain: Richard Campbell

Women's Captain: Lydia Pattillo

Uniform Steward: Siobhan McKinley

Three Peaks Director: Steve Tripp

Delegates: Margaret Knox, Peter Hughes, Clifford Kelway-Pope

Patron: Kevin Blair

