Vol. 1, Issue 13 June 2022

LEITH LASSES

Leith Harrier and Athletic Club

Leith Women Dominate in Numbers

May hailed the eagerly awaited return of the Harrier season with the usual opening relay races of the Lovelocks and Leith Cross-country Relays. Leith singlets clearly outnumbered the rest in the women's field in both events.

Our largest ever contingent for the Leith Cross-country relays was seen with a record 6 womens teams entered, all of whom competed in the Antarctic conditions Dunedin put on for race day!! Joe Cowie memorial 5km handicap, held in late May, also saw a bunch of lasses enjoy a stellar afternoon on the plush Bayfield grass course. We hope to bring an even better experience for Joe Cowie next year!

Claudia Sole clearly took out the most photogenic lass of the month, a beaming smile in every image captured of her!

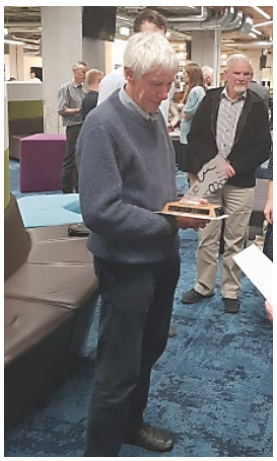
Shout out....

to Maren Richter for her incredibly courageous runs in both the Lovelock's and Ponydales. For those that didn't know, early in the new year Maren was involved in a terrible horse-riding accident which saw her fracture vertebrae and her ankle among many other bumps and bruises. Maren was incredibly fortunate to not have done damage to her spinal cord but did spend a long amount of time on bed rest and has a long road to full recovery. Four months post injury to be out running in the Leith singlet is truly astounding. What an inspiration – well done Maren!!

Congratulations to Chris

A stalwart of our Leith Lasses community, we all know how much Chris does for the Leith and wider female running community. Many of us wouldn't even be reading this if it weren't for his ever-reaching encouragement and infectious enthusiasm to get us lasses out running. In early May, Chris was awarded one of the top accolades at the Athletics Otago prizegiving: The Sport Otago trophy for Contribution to Athletics.

CONGRATULATIONS Chris – thoroughly deserved!!



Scratched - Aotearoa's long lost sporting legends

Courtesy of The Spinoff current affairs website, a catalogue of short interviews from stories of outstanding New Zealand athletes whose feats have been forgotten by history has been created. One such feature is of New Zealand female middle distance runner Marise Chamberlain – our only female runner to ever win an Olympic medal winning bronze in the 800m at the 1964 Tokyo games.

Worth a watch! https://thespinoff.co.nz/videos/scratched-aotearoas-lost-sporting-legends/marise-chamberlain-makes-her-mark-scratched-aotearoas-lost-sporting-legends-the-spinoff#video

June Events

Hill City - University's TK Cowan handicap: Saturday 4 June, Tomahawk

Mt Difficulty Ascent and Rustic Run: Saturday 11 June, Bannockburn

Barnes Cross-Country: Sunday 12 June, Kettle Park

Leith Harbour Free: Sunday 26 June, Course 2 from Watercooled Sports

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

Shrink it and Pink it – The female running shoe

"Shrink it and pink it" a term used in the sports shoe industry where shoes were traditionally designed on a male last – the solution to cater to women: Shrink it and pink it!

THEN

This technique might have evaded scrutiny if male and female feet were identical. But as a 2009 study in the Journal of the American Podiatric Medical Association concluded, "female feet are not algebraically scaled, smaller versions of male feet, as is often assumed." Female feet tend to have a higher instep and narrower heel relative to the ball of their foot. Forcing women into shoes designed for male feet can have serious side effects, including dropped arches, bunions, ankle bone soreness and blistering.

Today, Nike and Asics are at the front of pack, they've refined the science to include anatomical grooves and they cushion womens shoes differently to mens. They also believe the pronation pattern in women is different - women in general pronate later in their gait, so the emphasis on slowing the rate of pronation should be shifted toward the mid or forefoot.

The jury is out for other brands but those that have confirmed they build their shoes on gendered lasts are Altra, Reebok, Adidas, Keen and New Balance. Brooks confirmed it still engineers all of its runners on a unisex last and Hoka declined to comment. Source: https://www.theverge.com/2019/12/23/21035009/running-shoes-women-sneakers-design-injuries-data-foot-pain

When it comes to elite athletes, researchers have traditionally only studied men, because it's easier to control for variables like the force of their stride or the length of their foot. Historically scientists have, in a lazy way, avoided studies on women because there's a confounder of the menstrual cycle. Yip, you read that right!!

The monthly changes in female hormone levels actually changes our foot fall pattern. Changes in ligament laxity as a result of the menstrual cycle impact a female's day to day biomechanics, something top shoe companies are researching further – watch this space!!

Source:https://lermagazine.com/article/influence-of-estrogen-on-the-plantar-fascia

NOW

Quiz Time

1. The treadmill is an English invention from 1817. What was its original intention?
2. The Boston Marathon was the first marathon to allow women to enter. In which year?
   a) 1967 b) 1972 c) 1975
3. In which track running distance is NZ's only female Olympic medal?
4. A record number of Leith women's teams were entered in the Leith Cross-Country Relays. How many were there?
5. A female's foot fall can change throughout the month due to laxity in:
   a) muscles b) bones
   c) ligaments

Answers:

1. Punishment for prisoners
2. b
3. 800m
4. 6 (4 SW and 2 MW)
5. c