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LEITH LASSES

Leith Harrier and Athletic Club

Barnes and Edmond Cup

Cross-country season remained in full swing, inclusive of Dunedin's wintery conditions, in June with the annual running of the Barnes handicapped race and Edmond Cup cross-country. Numbers were low across the fields in all clubs, genders and age grades with Covid and busy schedules for many to blame, however the "normality" of a returned cross-country events schedule has been a pleasure!

Cross-country has never been favourite fanfare of the female runner, nevertheless, a handful of Leith runners took on the tough grassy runs. Siobhan McKinley crossed the line first for the Leith Lasses in the Barnes handicap XC, a great effort from her with Lydia Pattillo and Claudia Sole only seconds apart a few places behind.

Surprisingly good underfoot conditions were well received at the notoriously muddy Edmond Cup Wingatui course. Our women's team of Lydia Pattillo, Claudia Sole, Christine Montgomery and Riley Homan all put in a valiant effort coming in third for the teams race with good individual placings for their age grades as well.

Shout out....

Well done to Christine, who took gold in her age grade race at Edmond Cup. Always an inspiration to us all – well done Christine!!

Cold Feet? – Don't dry your shoes near heat

It's a popular hack for wet winter running shoes: Stuff them with newspaper and chuck them by the fire, then voila – dry shoes in the nick of time. But is this hack doing more damage than good?

Here's what not to do: Don't put them near fireplaces, heaters, dryers or leave them in direct sunlight as some materials are affected by the heat and can cause footwear to change shape. Today's plush midsole materials may be particularly susceptible to heat warping, in particular, ASICS reliance on Gel materials has shown to be one such material very vulnerable. An Asics Gel Kayano left in direct sunlight in a hot car warped and shrank a full size compared to its non-heat affected partner!!

Instead, tried and true methods suggest removing all dirt and mud from the shoes, removing the insoles and wrapping them in a towel, stuffing the shoes with scrunched newspapers or paper towels, then wrapping them in a larger towel and lying them on their side to allow for any hidden moisture to be absorbed in the towels rather than soaking into the interior, foot bed or midsole.

Brrrr – it's cold in here!

Don't forget we have Leith Fleeces, Hoodies and Tees available for purchase. Great for pre and post-race layering not to mention awesome branding and promo for our club.

Fleeces	$75
Hoodies	$65
Tee	$60

Get in touch with Siobhan if you are interested or follow the below link to see more images on our webpage: https://leithharriers.com/join/
s_buckingham@yahoo.com

Yes, you are able to compete in the tee (as opposed to the singlet) if you wish.

July Events

Southland Cross-Country Champs: Saturday 2 July, Waimumu, Gore

Combined club Cross-Country with Ariki and Hill City – University: Saturday July 9, Rotary Park

Otago Cross-Country Champs: Sunday 17 July, Chisholm Park Golf Course

Leith Harbour Free: Thursday July 28, 6:00pm, Course 1 from Magnet Street

National Cross-Country Champs: 30 July, Taupo

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 with other offerings on FB group

"You Don't Look Like a Runner" – A Podcast

every female runner should hear!

A stereotypical female runner in most people's minds would be smaller in stature, slimmer than the average and reasonably flat chested with narrower hips.
However, the large majority of female runners we see pounding the pavement or out on the trails are anything but – we come in all different shapes, sizes and abilities!

Innocent side comments such as "you don't look like a runner", or similar, which have no intent of insult at all can cut into the psyche of a vulnerable female runner (and male for that matter) much deeper than anyone intended.

A powerful podcast from Femmi raises the light on female runner's body image battles further through an interview with NZ representative runner Anneke Grogan. Anneke took on her Masters study in the topic and shares her findings along with her own experiences in the all too familiar issue for many of us.

A powerful yet thought-provoking point from the interview being when Anneke discusses recruiting female runner participants who identified with the "you don't look like a runner" comment. Participants came to her thick and fast – great from a researcher's point of view BUT from a societal standpoint, is the shear number of us identifying with the comment in quick succession really the issue in of itself??

Check out Femmi and what they are all about here: https://www.femmi.co/

Spotify https://open.spotify.com/episode/7xDtRUtKZxeQXkelmxhudP

Quiz Time

1. The majority of runners entered in the Barnes XC ran the 5km race. How many laps of the course was this?
   a) 3 b) 4 c) 5

2. The New York Marathon was first run in 1970. What was the entry fee?
   a) $1 b) $10 c) $50

3. In the Great Wall of China marathon, how many stairs do runners climb?
   a) 10,765 b) 7,289 c) 5,164

4. Women were first allowed to enter marathons in NZ from 1974. Who won the first one?

5. Which highly acclaimed American ultra running race did Ruth Croft win this month?

Answers:
1. b
2. a
3. c
4. Val Darroch
5. Western States 100 miler