Vol. 1, Issue 16 September 2022

# LEITH LASSES

Leith Harrier and Athletic Club

## August Efforts!

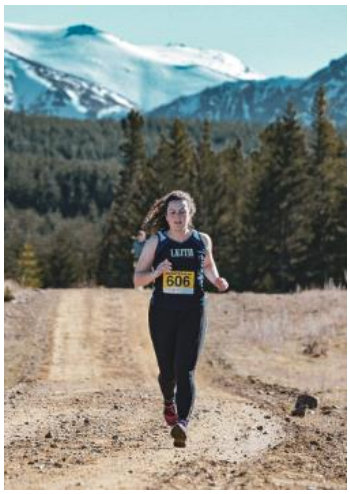
As the Winter season comes to a close, Leith females made the most of the stacked August race schedule with impressive results!

Speedster and Triathlon star Olivia Thornbury showed true class in the Road Race arena, picking up the Senior Women's Otago Champs title as well as a blisteringly fast third place at the Clyde to Alexandra 10km against a very strong field – Well done Olivia!

Christine Montgomery took on the NZ Mountain Running Champs amidst the stunning Queenstown Deer Park slopes. Christine's uphill effort earnt her a silver medal in her category.

Leith Lasses were also well represented in the Great Naseby Water Race 60km team's event. Riley Homan and partner Corey Lewis came home in second place while Lydia Pattillo and Angela Bishop made a gutsy effort to secure third overall and first in the women's only teams.

Well done lasses!



# The Power of a Smile – add it to your running arsenal

When we run, it turns out that it can be the perception of effort, not the effort itself that can really lead to success or failure. And this is something that a smile can really help with.

Your facial expressions aren't just indicators of your mood, they influence your mood, too. If you do a hard task, it might make you frown. And it's been shown that if you do a task while frowning, you will perceive that the task is harder than if you do it with a neutral expression or a smile.

This is because your brain partly works by responding to feedback from your facial muscles. Your mood is made up of inputs from lots of places, including your facial muscles. Your brain might look at all the inputs and conclude something to the effect of, "The legs are tired, but we're smiling, so it can't be that bad!" It sounds crazy, but it works.

Article except from: https://www.topdowndental.com/blog/3-reasons-why-you-should-smile-when-youre-running/

# Media Coverage of Women in Sport

**Globally 4%**

**USA 5%**

**Australia 7%**

**UK 7%**

**New Zealand 15%**

2020 data and report here: https://sportnz.org.nz/media/3883/gender-and-media-april-2021.pdf

## September Events

Sunday September 11: Dunedin Marathon, Half-marathon and 10km

Saturday 17 September: 24hour Peak Bagging, Dunedin surroundings

Saturday 17 September: Race Tekapo events, Tekapo

Friday September 23: 3000m Spring Challenge, Caledonian

Thursday September 29: Leith Harbour Free, Course 1, 6pm

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

# Want to run faster?– try colouring your water pink!

It might sound totally bonkers, but this psychological hack has been proven to improve performance in a new study

We know that it's important to hydrate when we run, but now it seems as though the colour of our drink could be a key to our performance.

A study conducted by the Centre for Nutraceuticals at the University of Westminster found that consuming a pink drink before a workout can increase exercise performance by 4.4%, as well as boosting our mood, making the exercise seem easier.

The participants in the study ran on a treadmill for 30 minutes. Both groups rinsed their mouths with the same drink – except one had the addition of pink food dye. The result? The pink drink group ran an average of 212 metres further, with their mean speed increasing by 4.4%. They also reported finding the run more enjoyable.

Scientists reckon that this clever placebo effect is due to an association between pink foods and sweetness, tricking our brains into thinking that we've consumed sugar and carbs, which help us to fuel our runs.

Whatever the reason, we're up for trying it – we'll race you to the baking aisle…

Article taken from: https://www.womensrunning.co.uk/news/want-to-run-faster-try-a-pink-drink-yes-really/

**"I'd like to think that thanks to me, women athletes can be themselves.**

**They can play with aggression and pump their fists.**

**They can wear what they want and say what they want and kick butt and be proud of it all."**

**SERENA WILLIAMS**