Vol. 2, Issue 2 SUMMER 2022/3

LEITH LASSES

Leith Harrier and Athletic Club

Summer Vibes – It's been hot out there, and we've definitely made the most of it!

As we bid farewell to 2022 and welcome 2023, Leith Lasses are set for a year of motivation and positive challenges ahead.

As you will have seen we are kicking off the year with the introduction of a points-based yearlong competition (details on page 5). Not only will we be head-to-head with each other to bag the points, but our fantastic Leith Lads will also be hard at it in the challenge too. We will update you all with the average points across the board for the Lasses vs Lads. So make sure you enter and clock up the points to keep those Lads grounded.

Another challenge coming up fast is our annual Three Peaks Mountain Race. For the past several years the female contingent in the event has been steadily growing and it would be so great to reach closer to that 50:50 gender ratio. Last year females were 40% of the finishers in the 26km, up from 32% in 2021 so we're inching ever closer!

If you're sitting on the fence regarding a 3P entry, 2023 will be the year to do it as we celebrate the 40th anniversary of the event along with the 55km race being ran as the NZ Trail Running Champs.

Love seeing all your amazing work out there!!

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Running Naked

Sometimes referred to as “running naked”, running without a sports watch, heart-rate monitor, or any other of the nifty running tech for that matter, can send shivers down many runner’s spines in this tech savvy era….

….But what if “running naked” or running to a Rate of Perceived Exertion (RPE) protocol is really the way to go?

Local female running legend and our running pal from Caversham, Kristy Eyles, has long been running without all the gadgets and if her results are anything to go buy, it’s certainly been working for her.

So we took the time to have a quick chat with Kristy to get a glimpse into her world of tech free running.

What is it about running without a watch or any tech that you prefer?

I don't think it actually helps me run any faster. Personally I feel it doesn't make much difference and if anything I feel like I have gotten faster without a watch - not sure why or how. I ‘run to feel’ in training, which is normally slow, and in races I tend to race the other competitors or just race by feel, rather than focusing on what a watch says.

How do you gauge a sense of how your training is tracking?

I gauge that by how I perform in races. I train slow and race fast. So if I am continuing to make improvements in races, I know how I'm tracking well. I feel that by not focusing on a watch and training slow, I’m not as tired for races and am less likely to be injured, therefore it’s easier to be faster in races as I am able to train consistently.

What’s the best and worst thing about running with all the tech?

Best thing would being able to look at how far you have gone in a training run and being able to see it on a map, I do miss that!

Worst thing for me would the ability to monitor every training run and have it on Strava etc. This approach would make me feel like I may push myself to go faster than necessary in training and therefore get injured and won’t be able run.

Rate of Perceived Exertion

Leith Lasses 2023 Competition

In the hopes of continuing to enhance the female participation in our Leith community, Leith female athletes, whether registered for Leith or unaffiliated to a club, can opt into the 10-month competition where points will be awarded for specific running achievements.

Points can be awarded from 1 February to 3 December and come December's end of year get-together, there will be an overall winner announced as well as second and third placing. ENTRY IS FREE, just let Lydia know if you wish to participate lydiapattillo88@gmail.com

PRIZES!

Winner $200 Shoe Clinic Voucher

Second $150 Shoe Clinic Voucher

Third $100 Shoe Clinic Voucher

HOW THE POINTS WILL BE AWARDED

Register as a Leith athlete = 15

1st, 2nd or 3rd in age grade race = 10

Three Peaks (any distance) = 9

Leith Harbour Free 10km = 8

Leith Harbour Free 5km = 7

Track and Field event = 7

Leith Cross-Country Relays = 7

Otago Championship event = 7

Any other competitive event participation = 5

First go at a half marathon, marathon or ultra = 4

Volunteer to assist in Three Peaks, Leith XC Relays or Otago XC Champs = 7

Rules to Note!

- A "competitive event" is any officially timed and measured running race where placings are taken into account.
  - *We will monitor local events, however events competed in outside of our region will require the participant to notify the competition administrator*
  - *Parkrun or fun-runs do not count as a competitive events. Leith Harbour Free is tallied separately*
  - *Events must be completed, a DNF will not count*
- Points can be compiled, for example, a runner who runs the 3000m Otago Champs (7 points) on the track (6 points) as well as top three placing (8 points) would gain a total of 21 points
- Point tallying is at the discretion of the administrator (Lydia) and as such they cannot enter the competition. The tallying will be detailed in a spreadsheet so participants can query at any time and frequent updates of the leaderboard will be communicated in Leith Lasses. social media and email.

Apple Cinnamon Energy Bars

Who can resist the perfect pairing of apple and cinnamon? Let's turn it into an energy bar

1 cup dates

1/4 cup almond butter

3 tablespoons maple syrup

1 tablespoon water

1/2 teaspoon vanilla extract

1 1/2 cups rolled oats

1/2 cup dried apples, chopped

1 teaspoon ground cinnamon

Pinch of salt

Process dates in a food processor until they form a "dough" like consistency.

Heat almond butter and maple syrup in the microwave until warm. Whisk together along with the water and vanilla until smooth.

Add the oats, dried apples, cinnamon and pinch of salt to the almond butter mixture and stir together.

Use your hands to break the date "dough" up into small pieces and disperse it into the mixture and combine

Line 20 x 20cm baking dish. Spread out mixture and press into the tin evenly and firmly.

Cover and refrigerate for 15-20 minutes then remove the energy bars from the baking dish and cut into 12 pieces.

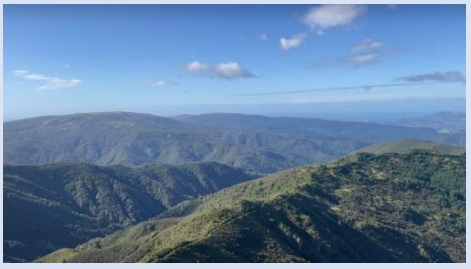
Store the bars in the refrigerator or freezer in an airtight container and separate the bars individually with parchment paper or plastic so they don't stick to each other.

Three Peaks Orientation

As Three Peaks is looming ever closer, official orientation runs will be soon in the pipeline.

However, less formal group runs over parts of the course have been taking place each weekend. If you wish to join, please keep an eye on our Facebook group and Chris's bulk email for details.

If there is a specific area of the course you wish to familiarise with, please do get in touch.

NOT RUNNING 3P?

Running such a huge event takes masses of volunteers and any help is hugely appreciated. If you wish to lend a helping hand on the day (26 March) please let us know: volunteers@threepeaks.co.nz