

Leith Times

Sep 2005 - April 2006



From the editors...

Kirsty, Meredith, Jan C, Marc, Greg, Andrew

Welcome everyone to the 2006 Winter Harrier Season. We especially welcome new members and also the 2006 office bearers and committee.

Over the summer Leith athletes have achieved some impressive personal bests and placings (not to mention a few records broken!) in track and field events as well as in the longer races.

Hopefully the highlights are covered here but if you feel anything is missing, please point it out (or even better write an article!) and we'll cover it in the next issue. Contributions can be emailed to Andrew Lonie (maps@paradise.net.nz) or any other of the editors. Many thanks to those who have written articles or supplied photos this time round.

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Noticeboard

Leith website This is regularly updated by Marc Boullé and contains reports and results from recent races (in fact, some articles here were cribbed from it!). It also features upcoming events – check it out at www.leithharriers.com

Training sessions

- Mondays, Tuesdays and Thursdays, 5.10 pm Steady run starting from Chris Sole's place, 5 Monro St, Maori Hill (Tuesday session will move to Logan Park and Thursday session will probably move to Woodhaugh from 2 May)
- Wednesday 1 pm Steady run from Chris Sole's place 5 Monro St
- Friday, 12 pm Steady run from Chris Sole's place 5 Monro St
- Sunday, 9 am Longer run leaving from John McGlashan field, Maori Hill

And of course don't forget **Saturday club runs**, check your programme/the website for details!

Otago Road Champs 2005

Andrew Lonie

The 2005 Otago Road Championships were held on the usual Fryatt St circuit. Conditions were fine but chilly with a nor'easter that made running down the home straight testing, especially during the earlier races when it seemed to be stronger. Leith was well represented in nearly all of the races.

In the five lap Senior Men's 10k race, Ian Thomas and Andrew Lonie found themselves mingling with the leaders early on, but these guys were just cruising for the first two laps, after which they took off. Flynn Morris-Clarke of Hill City won in 32.19. Ian was 7th in 33.21 and Andrew 8th in 33.27. Luke Kendrick (34.42), Alan Funnell (35.18) and Mark O'Donnell (37.54) all ran well, recording good times on this course which is renowned for being slow due to wind, corners and kerbs.

In the Senior Women's 10k race, Julia Scoones ran well to finish 5th and just 4 seconds over the 40 minute mark.

The Masters Men 10k was typically well populated by a strong band of Leith runners not too far from the front. Brian Pascoe, Dave Rush, Chris Sole, Richard Hendry, Ray Knox and Neil Gaudin finished in that order, ranging between 5th and 12th place with times between 34.53 (Brian) and 37.07 (Neil). It was also good to see John Scoones also making an appearance, finishing in 41.40. Leith was 2nd in the teams, narrowly beaten by Arika.

In the Masters Men 50 race, Marc Boullé had a battle holding off 'Shorty' Morris, finally holding him off by 5 seconds to claim 2nd place.

In the Masters Women 5k race, Jill Alexander pipped an in-form Janice Finnie (Taieri) for 2nd place, in a brisk time of 19.45. Cate Shields was 12th in a time of 23.16.

The Womens U19 5k race was where Leith really stood out, with Kirsty Morris winning in a time of 19.25 and Laura and Emily Scoones finishing 5th and 6th in 22.51 and 23.20 respectively, thereby securing a win in the teams.

Steve Skilling and Grant McDougall competed in the Open 10k handicap race. Steve was fourth across the line and also posted fastest time of 36.19. Grant McDougall posted 41.29, 6th fastest time.

Andrew Perry had an excellent run in the 5k open scratch race, finishing second in a time of 17.42. Helen Hendry and Bill Kenny also ran sharply, finishing in 22.25 and 23.29 respectively.

Clyde to Alex 2005

Andrew Lonie

As usual a good contingent of Leith runners headed off on the annual trip to Alexandra for the Clyde Dam to Alexandra road races. This year Marc had organized a meal at the Millers Flat Hotel on the way back to coincide with coverage of the Springboks playing the All Blacks at Carisbrook, so all was looking good for a great trip with just the slight issue of a 10k race in the way.

Once again we shared a bus with Arika who had a large group of enthusiastic masters men going up, one so enthusiastic that he started his post race

refreshments pre race, and then decided that some during-race refreshments would be needed as well at the Clyde pub!

Conditions for the race were ideal with it being neither too hot nor too cold waiting around at the start, and with a light tailwind.

Among a large field of 220 runners, Leith athletes recorded some good placings and times.

In the Masters Women 45+, Clare Pascoe was 9th in a good time of 47:16. Christine Leith and Adele Poulter finished consecutively in 53:35 and 53:57. In the Vet Women 35+, Helen Hendry showed her continuing improvement by finishing in 10th place with 46:57. Vicki Williams ran 55:17 and Carol Stevens had plenty of advice and encouragement from Ed in her 59:13.

Among the Open Women, Meredith Molloy got stronger through the race and finished in 44:18, 17th place. Sarah Goldsmith in her first 10k did well to finish not far behind in 44:53. Kirsty Morris had a great run to take out the Women's U20 by a margin of over a minute and a half, finishing in a personal best 39:04.



Kirsty Morris (1st Women U20) on the warpath.



Clyde to Alex 10k: Luke Kendrick, Alan Funnell and Richard Hendry.

In the Masters Men 50+, the consistent Marc Boulle finished 4th in 37:23, and would have been even higher up the placings had he managed to get the better of Shorty Morris this time. Bill Kenny ran 48:01, trip regular Jim Flynn finished in 52:14, and Greg Johnston in 56:09. In the Masters Men 40, Brian Pascoe continued his good form and claimed second place in a very sharp 34:19, 13th place overall. Richard Hendry and Rod McCall were also well up the placings, finishing 4th and 8th. Unfortunately there were no teams prizes this year!

Andrew Perry, Alan Funnell, Mark O'Donnell, Luke Kendrick, Neale McLanachan, Craig Grant and Andrew Lonie contested the Open Men event. Andrew L was 4th in a personal best time of 32:53, thanks to some encouragement from Ed at crucial stages. Old face Craig Grant made a rare appearance and finished next in 33:58, with Neale only 2 seconds behind in 34 minutes flat. Luke Kendrick continued to show a promising return from injury finishing in 34:45 (or maybe he was just frightened into beating Richard after all the pre race talk on the bus). Alan, Mark and

Andrew P all had solid runs, finishing with top 20 placings.

With all the running over and done with, it was time to head for showers at the pool (cold), the prizegiving at the rugby club, the bottle store and then the bus home. When the bus arrived at Millers Flat, trip MC Wayne Allen announced that for some reason we all had to wait by the bus until everyone was ready and then go in together. This was not appreciated by those that had neglected to take advantage of earlier loo stops, until they realized that a greater cause was at stake: with a flourish the bus driver pulled out a set of bagpipes and Wayne led the tattoo into the pub, twirling staff aloft.

The roast at the hotel was excellent, so was the company and yes there really was dancing on tables. Memories after that are a bit vague (well it was over 6 months ago!) but I believe the Undy 500 took place in Lawrence as usual – some were more prepared than others for the quickfire start and those who expected to get changed once the bus had stopped were well off the pace.

Peninsula Relay 2005

Kirsty Morris

Leith had yet another successful year in the Peninsula Relay. The Leith Men 1 team comprising of Andrew Lonie, Andrew Perry, Neale McLanachan, Ian Thomas, Mark O'Donnell, Conor Delahunty, Allan Carman, and Alan Funnell all ran brilliantly to be placed 3rd overall in the this event. Andrew Lonie lead the team out to a solid start, recording the fastest time for the first lap of the race helping the team achieve the seconded fastest team time of the day in 2:13:22.

The next Leith team to cross the line was the Leith Men's No 2 team. David Rush (16:54) gave the team a great start on the first lap with Rod McCall bringing the team home in 8th position overall. Other members of this team were Marc Boulle, Chris Sole, Richard Hendry, Ron McLay Barnes, Ray Knox and Brian Pascoe.

Leith Men 3 had a mixture of both old and young blood in the team which helped pull them through into 12th place on the day.

This year Leith had two women's teams which both ran superbly! Not that I'm biased, but the highlight was the victory which the women's number one team secured over the Hill City number one team. Leith women one were the back markers for the women's field, and managed to pull in Hill City to be within 40 seconds of them making us the fastest female team. Brooke Carman once more showed her amazing form to pull the women's team up six places and catch six minutes on the Hill City team! Members of the team included Julia Scoones, Debbie Fields, Jill Alexander, Carman, Jessica Shields, Jan Craig, Kirsty Morris and Meredith Molloy.



Meredith Molloy completes the last lap in Fryatt St for the Leith Women's No.1 Team.

The Leith number two team of Helen Hendry, Cate Shields, Clare Pascoe, Alison Perry, Sarah Goldsmith, Emily Scoones and the mother and daughter combo of Jan Brosnahan and Elyse Fraser crossed the line as the 6th women's team and the 22nd team overall. Helen and Jan had excellent runs gaining 7th and 3rd fastest female times respectively on their laps and showed great form heading into the national road relay two weeks later.

Leith also entered a composite team this year, which came in 26th place. A mention has to go to Christine Leith who ran two of the hardest laps of the race in a row for this team, as a team member failed show up. Good work Christine!!!!

I do not mean to nag, but if you are unable to run a race, please ensure you give your team captain or the club captains a phone call at least 24 hours before the race. It is obviously not a crime if you do not show, but is not fair if your team mates have to run twice when there are reserves that could have run in your place. Thanks.

National Road Relays 2005

The club fielded an impressive six teams at the Takahe to Akaroa National Road Relays. Despite snow remnants on Banks Peninsula, conditions were warm and gusty making the flatter legs in the middle of the race just as challenging as the hilly ones. Due to a grant arising from Adele's funding application efforts, costs were minimal and club members were able to enjoy comfortable travel and accommodation as well as a great weekend in general. The highlight would have to be the Masters Women's bronze medal, but there were several other impressive team and individual performances as well...

Masters women (by Jill Alexander). This was my first introduction into many things associated with running - first competitive relay (first relay really), first trip away with Leith, and first national event.

The weekend started by doing exactly what I tell my daughter not to do - get into a car with a group of guys you don't know. When turning up to the specified pick-up point, I cautiously asked 'Are you from Leith Club?' and with a simple answer of 'Yes', jumped into the van and off we went.

Rooming with Jan B and Debbie was the next mission. Whilst Deb and I were getting more nervous as the night wore on, Jan was very relaxed and was determined to sleep as long as possible in the morning. After a breakfast of burnt toast and muesli eaten out of cups, we were eventually on our way to the relay.

We had a fabulous team and enjoyed a good day together. Debbie started the race off and put us in

a good position for Cate to take over for the 2nd leg. The day was getting hotter and it eventually occurred to us that we should offer the runner water along the way. Deb missed this option, but Cate was grateful.

When Helen took over on leg 3 we were very organised and had Helen's drink bottle ready. Unfortunately Helen decided to use the drink bottle to cool herself down instead of drinking it, and as we'd handed her a bottle of flavoured energy drink, it ended up in a lovely sticky mess by the end of her leg.

Clare took the next leg, and with the day getting hotter, put in a great effort to keep us on track and in with a chance.

The next leg was Jan B's who put in a really solid run. Then it was on to the hard uphill leg which Jennifer handled brilliantly. She was under pretty strict instructions from the rest of the team about how many runners she had to pass, and she came up trumps on this moving us up through the placings.

Jan C took the next leg which was mainly downhill and managed a magnificent 4th fastest time for the leg, even though she was suffering back problems and probably shouldn't have been running.

From there I finished the last leg into Akaroa. We still hadn't quite worked out the water bit. I got the question half way through the leg 'Do you want a drink?' The hand went out to take the bottle, but there was nothing there. Obviously thought I'd say no. Something we'll have to work on for future relays.

We were all rapt to hear we'd come in 3rd, which finished off a fun day in the best possible way.

Senior women (by Kirsty Morris). The Senior Women's team ended in 7th position in a very competitive grade. The team was very young and relatively inexperienced so the result was awesome. The youthfulness of the team became apparent when picking up the rental vans to find out that only three of the team members were old enough to drive them, with one of the three only just scraping in at 25 years old!! Between a few laughs, a few brave tears and a few jammed

fingers (sorry!!), we actually did some racing with everyone running really well in the hot and humid conditions. An individual mention must go to Brooke Carman, who not only recorded fastest women's time on the 7th leg, but also broke her own lap record and was placed 13th OVERALL....out of the men and women!!!



The Bronze Medal winning Leith Masters Women's Team. Back row: Jan Brosnahan, Debbie Fields, Jan Craig, Clare Pascoe, Jennifer Bentley. Front: Jill Alexander and Helen Hendry. Absent: Cate Shields.



Julia Scoones completes the last lap into Akaroa in a time of 42:32, 5th fastest Senior Woman.

Postscript: Good luck Julia!!!! For those of you that do not know, Julia Scoones is leaving Dunedin to pursue her nursing career. On behalf of everyone at Leith, we wish you the best of luck for the future Julia, wherever it may lead you, and all the best for your running! We will miss you!!

Masters men 50 (by Marc Boullé). The Masters Men 50 team attained a solid 5th position in its grade. Although lying seventh for the first two laps, the team gradually hauled its way into 5th position by the end of the 5th lap and held this position to the end.

The predicted time of the team was 5 hrs 22 mins 30 secs. The team posted a time of 5 hrs 18 mins 47 secs.

The team in lap running order was Ed Stevens, Jamie Sinclair, Dave McLean, Ken Foote, Steve Smith, Marc Boulle, Mike Darracott and Uwe Paschke.

Individual highlights in a great team effort were: Boule 1st M50, Foote 3rd M50, Smith 5th M50.



The Masters Men 50 team, who finished 5th in their grade: Marc Boullé, Ed Stevens, Uwe Paschke, Mike Darracott, Steve Smith, Jamie Sinclair, Dave McLean. Absent: Ken Foote.

Masters men (by Marc Boullé). The Masters Men's team attained 6th position in its grade. The predicted time of the team was 4 hrs 54 mins 32 secs. The team posted a time of 4 hrs 55 mins 46 secs.

The team in lap running order was Rod McCall, Chris Sole, Ron McLay-Barnes, Gerald Scoones,

David Rush, Ray Knox, Richard Hendry and Brian Pascoe. Individual highlights in a solid team effort were: Hendry 1st MM, Knox 6th MM.



The Masters Men team, who finished 6th in their grade. From left to right: Gerald Scoones, Ron McClay-Barnes, Richard Hendry, Dave Rush, Brian Pascoe (rear), Ray Knox (front), Chris Sole and Rod McCall.

Senior men (by Andrew Lonie). The Senior Men's team of (in running order) Conor Delahunty, Andrew Lonie, Alan Funnell, Will Hyndman (M19), Allan Carman, Andrew Perry, Ian Thomas and Neale McLanachan found the hilly course demanding but nonetheless put in a solid effort to finish 4th in the B Grade, which included the in-form Otago University team.



Leith Senior Men: Captain Conor grits his teeth on the climb from the Sign of the Takahe.

As often with Leith senior men in relay events, the team came through strongly in the middle and latter sections, with Allan Carman relishing getting his teeth round the headwind on the 11 km longest leg, recording 5th fastest time. This

was followed by a strong uphill run by Andrew Perry, and then an equally crushing downhill run by Ian Thomas, (7th fastest lap time). Neale brought the team home, dealing with some demanding up and downs which seemed to magnify as the finish approached! Thanks to 'Captain Conor' for assuming his role diligently and making sure everything ran smoothly.

Leith mixed (by Marc Boullé). The Leith mixed grade team, although beset by many team changes, ran well to finish in 30th position in a very large C Grade.

The predicted time before all the team changes was 6 hrs 50 mins 45 secs. The team bettered this prediction by finishing in 6 hrs 43 mins 26 secs.

The team in lap running order was Vicki Williams, Mike Partridge, Bill Kenny, Raewyn Lesa, Christine Leith, Greg Johnston, Rachel Sloan and Alison Perry.



Alison Perry finishes for the Leith Mixed Team.

Kepler Challenge Saturday 3 Dec 2005

Marc Boullé

Leith had four athletes in the top 20 out of 400 runners. Former Three Peaks winner Ian Thomas led the way finishing fifth in a time of 5 hrs 30 mins 53 secs. Next Leith runner was Alan Funnell the 2004 Moro Marathon third place finisher in 13th position with a time of 5 hrs 55 mins 30 secs. An awesome run by 55-year old Stephen Smith saw him finishing in 15th position with a time of 5 hrs 58 mins 01 secs to be the first over 50 athlete to finish. Brian Pascoe with a great run of his own was not far behind in 18th position with a time of 5 hrs 58 mins 56 secs. All these runners were under the 6 hour mark, which is a remarkable achievement.

Oceania Masters Games

Winifred Harding

Bill Kenny, Sandra Dingwall and I were part of a 20 strong Otago team that went to the Oceania Masters Track and Field Championships in Christchurch January 14th to 21st.

There was a strong contingent from Australia and a few Pacific Islanders, Americans and Europeans. Unfortunately Sandra strained a calf muscle on the first day and only competed in the W60 Throws pentathlon in which she came 7th, and the Weight Throw in which she was 8th: the W60 throwers had the largest group of throwers at the meet. However despite her injury she broke the Otago Record in both events.

Bill competed strongly in the M65 800m for a silver medal and then bravely ran with a calf injury to a bronze medal in the 1500m. I threw quite well to get golds in the W50 Hammer (32.89m), Shot-put (10.72m), Weight Throw (11.31m) and Throws Pentathlon, with a silver in the Discus (24.13m). I set Otago records in the Hammer, Discus, Shot-put and Weight throw, with the latter two being substantial improvements on my previous bests.

The camaraderie, especially amongst the throwers who get to spend a lot of time pacing around together, is wonderful - as it is amongst the Otago competitors who shared motels and

many memorable meals. Bill entertained us with tales of races around the world over the past 45 years, and we are all making plans for the next Oceanias in Townsville in July 2008.

Footnote: In the NZ Masters Games (see article below), Winifred extended her Otago hammer and weight throw records to 35.42 m and 11.85 m respectively. Then a few weeks later on the last day of competition at the Caledonian (25th February), Winifred broke the New Zealand Women's 50-54 Heavy Weight Throw record by 5 cm with a distance of 12.97 metres. Congratulations Winifred! On the same day Winifred also increased her Otago Women's 50-54 Discus record (achieved at the Oceania Masters) by over a metre, to 25.18m!!!

Masters Games

Andrew Lonie

A number of Leith athletes took advantage of the Masters Games being in Dunedin this year. In the three disciplines of field events, track events and road running, Winifred Harding, Conor Delahunty and Ray Knox were standout performers. Also of note was new member Greg Cook's win in the Masters Mile down George St, in a very good time of 4.29.



Winifred competes at the Masters Games.

Winifred won FIVE gold medals in the W50-54 age group: discus 22.84 m, shot put 10.42 m, hammer throw 35.42 m (Otago W50-54 record), weight throw, 11.85 m (Otago W50-54 record) and weight pentathlon 3057 pts. Sandra Dingwall also competed very successfully in these five events, in the W60-64 age group, claiming one silver and four bronze. If these performances were not impressive enough, Winifred did even

better a few weeks later, going on to break NZ masters weight throw and Otago masters discus records. Dave McLean won a gold medal in the M50-54 hammer throw with 23.69m.



Conor powers to the line ahead of Joe Ford (no. 70) to win the 1500m Gold and race at the Masters Games.

Conor won triple gold in the 800m, 1500m and 3000m in the M35-39 age group, with a particularly satisfying outright win in the 1500 to record a PB of 4.17.17, outsprinting Joe Ford of Ashburton in the final straight. Dave Rush won a bronze in the M40-44 with 4.22.85 and Bill Kenny won silver in the M65-69 with 6.14.93. In the 800m Conor clocked 2.09.61, with Greg Cook (2.16.31, silver M40-44), Bill Kenny (3.01.84, bronze M65-69) and Jim Flynn (3.33.42, silver M70-74) also successful. The 3000m was a three way battle between Conor, Andrew Lonie and Lachie Cameron (Ariki) until the last lap when Lachie showed his strength to finish in 9.12.78. Conor hung on for 2nd place and the M35-39 gold in 9.16.37 with Andrew finishing 3rd in 9.17.55 for the M30-34 gold. In a separate 3000 race for

the upper age groupers, by which time nice southerly showers had whipped up, Jim Flynn had a nailbiting clash with Russell Miller (both M70-74), with Jim just holding out a charging Russell on the line to finish in 15.29.60 and claim the gold.

Ray Knox claimed M40-44 gold medals in all three of the road running events: 5k, 10k and half marathon, recording times of 17.47, 36.53 and a particularly impressive 1.19.47 in the half marathon. In the women's 35-39 age group Penny Mitchell won a gold in the half marathon too, posting a blistering 1.23.39. Peter Morris (Kirsty's dad!) claimed a bronze in the M50-54 10k with a time of 37.46.

This year, thanks to Steve's hard work, there was a fourth athletics discipline, hill running. Steve and his helpers organised a great race which consisted of the Three Peaks course as far as Flagstaff, and then following the track down to the Bull Ring. Essentially, a sprint mountain run with over 80% uphill!



Athletes line up for the 7.5k Masters hill run.

Several Leith athletes did well in this race. Chris Sole (Gold M45-49, 36.59) and Andrew Lonie (Gold M30-34, 36.32) had a tussle with Chris catching up near the summit turnoff, before Andrew finally got away on the downhill finish. Peter Morris had a very good run to finish well up the leader board and 2nd in the M50-54 in 40.38. Andrew Perry (40.44) and Dave McLean (47.53) claimed bronze in the M35-39 and M50-54 age groups respectively, and John Scoones was 4th in the M45-49 in a time of, well, 45.49.

The race was a great success and good publicity for Leith, as well as making the club some \$\$!

Waipori Footrace

Andrew Lonie

The 2006 Wenita New Balance Great Waipori Footrace was held on Sunday 19 February, a hot summer's day as is customary for this race. This was my fourth go at the race and the race organization and track marking was up to its usual high standard, thanks Ray and Margaret and other helpers!

Luckily competitors knew the bus route to the start well – after a few attempted diversions Richard Trainor of Citibus remarked that his company should have got the job instead of the opposition! Due to siren trouble, Steve started us at Lake Mahinerangi with a simple 'Go!' and we were off down the water races.

It was good to see a healthy-sized field, taking advantage of all the options now available for this race. In addition to the main race, the fun run and walk to the picnic ground, and the relay event were all well patronised.

Top placings in the main race were a repeat of 2005 with Stafford Thompson and Sarah Chisnall first open man and woman home. This was despite a wrong turning by Stafford and a fall requiring stitches by Sarah, who was particularly impressive finishing in a PB 2.05.57, 6th overall. After Stafford's wrong turn I was briefly able to hang on until the picnic ground where I stopped to refuel and he didn't – the last I saw of him! Then Ian Thomas, Geoff Williamson and Brian Pascoe (1st Masters Men) all ran sensibly to claim third, fourth and fifth. The consistent Jan Craig was first in the Masters Women 45+. Dave McLean recorded a very impressive time of 2.18.45 to secure victory in the Masters Men 50+, and Grant Koedyk (Masters Men) was rightly pleased with his 1.35.55.

Due to recent forestry trimmings on the last downhill Sarah was not the only one to finish the race a bit battered. John Bayne's feet initially appeared to be the worst casualty of all until we realised he had borrowed his grandmother's bright red suede shoes for the race!

In the teams Jeremy and Sue Cuthbert won in a good time of 2.28.06, while Alastair Chisnall cruised through the fun run to the picnic ground

in a breezy 1.25.33. Wayne Smith completed the walk to the picnic ground in 2.34.04.

As usual refreshments and the prizegiving at the Woolshed were enjoyed by all in beautiful conditions.

Buller Half Marathon

Andrew Lonie

Former Leith member Kees Keizer recently won the 2006 Buller Half Marathon, and achieved a massive personal best in doing so, posting a time of 1.09.58. Speaking about the race afterwards,, Kees said:

'I was at 35mins at half way and feeling great. The 2nd half was hillier but I managed to increase the tempo a bit to make up for the hills. Then 3k's to go and one hour had passed. I was determined to go under 1.10 but man was I stuffed! The last k was very difficult but I got there.'



An exhausted Kees crosses the line in the Buller Half, breaking the 70 minute barrier by 2 sec.

Otago Track and Field Champs 11-12 Feb 2006

Marc Boullé

Day One

Track. Kirsty Morris kept the form she has accrued during the season by winning the women's 17-19 1500m in an impressive time of 4mins 46.06secs – a personal best. The hours put in doing speed work showed in the home straight where she had too much speed for Bridget Thompson, ensuring second place overall to Maria Akesson.

Conor Delahunty did enough to win the Men's 35+ 1500m in a time of 4mins 24.64secs. David Rush improved on his past performance to record 4mins 27.44secs to claim third position. The ever improving Greg Cook ran well to come fifth in a season best time of 4mins 30.11secs. An ecstatic Greg said that he was looking forward to the 800m tomorrow. Chris Sole continued his track presence with a solid 4mins 42.31secs.

Neale McLanachan, feeling the aftereffects of a night under the influence of a dehumidifier did not perform at his best in finishing sixth in the Senior Men's 1500m in 4mins 14.23secs.

Field. Winifred Harding and Sandra Dingwall carried Leith's flag in the field with Winifred winning the women's 35+ shot-put with a best throw of 10.35m. Sandra Dingwall won the women's 35+ triple jump with a jump of 6.14m (wind 2.3).

Day Two

Track. Leith achieved the trifecta in the Men's 35+ 800m race. Marc Boullé (MM50+) led for the first 600m but was passed with 200m to go by Conor Delahunty. With Conor now increasing his lead and assured of first place and Marc lying in second position with about 70m to go, Greg Cook made the most of some space on the inside of Marc to ease into second position. Marc drifted further into the second lane to prevent Brent Halley (Ariki) from passing him on the outside allowing Leith to gain first, second and third positions. Results: 1st. Conor Delahunty 2:09.4, 2nd. Greg Cook 2:13.24, 3rd. Marc Boullé 2:13.82.

Neale McLanachan signalled his intent to outrun the field in the Senior Men's 800m and held an impressive lead but tired 50 metres from the bell and did not regain his momentum again finishing in fifth position with a time of 2:03.93.

Kirsty Morris finished fifth in the Senior Women's 800m with a personal best time of 2mins 22.76secs.

Field. Winifred gained another win for Leith in the field with a throw of 22.94m in the Women's 35+ discus and a second in the Mixed 35+ Weight Throw with 10.37m. She also achieved second position in the Hammer Throw with 30.59m.

Sandra Dingwall was third in the Women's 35+ Long Jump with 2.98m (1.1) and third in the Women's 35+ Hammer Throw with 17.16m.

National Track and Field Championships.

These were held in Christchurch, at QEII Stadium on 27 and 28 January. Leith had two athletes representing Athletics Otago: Kirsty Morris and Neale McLanachan.

An ever improving Kirsty achieved a personal best time over the 5000 metres track distance and finished in fourth place in a time of 17 mins 42.79 seconds. Neale finished the senior men's 5000m in 14 th position with a time of 15 mins 31.82 seconds.

Track and field photos 2006 season



Conor Delahunty, Marc Boullé and Greg Cook (Leith) with Brent Halley and Geoff Anderson.



Chris Sole and Kirsty Morris.



Neale McLanachan.



Mark O'Donnell.



Sandra Dingwall.

Western States 100 mile race – 25 June 2005

Jamie Sinclair

Up at 3 am. Don't feel too bad, morning not too cold, everything had been laid out last night so we were off to Squaw Valley by 3.20. Picked up our race number, Jim and I got a photo with Dean Karnazes last nervous piddle, had our last kiss and cuddle (that's one of a support crew's primary jobs) and lined up for the start. As usual

Aileen was bullying me. 5.00 am off we go ran about 50 metres and then we were back to a walk as the daisy chain started up the hill. It was lit by the skifield lights which looked quite pretty with all the snow lying about. Impressive to this non-skier. By the time we walked to the top of the first hill 4.5 miles it was daylight so it was run from here on. Said a Yeehah Granma for my mate Grant at Emigrant Pass.

The snow was patchy for the next 30 miles. Mostly it was frozen hard slippery in places but some places you would break through the crust to land on who knew what as it was undulating with rocks and tree roots in abundance. Saw a few people with claret on their knees. Interesting. Aid stations were very well organised with some personnel having many years' experience. Water or GU was available made up in 20 gallon containers GU concentrate pretzels nuts and chips (the salt was good) with sandwiches fruit, and lots more nibbles. Later on there was hot soup coffee and cocoa available. Everyone was helpful and smiley. I tried to take something on board at each Aid Station as it was going to be a long day. We went from uphill to downhill with very little flat bits in between. Time ticked on. Having the distances in miles made it a bit harder for me personally because I was always converting them to km's which seemed to make the stages bigger not physically but psychologically. The new shoes I had got in Squaw Valley seemed to be doing the trick. With the snow forecast I panicked a bit not having any proper trail shoes and while chatting to a big whiskery guy at one of the briefings and finding he had a spare pair he didn't need, we ended up doing a deal in the carpark for some near new Montrail for \$30US. I wore them for a couple of days before the race and although I could feel my Achilles giving me a slight niggle I felt it was a small price to pay for not arse-ing up. On we go.

Over the 100 miles there were 25 Aid Stations so they started to blend together a bit. They were located due to the terrain mostly at the top of a hill. This meant you weren't always looking your best when you arrived after the uphill struggle. A lot of the more isolated checkpoints had been supplied by horseback. No wimpy helicopters here this was rough country. I had a drop bag at the 25 mile Aid Station, Robinsons Flat (It didn't look very flat to me). By this time it was about

10am and it was warming up so the T-shirt came off and I carried on with a long sleeved mesh shirt. It remained overcast most of the day and just a warm 70 °F but in the past it had been over 100 °F. The only time I felt cold was about 2-3 am. They have medical checks throughout the course also to monitor any weight loss or gains which could indicate a medical problem and they are very serious about this. At the first check I was down 1.5 pounds from my start weight which was OK but anything over 5 pounds and they make you sit it out and rehydrate until your weight comes up again. I found that before you got on the scales if you emptied your drink bottle over yourself you could keep cool and put a bit of weight on as well. It was still important to get plenty inside you. They were always pushing fluids and food at the Aid Stations to the extent of taking our drink bottles off us and filling them while we grazed. Most thoughtful. On we trudged. I seemed to have brought something else with me from home: my old Kepler Challenge shuffle. Very economical but when placing your feet here you sort of had to put your foot down then lift it straight up again because there was no shortage of things to trip on. Loose rocks would hurt but move whereas it was the bigger ones stuck in the ground or the tree roots later on that caused the windmill effect. For once I stayed upright all day but the stumbles became more frequent as the day progressed. At about 30 miles I linked up with an English guy from the Midlands, Andy Mouncey, and we seemed to hit it off. We decided to try and stay together till the end. He used to be a personal trainer but now was a performance coach and motivator. He certainly helped drag me along. We got to another Aid Station, in the small town of Michigan Bluff, had about 10 min break, met up with our support crews. I'm glad Aileen does this for love, because I couldn't possibly pay her what she is worth.

5.10pm, 55 miles down. Took care of those important little places that were showing signs of wear and, believe it or not, had a hamburger while lying on my back with my feet in the air. It might look a little odd but I've been told it helps reduce the swelling. (I meant the feet up, not the burger). Off we went again. It took 2 hrs to get to the next major Aid Station, Foresthill, another small town. Changed my shoes, more Vaseline and food and picked up my Pacer. That's a local runner who knows the trail, they aren't allowed to

physically help you, just guide you really. I specifically remember asking Aileen to request a cute one. Guys aren't cute, not to other guys anyway. Really nice guy though, as we found out later. Just gone 7pm 62 miles down, still daylight. On we went... Aileen was still bullying me. Terrain was a lot different now, still up and down, but lots more trees as the elevation was 3000ft lower. Andy was starting to struggle, as by now his feet were giving him grief. He thought he was losing both his big toenails. 8.30pm and the headlamps went on, and although we were on a single track a bit like the Kepler there was still plenty of things to trip on. Matt, the yank was quite amused at the friendly banter, as we ran on into the night. The next major Aid Station was the river crossing at Rucky Chucky, (sounds funny), but there was nothing funny about this place. Because the river was so high this year we would be ferried across in boats which was fine by me, that water was cold, and even though I'm over 6ft it would still be about nipple height. By the time we got there it was just after 11 pm. 78 miles down, we got Andy into the Aid Station to get his feet looked at and his tummy filled. Matt and I would push on to try to get under 24hrs. We all knew Andy would finish, he just felt he was slowing us down. He ended up finishing in 27hrs 16mins, which was a great effort. We didn't know at the time but Andy in 2003 was just the 2nd person to complete the Enduroman Arch to Arc Challenge, a solo triathlon, run 87 miles London to Dover, swim 22 miles, (the English Channel), then cycle 180 miles from Calais to Paris, all done as close together as possible. Andy set fastest times for each stage. He wrote a book about it and he gave me a signed copy later on at the prizegiving. He probably never said anything because he couldn't get a word in! He's a cool guy. His wife Charley was at the next Aid Station which was under 2 miles away, all uphill, so we brought her up to date, had some fuel from my long suffering spouse and wandered off into the night yet again. Not long after that I hit a flat spot and ended up walking for about half an hour. The terrain was such that I could have run, I just chose not to. It was going to haunt me later. The next 2 legs seemed to take forever, 5 miles plus each, still up and down, and even though the trail is well marked it would have been slower without Matt. The WS100 is primarily a horse trail so in places you are running in a ditch the horses have made.

About a foot wide, sometimes up to 2 feet deep, littered with roots and rocks just waiting to trip you up. Now consider that your vision is only what your headlamp allows so it was easy to get a bit wobbly. On top of that your peripheral vision was nil, and when you grabbed at things to stay upright it was prickly or worse. Poison Oak was-in abundance. I'm not sure what that does to you, stinging, itchy rash I think, but it didn't affect me, affect me, affect me!

On we plodded, and I starting to get a bit grumpy by now, thinking I had blown my sub 24hr time. I managed to pick up the pace a bit but still had about 12 miles to go.

In an ideal situation that wouldn't take long, but this wasn't that ideal. I was starting to feel the pressure, and the silly thing was it was all self induced. They say you run the first half of the Western States with your legs and the second half with your head. They are right. The legs still worked OK just seemed to be locked in first gear. Matt was going into the Aid Stations ahead of me with my drink bottles and filling them with 7Up and ice and then pushing me out to try to save time. I had been sick a couple of times by this stage so I wasn't interested in eating too much. Got to No Hands bridge at 4.17 am, 96.8 miles. Not far now, but not much time left either. Some Aid Stations try to outdo the others (probably seeking a bit of attention themselves) and the bridge was covered in Christmas lights. Another site we could hear the generator before we heard the rock music but it all adds to the occasion. Crossed the bridge and plunged back into the forest again, and the darkness. More ups and downs, until we finally hit Auburn. 3 guys sitting in deck chairs drinking beer in the street - cheering us on, saying we could still break 24hrs, but the finish line still eluded us. AT LAST! We arrived at Placer High School, through the fence and onto the track for the last 200yds. Dropped my gear and tried to sprint, it can't have looked very pretty. Got to the finish line to see 24:04:16. What a disappointment, I felt I had let Matt down by walking earlier on. Perhaps if he had applied some Poison Oak to somewhere delicate? Aileen was there to fuss over me while the medics weighed me, took a blood sample and blood pressure, and then Matt and Aileen helped me wobble off to the Massage Tent. The Masseur

was really good and he put me off to sleep on his table.

When I awoke it was daylight and Matt was back at my side. He had been away to change and see his young family and now he gave me his fleecy top and jandals, as my gear seemed mysteriously wet. He took me over to his house for a shower and a kip. Luckily it was only a couple of blocks. Aileen and I slept for about 4 hrs then went over for the prize giving. Again everyone was super friendly and one of the organisers Mo Livermore invited us back to her house at Walnut Creek (Louis L'Amour country) on the way to San Francisco if we needed to do some laundry.

Aileen had met her several times during the race. She was lovely. We met up with Jim Kerse, his lady Lesley and their support crew, Andy and Charly, and Matt and his family. The sun was shining brightly. Got our finishing medals and belt buckles, Silver for under 24 hrs, Brass for under 30 hrs, and headed away mid afternoon to set up our tents at the Camping Ground. Andy and Charley arrived for a few beers and we just wasted the rest of the day. After they left, the girls went away and got pizzas for tea while Jim and I had a few more beers and got a bit giggly (in a masculine sort of way). Off to bed about 9.40pm. Been a big day.

Footnote: While initially being disappointed in not breaking 24 hrs I know what I did wrong and learnt a lot about myself. This was my first 100-mile race and just because you haven't done something before doesn't mean you can't. There is always next year and besides I think the Brass Buckle looks far nicer. I thoroughly enjoyed the experience and we managed to buy a bit of stuff. Aileen gave me 2 days to recover from the race and then she said she needed some new shoes, lots of new shoes. It was umm... .great. They are not much good for running in, I would've lost more than my toenails, but I got to carry them. YIPPEE!

Caption contest results

The winner of the caption contest from last issue is **Steve Smith** with:

"Fart again Boullé and you'll be the one they call Shorty."



Next issue

Keep a look out for the next issue which will include coverage of the first of the Winter Harrier events:

- Club Mile
- Lovelock Relays
- Wesleydale Cross Country Relays
- Barnes Cross Country

and more!

Remember, articles/photos for the next issue can be emailed to Andrew Lonie on andrew@leithharriers.co.uk, or talk to any of the other editors: Marc, Meredith, Jan C, Greg or Kirsty.

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