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LEITH LASSES

Leith Harrier and Athletic Club

This Spring it has certainly become apparent that Backyard Ultra events are skyrocketing in popularity. The concept is simple; you run a 6.7km lap course on the hour, every hour until you can no longer. Only one runner can win, in the last person standing competition.

Within our community, over just the months of spring, we have seen Timaru's Scenic Circles BYU, Brighton's Running in Paradise BYU (the first of its kind being a school fundraiser!!) and Arrowtown's world champs qualifier BYU.

On 16 October the ultra-running world tuned in to the original Big Dog's Backyard Ultra held in Bell Buckle, Tennessee, where American Harvey Lewis ran an astonishing 108 laps (720km) to hold the current world record.

For women the current world record stands at 74 laps (496km) set by Jennifer Russo at the 2023 Capital Backyard Ultra in Lorton, Virginia. However, it begs the question of can women actually do more???

Science has already proven that once runners reach approximately 200miles (320km) the female physiology surpasses male in endurance running ability… perhaps it is only a matter of time before we see a female take out the world record?!?!

The next local Backyard Ultra will be Pig's Backyard Ultra on 10 February 2024 in the beautiful surroundings of Silverstream. Get your entry in quick and have a crack, let's see what the Lasses can do!

https://pigsbackyardultra.com/

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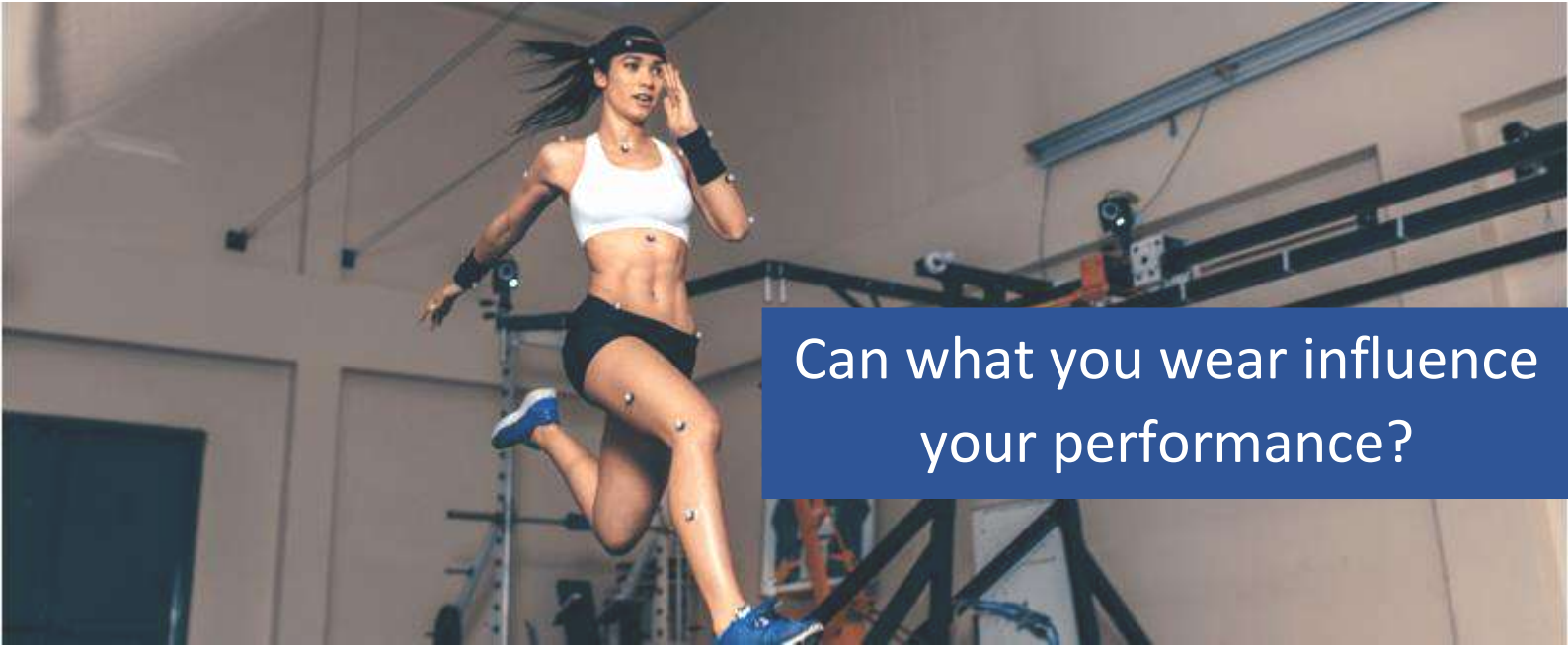
S R I N G - R U N N I N G

SPRING-RUNNING



Can what you wear influence your performance?

Where to Spend your money: Sports Bras

A new study in Frontiers in Sports and Active Living, found that greater breast support during running is associated with improved performance. Researchers, Dr Douglas Powell, and Hailey Fong along with colleagues at the Breast Biomechanics Research Centre at the University of Memphis, found a high support sports bra can improve a female's running performance by 7%.

"The findings show that breast support not only influences movement of the breasts but that compensations occur across the entire body," said Powell. These compensations can lead to reduced running performance, increased injury risk, and even the development of chronic pain such as back and chest pain.

Powell continued: "Over the past 50 years, limited evolution in bra design has occurred. Our findings, in conjunction with previous research studies, show that sports bras should be considered not only as apparel, but also as sports equipment that can both improve performance and reduce the risk of injury, playing a role in women's health.
https://blog.frontiersin.org/2023/04/21/sports-bra-increase-running-performance

72%

of women experience breast pain while running

Where to save your money: Compression clothing

0%

improvement in muscle fatigue when wearing compression garments

Researchers from the Ohio State University Wexner Medical Centre found runners' muscles had the same tiredness whether compression tights were worn or not.

They tested athletes on 30-minute runs at 80 percent pace on a treadmill. One day they were wearing tights, on another day they weren't.

Motion-capture technology tracked each body position within a fraction of a millimetre. Leg strength and jump height were tested before and after each run.

All readings found not a single bit of difference in muscle fatigue from wearing compression tights. However, the jury is still out on any impact compression may have on recovery.

https://www.stuff.co.nz/life-style/well-good/teach-me/93665402/fancy-compression-tights-wont-make-you-run-any-faster--study

The bottom line – wear what's comfortable for YOU!

Wardrobe malfunctions are one thing on the red carpet, but another ball game if they occur out on your Sunday long run! There's nothing worse than tugging on your top or fiddling with your riding-up shorts for two hours out in nature.

Comfort is the first argument that supports wearing appropriate clothes for certain physical activities. There are also other factors, such as choosing clothing to prevent sports injuries and poor circulation, which can occur if you wear inappropriate sports clothing.

You should also choose clothing that makes you feel confident about yourself. If you feel good in your clothes, you will feel good while running as well. According to different studies, women who feel self-conscious about their appearance and clothing for exercise, are less likely to participate in physical activities.

If you feel the cold, when everyone else is in singlets, put the thermal on!! And vice versa.

If you feel more confident in the three-quarter tights, when everyone else is in short-shorts, wear them!

Not a fan of the current high-stack footwear? Stick with what you know works for you.

Love the incognito-runner look with a cap and sunnies on, go for it!

Singlets not your thing? Stick with the tee!

Got a kid who needs to blow off some energy?

Come down to Chingford Park from 5:30pm on Mondays (term time) and have the kids join in our fun and developmental Athletics based programmes.

Kids aged 6 and under enjoy our "Get, Set, Go" programme. Developed by Athletics NZ, the programme builds enjoyment around being active through play and sport. It involves educational and developmentally appropriate activities to develop basic movement skills, providing tamariki with a fun way to get moving!

Kids aged 7 to 14 will join in our "Run, Jump, Throw" programme. Also developed by Athletics NZ, children will learn foundational athletics skills while focusing on participation and enjoyment to develop confidence in their abilities. Skills are taught using modified equipment and games, which will support tamariki to begin competing in athletics events if they wish.

Sign up and more details here: https://leithharriers.com/children/ and feel free to try before you buy with no commitment to pay!

Leith Lasses 2023 Competition update

Current top 10 in points competition standings as of 1 November

LASSES POINTS COMPETITION

72.77 is the average points across all participants.

Leith HARRIER & ATHLETIC CLUB

Current Leaderboard

1.	Margie C	189	6.	Anna O	82
2.	Claudia S	158	7.	Rach M	78
3.	Angela B	120	8.	Florence R	74
4.	Nina B	97	9.	Ruth J	64
5.	Donna T	90	10.	Siobhan M	58

End of Year Celebration!

Come celebrate the running year that has been 2023!

All runners in the Dunedin community welcome to join us to toast the year.

Points Competition winners will be awarded and spot prizes up for grabs too.

Nibbles provided but bring some coin for a brew!

See you there 😊

Simple Rice Cake Energy Balls

Energy (or Bliss) Balls need not be long and over complicated. Try this incredibly easy recipe for a quick pre or post run snack. What's better, it's so easy to adapt it as you go to include your favourite flavours!

4 plain rice cakes

4 tablespoons peanut butter (or almond butter as an alternative)

2 tablespoons maple syrup (honey or agave syrup as an alternative)

Optional extras:

- Chopped dried fruit
- Chopped nuts and seeds
- Chocolate chips
- Coconut
- Protein powder

In a bowl crumble the rice cakes.

Add in the peanut butter and the maple syrup and mix well.

Roll the mixture into approximately 10 balls. Double the recipe if you want more.

Let them set in the fridge for 20-30 minutes.

So simple - Enjoy!

Need help?

Feeling a little stuck with your training?

Have a quirky question related to women's running?

Need support with any health issues related to your running?

Or just need a bit of advice and motivation?

Our Leith Vice-President Lydia is offering her services to anyone (but women in particular) in the Dunedin Running Community.

Check out Lydia's coaching profile on the Athletics Otago Website: https://www.athleticsotago.co.nz/be-involved/coaching/find-a-coach

Lydia can be contacted at lydiapattillo88@gmail.com