Vol. 3, Issue 6

Summer 2023/4

Leith
Harrier & Athletic Club
Dunedin, New Zealand

LEITH LASSES

IN THIS ISSUE

Summer in Pictures

Big Scary Goals;
Q & A with Emma Timmis

Lass of the Season

Inch Events Cadets

Points Competition

Welcome to a revamped Leith Lasses Bulletin for 2024!

2023 for Leith Lasses was a big one, thank you to our Women's Captains Claudia and Florence for the extra injection of female running inspiration which has helped our unique and (not so) little community flourish.

If the past 12 months are anything to go by, the year ahead is looking good for our Leith Lasses community. Welcome to our new Lasses who have recently joined our community, we love having you and it's so great to see our presence so vivid within the Dunedin female running community.

As always, if you have any questions, concerns or need a bit of extra support with your running journey and goals, reach out to us any time!

Our Leith Lasses running caps sold like hotcakes, so we'll be doing another order of the little gems soon!

Popular demand looks like Leith Lads caps will be on the menu too!

If you're keen on a cap or wish to express your interest for any other of our merchandise, please let our uniform steward, Siobhan know.

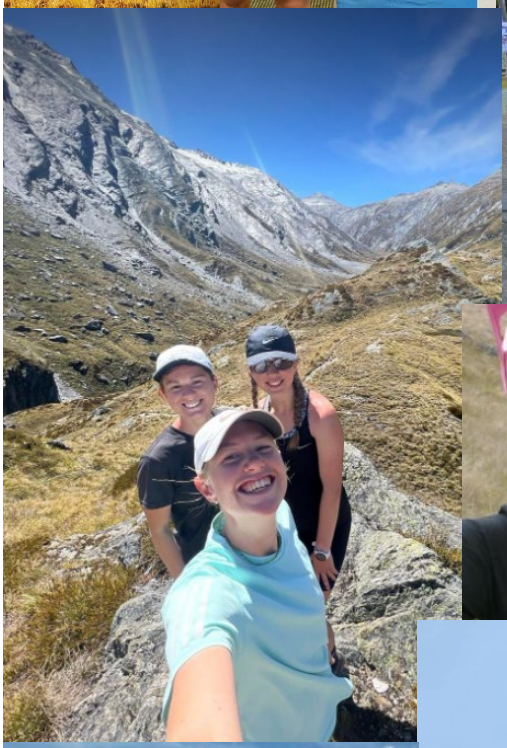
Details here: https://leithharriers.com/club-uniforms/

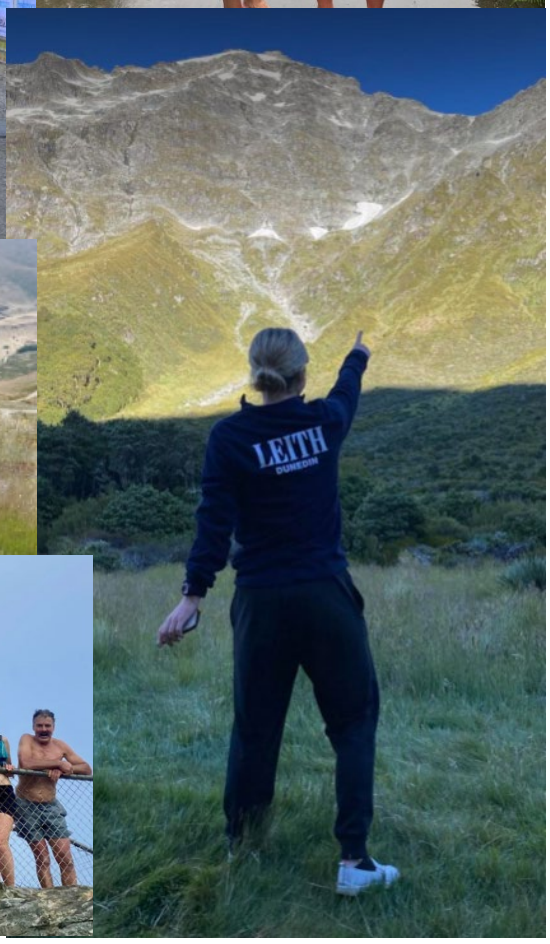
100

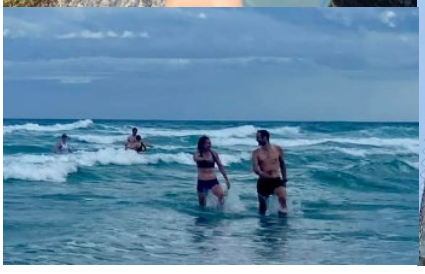
freshchoice
kepler challenge

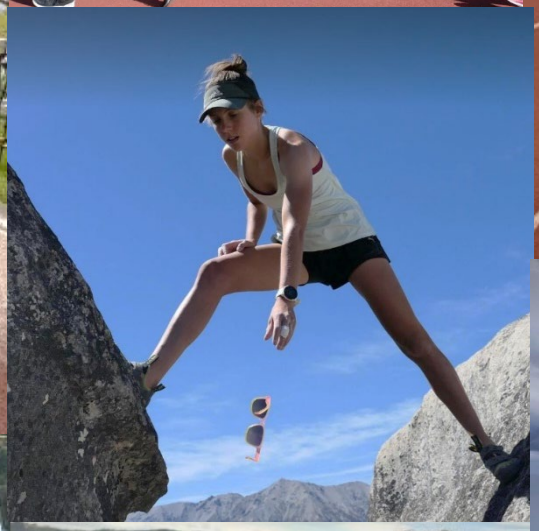
freshchoice
WHERE FRESH MEETS LOCAL
freshchoice
WHERE FRESH MEETS LOCAL
freshchoice

FINISH
2023
27 KM MOUNTAIN RUN




LEITH
DUNEDIN





Big Scary Goals

Q & A with Emma Timmis

You've come up against some adversity both during and within the preparation for your big scary goals. How do you push through when the odds seem stacked against you?

I guess a big part of it is knowing that, as with anything in life, it's not all going to run smoothly. I think expecting there to be no issues or complications is probably a mistake when embarking upon something huge. Plan for the worst, hope for the best!

What would your advice be for someone who has ignored the usual rules of goal setting and has set a big scary goal far beyond their reach?

Why not!!! What's the worst that could happen. We only live once so go for it but don't be disheartened by not achieving it first time. If you're prepared to set a ridiculously big goal then you need to be prepared for it to be out of reach (for now anyway).

What are your coping mechanism for when/ if you've failed to achieve a goal?

Accepting that this won't actually change anything in your life. Just like achieving the goal doesn't really change anything in your life. You're still the same person. Your friends and family still love you. These are just games we play with ourselves so don't take it too seriously.

Lastly, do you have a funny or embarrassing moment to share with us from any of your big scary goals?

I entered a big running race in the UK last year and really hoped to perform well. The organisers knew some of my achievements and made a big announcement about me at the beginning of the race. Unfortunately, halfway through the race I got lost and added 12km on to the distance. By the time I rejoined the runners I ended up right at the back and dropped out due to exhaustion and pooping in the bush many times!

Lass of the Season

Alice Cuthbert

Unless you've been hiding under a rock, you will have noticed the rise of our very talented Alice! She's run the short stuff, the long stuff and everything in between! Alice has given it her all, running bloody fast, with incredible results, all the while encompassing our Leith values!

Well done Alice, we couldn't think of a better Lass of the Summer Season. We hope you enjoy your prize!

"Lass of the Season" is a new Leith Lasses initiative, we will award the title quarterly which will be announced in each seasonal Leith Lasses Bulletin. If you encompass our Leith Lass values of participation, effort, sportswomanship, stepping out of your comfort-zone and all-round awesomeness in running, the next Lass of the Season could be you!

Inch Events Cadets!

Are you 20 years or younger and love running our Dunedin trails?

Steve and Chris from Inch Events may want you! They are looking for 2 young female trail running cadets for 2024 to wave and promote the Inch Events banner amongst the younger cohort.

The role will include free entry to Inch events, some mentoring and other trail running associated goodies and race entries.

If you're interested or wish to nominate anyone please get in touch with Steve and Chris at info@inch.events

Leith Harrier & Athletic Club
Dunedin, New Zealand

Leith Lasses

facebook.com/groups/2294110900731278 leithharriers@gmail.com @leitharrierandathleticclub

2024 Dunedin Running Points Competition

The competition is **open to any runner within the Dunedin community**. The competition will be yearlong, **beginning on 17 March 2024** (3Peaks race day) and running through to the last date of the Otago Track & Field Champs in Feb/ March 2025

How the points will be awarded

Any competitive running event = 10

3Peaks Mountain Race events = 15

Otago or National Championship event = 15

Inter-club Track & Field event = 5*

Leith Harbour Free 5 or 10km = 5

Inch Events = 10

Prizes

Most points: $200 shoe voucher

First runner up: $150 shoe voucher

Second runner up: $100 shoe voucher

Prizes awarded for female and male categories. Spot prizes too!

How to enter – It's FREE!

To enter, please **put your name forward by email to leithharriers@gmail.com by 16 March 2024.**
Entries after this date and retrospective awarding of points will be at the discretion of the competition administrator.

The Important Stuff to Note!

- A "competitive running event" is any officially timed and measured running race.
  - *Events completed outside of Otago will require the participant to notify the competition administrator*
  - *Parkrun, colour-runs or fun-runs do not count as a competitive events (sorry)*
  - *Points are for purely running events only. Triathlon, Multisport, Rogaine and Orienteering do not count*
  - *Events must be completed, a DNF or DQ will not count (with the exception of Backyard Ultra and Inch Events)*
- For Inter-club Track & Field sessions where multiple events are completed in the one session; 5 points will be awarded for the first event, then 2 additional points for every subsequent event.
- Points tallying is at the discretion of the administrator. The tallying will be detailed so participants can query at any time. Monthly updates will be communicated to participants
- Events must be within New Zealand and completed by a Dunedin area resident
- Discretionary points for regular volunteering and officiating will be considered by application to the competition administrator