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Autumn 2024

Leith
Harrier & Athletic Club
Dunedin, New Zealand

LEITH LASSES

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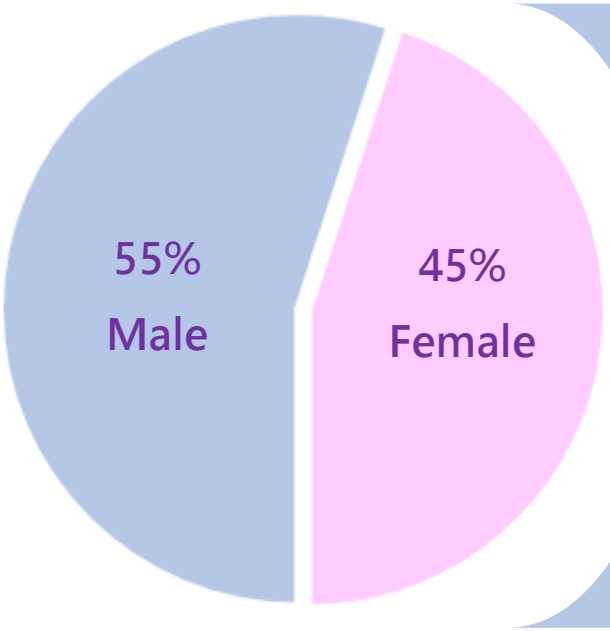
Autumn 2024, a season where everyone turned their heads toward the mightiness of the Leith Lasses community. The blue and white wave has quite honestly been less of a wave and more of a tsunami!

We'd love to take this opportunity to thank you all! Leith Lasses began from a little seed and is now a burgeoning, well known women's running community within Dunedin

As mentioned in the end of this bulletin, we would love to get to know you all even better: What makes you tick? What questions do you have for us? Who in our community do you want to hear more from?

We hope you enjoy this issue but let's make Leith Lasses even better! In future issues we wish to highlight just who and what we are all about! Watch this space!



Three Peaks Mountain Race has grown to its closest ever gender split and Race Director, Steve Tripp, attributes this largely to the work of our Leith Lasses community!
A massive pat on the back to you all!

In 2023 the gender split was 40% female and 60% male. In 2022 the gender split was 35% female and 65% male. If the trend continues we are on track for a 50 – 50 gender split in 2025!

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RACHAEL

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Weet-Bix

START

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LAURA

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OTAGO DAILY TIMES
STAND

A CENTURY OF WOMEN'S "ACTIVE WEAR"

Hold on to your Lululemon's, Lorna Jane's and LSKD's! Our 2020s running garments have come a long way in the past century, and to show how lucky we are, let's take a step back in time and see just how far our "active wear" has come!

Excerpts taken from: The Evolution of Women's Workout Clothes Through the Decades
https://www.shopoutfyt.com

1920s

In the post WW1 era, the "roaring 20's" took hold on society. Women were embracing new forms of freedom, while challenging traditional gender roles and social norms.

The iconic flapper dress became a symbol of the era. It was made of lightweight materials, such as chiffon and silk, that allowed for more movement and freedom.

Women also began to wear shorter skirts and sleeveless tops for "exercise routines". This represented a departure from the modest clothing of the past, designed to conceal women's bodies. Instead, women were now celebrating their bodies and their ability to move freely.

1930s

The 1930's saw a continuation of the trend towards more comfortable and functional clothing for women. One of the most notable additions to wardrobes during this time was the jumpsuit, which was designed to be worn for a range of physical activities, from exercise routines to outdoor adventures.

The jumpsuit was a one-piece garment, typically made from lightweight fabrics, that allowed for ease of movement and flexibility. It featured a zippered closure that made it easy to put on and take off, and often had a belted waist to provide a flattering silhouette.

1940s

Workout clothes of the 1940's represented an important shift in women's fashion and cultural expectations. They were designed to meet the needs of active, independent women, and reflected a growing interest in physical fitness and health. There was a growing demand for workout clothes that were designed specifically for women's bodies and to be functional and durable, with an emphasis on comfort and ease of movement.

Styles included shorts, pants, and sleeveless tops, which were made from lightweight fabrics such as cotton. These materials were breathable and allowed for freedom of movement, making them ideal for activities such as jogging, aerobics, and dance.

1950s

With more growing interest in physical fitness and leisure activities, women began to seek out clothing that was both functional and fashionable, with an emphasis on comfort and ease of movement.

One of the most notable developments was the emergence of fitted tops and shorts made from stretchy fabric. These garments were designed to hug the body and provide support and flexibility during physical activity. There was also the rise of the iconic sweatshirt and sweatpants. Originally designed for men, the garments quickly became popular among women due to their practicality and comfort.

1960s

One of the most iconic workout garments of the 1960's was the leotard. This one-piece garment was designed to be form-fitting and flexible, allowing for ease of movement during exercise. Leotards were often made from stretchy materials such as nylon or Lycra. They were typically worn with tights or leggings and came in bold, vibrant colours and patterns.

In addition to being more colourful and expressive, women's workout clothes also reflected a growing interest in fitness and physical well-being. This was a decade marked by the rise of aerobics and other forms of exercise, as well as a growing awareness of the importance of staying active and healthy.

1970s

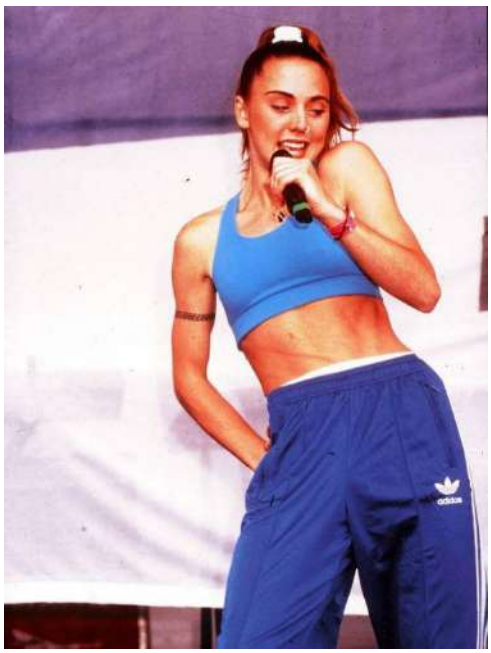
As aerobics and other forms of group exercise became more popular, women sought out clothing that was both fashionable and functional, however, in the gym scene, the leotard still reigned supreme. Leotards aside, the 1970's was a fun era, and other exercise attire became more flamboyant and spicier. Shorty shorts were in, tracksuits hit the market, and the popular velour became a hot item. Accessories were also in; headbands and leg warmers came in many bright colours and were worn for both practicable and fashion statement reasons.

1980s

The 1980's was a decade marked by excess and extravagance; workout clothes became increasingly tight-fitting and flashy, with an emphasis on bold colours and eye-catching designs.

Tights and high-cut shorts also became popular. High-cut shorts, in particular, were often worn with leg warmers or over tights, creating a layered look that was both functional and fashionable. Perhaps the most controversial garment, however, was the thong leotard. This garment featured a high-cut leg and a thong-style back and was designed to be both revealing and form-flattering. While controversial at the time, the thong leotard quickly became a popular fashion statement.

1990s



The 1990's marked a significant shift in fashion, with the rise of casual wear as a popular trend. This shift was reflected in women's workout clothes, which became more relaxed and comfortable.

Oversized t-shirts were a staple, worn with leggings or sweatpants for a comfortable, casual look. These shirts were often made from soft, breathable materials, and featured graphic designs or slogans. Sweatpants also became increasingly popular, with a focus on loose, comfortable cuts and drawstring waistbands.
Another iconic garment of 1990's workout fashion was the sports bra. This garment was designed to provide support and comfort during exercise and was often worn alone or with an oversized t-shirt.

2000s

Workout clothes of the 2000's reflected a growing focus on technology and innovation in garment design, with a range of fabrics and styles designed to enhance performance and improve comfort during physical activity.

One of the key technological advancements was moisture-wicking fabric. This specialised fabric was designed to pull sweat away from the skin, keeping the wearer dry and comfortable. These fabrics were especially popular in sports such as running and cycling.

Another key development was the rise of compression wear. These were designed to support the muscles, increasing blood flow and reducing the risk of injury and assisting in recovery.

2010s

In the 2010's the rise of athleisure wear blurred the line between athletic wear and everyday fashion. Workout clothes were designed to seamlessly transition from the gym to other activities.

Leggings became a staple in many women's wardrobes, with a range of styles and colours available to suit any taste. Leggings were made from moisture-wicking fabric and featured stretchy, comfortable waistbands for maximum comfort.

Sports bras and crop tops also became a key garment in women's workout clothes during the 2010's. These garments were designed to provide support and comfort during physical activity.

2020s and Beyond

2020s activewear continues the trend of being both fashionable and functional, with advancements in technology, such as moisture-wicking, UV protection, and antibacterial properties. This trend is likely to continue, with even more innovative materials and designs.

There is a shift towards more sustainable and eco-friendly materials. Additionally, inclusivity and diversity are becoming increasingly important, as we see wider ranges of sizes, styles and fits.

The line between activewear and everyday wear is becoming increasingly blurred, and we see more pieces worn both in and out of the gym. Overall, the future of women's activewear looks exciting, with a focus on both style and function, sustainability, and inclusivity.

Lass of the Season

~ Claire Charleton ~

Late last year our Leith pals Tadhg and Claire returned to Dunedin from Ireland. Whispers of the return of elite runner Tadhg rippled through the running community, yet it was Claire that was the one turning heads upon their return!

In true Leith Lass spirit, Claire has strapped on her running shoes, broken through comfort-zones and thrown herself into all our training sessions, Leith Harbour Free races, Three Peaks and many more local and regional races!

Well-done Claire, we couldn't think of a better Lass of the Autumn 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!

What can we do for you?

In the past 12 months Leith have presented several athletic development seminars including the Women's Running Evening, Trail & Ultra Evening, and the Empower your Running Workshop.

We hope to soon deliver a nutrition-based seminar but would love your feedback and ideas on other aspects of our sport which you feel the female running community could benefit from.

We also hope to make the Leith Lasses bulletin more personable to our community with stories and interviews from runners we all know! If there are particular lasses or topics you would love to hear more about, please let us know 😊

Leith Harrier & Athletic Club
Dunedin, New Zealand

Leith Lasses

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