

Leith Times



From the editors...

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

It's been a while since the last club newsletter and it's time some more of Leith's success and good times were put down on paper. We'd like to encourage any Leith members or others who wish to contribute articles/photos/letters/comments for forthcoming editions of *Leith Times*.

Contributions can be emailed to Andrew Lonie on maps@paradise.net.nz. Many thanks to those who have already contributed – Meredith, Greg, Trevor, Marc, Grant, Brian, Kirsty, Margaret, Ed, Andrew. Good luck to all for the 2005 season.

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- 2004 Winter Harrier Report

Welcome/Summer Track and Field Records

Meredith Molloy

Welcome everyone to the 2005 Winter Harrier Season. We'd like to extend a special welcome to new members of the Leith Club and wish them luck for the coming Harrier season.

We welcome Brian Pascoe as our new Club President, as well as new office bearers on the Committee. We'd also like to thank Steve Smith for the vast contribution he has made to the Club in his position as past President, and hope the

extra time he may now have will allow him do other things he enjoys.

We also acknowledge Jan Craig's work in recruiting many of the new female Club members. Techniques such as accosting people on public running tracks whilst wearing a police uniform have really paid off!! Seriously, the club is now very strong in its representation of female members, and on the strength of the results in the Lovelock and Wesleydale relays, Leith women look to be strong contenders in upcoming races.

Without moving forward too quickly, we'd also like to acknowledge the fantastic achievements of those who participated in the 2004/2005 Track and Field season. Several Otago records were broken by Leith members this season, including:

Winifred Harding (Masters Women 45 to 49):

- Weight Pentathlon (2,689 pts)
- Weight Pentathlon (2,785 pts)
- Heavy weight throw (9.74m)
- Shot Put (9.82m)
- Heavy weight throw (10.14m)

Sandra Dingwall (Masters Women 55 to 59):

- Heavy weight throw (5.59m)
- Long jump (3.30m)
- Heavy weight throw (6.16m)
- Weight pentathlon (1,854 pts)

Conor Delahunty (Masters Men 35 to 39):

- 800m (2 min 06.44 sec)

Other notable results for the season include the NZ Masters Champs March 2005:

- Conor Delahunty (M36) 3 Gold (800m, 1500m & 5000m)
- David Rush (M40) Bronze (1500m)
- Ray Knox (M43) Bronze (10 000m), also 5th 5000m
- Jan Craig (W46) Gold (2000m Steeple), Bronze (5000m)

- Winifred Harding (W49) Gold (Shot Put), 3 Silver (Hammer, Weight Throw, Pentathlon)
- Marc Boullé (M50) Silver (800m)
- Sandra Dingwall (W59) 3 Silver (Javelin, Triple Jump, Throws Pentathlon)
3 Bronze (Long Jump, Hammer, Weight throw) also 4th in 100m.
- Bill Kenny (M68) 2 Silver (800m & 1500m)
- Jim Flynn (M70) Bronze (5000m)

Also worth acknowledging is the work done by officials during the track season - a special thank you to Trevor King, Steve Smith and Winifred Harding for their significant contributions in this area. Thanks also to Committee members who helped rake the long jump pit over the season.

The 2005 Harrier season has got off to a flying start for Leith, with notable performances in the Lovelock and Wesleydale Relays.

Club Mile & Age Related Races

Greg Johnston

Our Club Mile and Age Related Races were held at Chingford Park on Saturday 16 April 2005. These races were also part of our 80th Jubilee celebrations. It was a privilege to host past and distinguished members. I heard mutterings that some of the times posted were not too bad however "no better than in our days."

The afternoon was a pleasant autumn day with gentle north-easterly breeze. The programme started with the age related races. Under 10, who run one lap, was a close race between winner Grace Rush and runner-up Natalie Pascoe. Under 13 was a Rush affair, with Chris and Lisa equal!

The Senior Women's race also included Under 17, Under 20 and Veteran. Brooke Carman was too classy for this field and won comfortably. Natalie Cobby (U20) showed a strong finish to beat Jessica Shields (U17) and Debbie Lambie who contested throughout the race. Jill Alexander (VW) also ran a strong race.

The Senior Men's race also included the Maiden Mile and was an exciting race to watch. Alan Carman set the pace for the first two and half laps closely followed by Andrew Lonie. Conor

Delahunty and a few paces back to Luke Kendrick. In the last lap Andrew put the foot on the gas and was too strong for the rest of the field. Conor managed to keep out the fast-finishing Luke.



Steve and Richard see the kids off the mark!

Veteran Men including Masters Men was another close affair. There was a ding dong battle between Dave Rush and Chris Sole with Dave taking the race by 2 seconds. There was repetition 20 metres back between two club rivals Brian Pascoe and Richard Hendry, with Richard finishing 1 second in front of Brian.



Jessica Shields comes in third in the Women's Mile (first in U17).

Afternoon tea and socialising were enjoyed by all. Full results were as follows:

Club Mile Results

Senior Women

Brooke Carman (SW)	0:05:19
Natalie Cobby (W20)	0:05:58
Jessica Shields (W17)	0:06:09
Debbie Lambie (W17)	0:06:13
Emily Scoones (W20)	0:06:32
Rachel Sloan (W20)	0:06:42
Sarah Goldsmith (SW)	0:06:44
Laura Scoones (W20)	0:06:49
Alison Perry (SW)	0:07:16

Masters Women

Jill Alexander	0:06:20
Cate Shields	0:06:59
Gisela Sole	0:08:04

Senior Men

Andrew Lonie	0:04:49
Conor Delahunty	0:04:51
Luke Kendrick	0:04:52
Alan Carman	0:04:54
Neale McLanachan	0:05:05
Andrew Perry	0:05:15
Mark O'Donnell	0:05:23
Joel Hendry (M17)	0:06:00
Grant McDougall	0:06:11

Masters Men

David Rush	0:05:10
Chris Sole	0:05:12
Richard Hendry	0:05:18
Brian Pascoe	0:05:19

Masters Men 50+

Ed Stevens	0:06:03
Steve Smith	0:06:09

Kids Under 10 (400m)

Grace Perry	0:01:33
Natalie Pascoe	0:01:35
Erin Knox	0:01:57
Katie Hendry	0:01:59
Kean Delahunty	0:02:10
Bruce Knox	0:02:13

Kids Under 13 (800m)

Chris Rush	0:02:52
Lisa Rush	0:02:52

2005 Otago Mountain Running Series

Andrew Lonie

Leith Masters were the ones to shine in the 2005 series results. Brian Pascoe ran sharply in all three races to finish first with a total time of 6:00:14, with the ever-present Richard Hendry third. Penny Mitchell topped the Masters Women 35 grade. Jan Craig won the Masters Women 45+ grade, with Adele Poulter a commendable third.

The Open Men and Women's sections were dominated by Arika runners Stafford Thompson and Sarah Chisnall who each won all three races convincingly, as well as posting record times for the series. In the Open Men's though, Ian Thomas ran consistently well and finished second to Stafford in the series. Results for individual race and the series can be found at http://www.athleticsotago.org.nz/national_programme05-06.htm

Great Waipori Footrace, 30 January 2005.

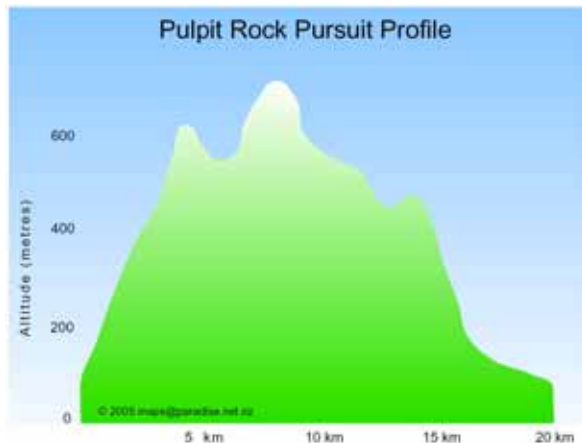
Typically for this race Dunedin cracked open a scorcher to test runners in the latter stages. At the start by Mahinerangi Dam it was good to see many black armbands in respect of well known Athletics Otago official and Leith member Alan Coldicott who had passed away a few days earlier. In the men's race Stafford Thompson, last year's champion Mike Anderson and Ian Thomas set a cracking pace to reach the Picnic Ground in under 1hr 20mins. However Stafford powered away in the second half, as did Sarah Chisnall in the women's race with a blistering 44min 39sec second leg. Penny Mitchell had a great run to finish in 2:23:47. Brian Pascoe showed his experience in not starting too fast, finishing strongly in 2:06:18.



Leith also performed well in the teams with Andrew Perry and Miles Henderson taking out the men's, and Alan Funnell and Meredith

Molloy winning the mixed. As usual the course was very well marked and marshalled, and the ever-patient Ron McLay Barnes and Jamie Sinclair did a fine job as tail-end charlies.

Pulpit Rock Pursuit, 3 April 2005. This race saw the return of Chris Sole who once again dealt ruthlessly to the 600m climb and took out the Masters Men 40 grade in a time of 1:35:20, just seven seconds behind Ian Thomas, fourth placegetter in the Open Men's. In the Masters Men Chris was followed by Brian, with Richard in fourth. Penny Mitchell and Jan Craig again had convincing wins in their grades. Dave McLean did well to finish third in the Masters Men 50+, where there was keen competition in the way of Gene Sanderson (Taieri), Russell Hurring and Phil Napper (Ariki).



Three Peaks, 1 May 2005. After the snow and hail of the previous Sunday forced postponement, there couldn't have been more of a contrast with Dunedin putting on a glittering May Day for the final race of the series. For the third time in the series, Penny Mitchell and Jan Craig won their respective MW35 and MW45+ grades. The Open Women's race was again taken by Sarah Chisnall, although not without a strong challenge from many time winner Shireen Crumpton. In the men's race Marc Boullé won the MM50+ grade with an outstanding 2:17:28. He finished among a tide of Leith men that swept down Norwood St, including Brian Pascoe, Richard Hendry, Ian Thomas and Andrew Perry. Chris Sole had finished a few minutes earlier to win the MM40+ grade, and not far behind him was former Leith junior Angus Taylor (16), who arguably put in the performance of the day by finishing in

2:10:45 and fourth place overall, even after falling on the descent into Bethune's Gully.

In the men's teams race, the University-Ariki pairing of Andrew Davidson and Quentin Rew were too fast for Neale McLanachan and Andrew Lonie, who nonetheless ended up with a very good composite time of 2:04:26. The race was followed by an excellent and well-attended meal and prizegiving at the 'Leith local' Normanby Tavern.



Three Peaks competitors out of the blocks at Woodhaugh.



3 Peaks: Brian Pascoe, Ian Thomas and Angus Taylor approach Swampy Summit.



3 Peaks: Andrew Lonie finishes the second leg of the Teams Race

Lovelock Relays – Sat 7 May

Brian Pascoe

* full results available (Excel file download) at:
www.ouhc.orcon.net.nz/lovelocks.htm

Conditions could only be described as perfect for the Lovelock Relays. Short grass, firm underfoot and a calm but not too hot day all combined for some promising races.

First to run were the Masters Men, Mens B Grade and high school boys. The MM1 team of Richard Hendry, Marc Boullé, Brian Pascoe, Rod McCall, Chris Sole and Dave Rush won convincingly in 28.46. Richard and Chris shared 2nd fastest time in 4.44 with Brent Halley (Ariki) 1st in 4.42. The MM2 team (Dave McLean, Ed Stevens, Steve Smith, Peter Nees, Jim Flynn and Marc Boullé) and SM2 team (Brendan Ford, Mark O'Donnell, Joel Hendry, Grant McDougall, Alan Hendry and Stu Hodges) both put in good performances.

The women were next to race and there were some very good results in this section. The SW1 team of Brooke Carman, Kirsty Morris, Julia Clearwater and Natalie Cobby were third in the Senior Womens section. Brooke Carman ran the

fastest time in this section, easily beating some highly ranked runners in a time of 4.48. The SW2 team of Meredith Molloy, Sarah Goldsmith, Sara Walker and Rachel Sloan finished with a time of 23.57. The MW1 team of Jan Craig, Jan Brosnahan, Jennifer Bentley and Debbie Fields were 2nd and MW2 Vicky Williams, Raewyn Lesa, Gisela Sole and Cate Shields were 5th in their grade.

We had two teams in the high school girls grade with the SG1 team of Jessica Shields, Emily Scoones, Laura Scoones and Debbie Lambie claiming 2nd place. The younger girls in the SG2 team, Renee Hodges, Emily Thomas, Olivia Thomas and Emma Smith should be proud of their performance and there is some real talent for the future here. One of the highlights of the day was the primary school children's grade. Leith entered four teams in this grade and they all had huge smiles on their faces as they finished their laps. Some were having such a good time they forgot to touch the next runner! Girls U12 1 Emma Lloyd, Megan Koedyk, Michaela Hodges and Tiffany Robinson 5.58. Boys U12 1 Morgan Shields, Izaac McCall, Liam McCall and Reuben Knox 6.19. Girls U12 2 Alex Lesa, Natalie Pascoe, Erin Knox and Bertie Taylor 6.35. Mixed U12 Kate Fields, Claudia Sole, Sebastian Sole and George Thomas 7.27. Well run everyone.

The last race of the day was the Mens A grade. Neale McLanachan, Richard Hendry, Conor Delahunty, Alan Funnell, Andrew Lonie and Alan Carman ran solidly for their 6th placing. The young guns Ariki (first place), Otago Uni (2nd) and Hill City (3rd) were too quick for us over this short distance. Good on you Richard for subbing this team and running a second time. With the racing finished all that was left was the social run and the prizegiving at the Gardies. Overall it was another successful day for the Leith club with a large number of entries in the races.

Serviceman Wesleydale Cross Country Relays

Ed Stevens

The Serviceman Wesleydale Cross Country Relays were up to their usual high standard. A great deal of thanks must go to Club members who made the day so successful. Also a special

thanks to the businesses that supported the event financially: John Bayne - Serviceman, Richard Hendry Builders, Brian Pascoe - Town Garage and Andrew Perry - Newlook Landscapers.

The wet under-foot conditions added a new dimension, making the course very technical. A video camera at one particular part of the course would have revealed something that looked more like cross country skiing than cross country running. By the look of Natalie Cobby and Ed Stevens after their races, they would have taken the prize in this new style of running.

There were some standout results from the day's racing. The women's team of Brooke Carman, Meredith Molloy, Kirsty Morris and Natalie Cobby produced the performance of the day with all team members putting in top efforts and Brooke getting fastest time in the women's grade. They managed to hold out Hill City by two seconds to take first place in the Open Women's Race. The Leith Women's number two team finished seventh. The stand out performances in this team were the efforts of the two new members, Sarah Goldsmith and Julia Clearwater, who were well backed up by Cate Shields and Alison Perry.



Brooke Carman leads the start in Lap 1. Jan Craig at far right (Photo courtesy Nic Browne)

The Masters Men 40 also took out first place. Richard Hendry and Brian Pascoe got their team off to a flyer, putting a minute's lead over the Ariki boys in the first two laps. Rod McCall and Dave Rush put in solid races to finish the job off. Brian got second fastest lap time in the MM40 grade. MM40 number two team of Stu Hodges, Ron McLay-Barnes, Bill Kenny and Pete Nees finished seventh with good times from Stu and

Ron. The older fellows, Bill and Pete, performed well to support their younger colleagues.

The third first placing for the club went to the Masters Women's 35 with Jan Craig, Jill Alexander, Debbie Fields and Jan Brosnahan all putting in top efforts. Once again two new members in this team, Debbie and Jill, made good inroads on their respective legs. Jan B put in her usual gutsy effort to bring the team home in first place. Jan C got second fastest time in the grade. Well done!! The number two team of Gisela Sole, Clare Pascoe, Karen Thomas and Vicky Williams appeared to relish the experience of racing over the challenging course.

Women under 20 were the fourth team to win their grade. Jessica Shields and Debbie Lambie got their team off to a good start with Laura and Emily Scoones finishing with over two minutes back to Hill City. Well done girls this puts our women's section of the club in a strong position for the future.

Wesleydale Results

* full results available at:

www.athleticsotago.org.nz/national_programme05-06.htm

1st MM40	Richard Hendry	Brian Pascoe	Rod McCall	Dave Rush
0:31:24	0:07:49	0:07:40	0:08:09	0:07:46
7th MM40	Stuart Hodges	Ron McLay-Barne	Bill Kenny	Peter Nees
0:37:19	0:08:00	0:08:12	0:10:53	0:10:14
2nd MM50	Dave McLean	Steve Smith	Ed Stevens	Marc Boule
0:34:04	0:08:39	0:08:46	0:08:42	0:07:57
2nd Composit	Joel Hendry	James Pascoe	Richard Hendry	Brian Pascoe
0:34:47	0:09:01	0:08:52	0:08:09	0:08:45
1st OW	Brooke Carman	Meredith Molloy	Kirsty Morris	Natalie Cobby
0:34:26	0:07:51	0:09:19	0:08:20	0:08:56
7th OW	Julia Clearwater	Sarah Goldsmith	Alison Perry	Cate Shields
0:41:06	0:09:29	0:10:24	0:10:37	0:10:36
1st MW35	Jan Craig	Jill Alexander	Debbie Fields	Jan Brosnahan
0:37:48	0:09:13	0:09:14	0:09:53	0:09:28
7th MW35	Gisela Sole	Clare Pascoe	Karen Thomas	Vicky Williams
0:47:10	0:11:37	0:10:56	0:12:51	0:11:46
1st W20	Jessica Shields	Debbie Lambie	Laura Scoones	Emily Scoones
0:37:44	0:08:58	0:09:09	0:09:56	0:09:41
2nd W17	Olivia Hynes	Emily Thomas	Olivia Thomas	Renee Hodges
0:45:50	0:10:05	0:11:34	0:12:48	0:11:23
4th OM	Alan Carman	Andrew Lonie	Conor Delahunty	Ian Thomas
0:42:12	0:10:32	0:10:25	0:10:42	0:10:33
7th OM	Andrew Perry	Alan Funnell	Mark O'Donnell	David Rush
0:45:23	0:10:54	0:10:57	0:11:45	0:11:47

Well that's the end of the winning teams. The Senior Men number one team (Alan Carman, Andrew Lonie, Conor Delahunty, Ian Thomas) finished a creditable fourth, all running within 15 seconds of each other. The number two team had a good race with Andrew Perry and Alan Funnell not far off the pace in the first two laps. Mark

O'Donnell and Dave Rush (his second run for the day, thanks Dave) brought the team home 7th.

The Leith mixed grade was a bit of a family affair with Brian and Richard teaming up with their boys Joel and James. They finished second, the young colts did really well.

Last but not least the old fellas, MM50+, pulled out a second place relishing the conditions, with Marc Boullé getting fastest time in the grade. The other three finished within seven seconds of each other. A good solid effort.

It was a top effort all round by the Leith Club that we can be proud of. Fielding twelve teams and organising the event shows the strength and commitment within the Club.

Joe Cowie Memorial Races – Wharf Circuit

Trevor King (see page 11 for results)

These club races were held on Saturday 21st May 2005 in fine conditions with little wind. All races were handicapped by Jim Flynn who once again did an excellent job, particularly in the 3 mile race with the first 22 runners finishing within 1min 19sec of each other.



Trevor King powers to the finish of the 3 Mile.

The first race was children under 14, who ran 500m, and we saw some good running from Grace Perry (Handicap 0:40sec) who finished 1 sec ahead of Erin Knox (Handicap 0:15sec) and 3 sec further back to Liam McCall (Handicap 0:55sec) in 3rd. Fastest time went to Liam with 1min 50sec, followed by Grace with 2min 01sec

and then Reuben Knox with 2min 21sec. It was good to see these young ones having a run, and we couldn't help think that they will be the future runners for the club in years to come (we hope!).

The second race was over 2 km for our Under 19 Women and we saw an excellent field of six athletes taking part. First home with a very fine run was Debbie Lambie (Handicap 1min 50sec) who held out the fast finishing Jessica Shields (Handicap 2min), with Laura Scoones (Handicap 1min 20sec) in 3rd place. Fastest time went to Jessica with a good time of 7min 26sec, only 4sec ahead of Debbie who ran 7 min 30sec. Natalie Cobby was 3rd fastest with 7min 58sec. It is hoped that these girls stay together for the rest of the season, and we may see them scoop a few team races later in the season.

The "Joe Cowie Memorial" over 3 miles saw a good field of 29 runners face the starter with Trevor King causing problems for the handicapper when he lined up at the start. So Jim put Trevor off with himself, and had no problem in running him into the ground beating him by over 1 min. It was Trevor's 50th year of running, organising etc, and he managed to finish the race in one piece.

Grant McDougall (Handicap 6min 30sec) ran a very solid race to come through the field and win by 19sec from Cate Shields (Handicap 3min 45sec). In 3rd Place was Steve Smith (Handicap 6min 45sec). It was good to enjoy a few ales at the Wharf Hotel after the race with Grant "shouting" for his win.

Fastest time went to Neale McLanachan with a fine run of 15min 53sec, followed by Andrew Lonie with 16min 13sec and "Old Master" Richard Hendry 3rd with 16min 46sec. Fastest women's time went to Kirsty Morris with 18min 36sec, followed by Jan Brosnahan 20min 45sec, and Meredith Molloy 20min 56sec. A fine run by Kirsty, who is improving with every race she has.

Thanks must go the club officials who helped with the running of this event, Winifred, Margaret, Kevin, Doug and Conor. (I hope I haven't missed anyone). A reminder to other club members who do not race for various reasons: don't be afraid to offer your services as the more we have to help the easier it is on everyone.

Otago Secondary Schools Cross Country Championships

Trevor King

The above championships were held at Kettle Park on Wednesday 25th May 2005. The course was the same as is used for the Barnes Cross Country and was hard and fast.

Club members competed very well at these championships with Jessica Shields (Columba) running a magnificent race to win the Girls Under 16. The outright favourite for the race was Romana Salis (Queens) who has been running some great races so far this winter and also had some great track times from the summer. Jessica sat in behind her all the way and unleashed a great sprint over the last 100m to win by one second. A fine tactical race by Jessica who has improved so much from last year, and is looking good for the rest of the season.

Equally impressive was Debbie Lambie (Columba) who finished in 3rd place in the girls under 15 race. Debbie was with the field all the way but just faded a wee bit over the last lap. This was a great performance by her as it is her first year in harriers, and bigger things can be expected later in the season.

In the Senior Girls race the "Scoones Twins" (Otago Girls) ran very well to finish in 6th and 7th place. There was never much between them and it was Emily who finished 2sec in front of Laura. Newcomer to the club Natalie Jakobs (Otago Girls) also ran very well to finish in 10th place 18sec behind the twins. It's good to see these girls out there competing, and like Jessica & Debbie bigger things can be expected from them all later in the season.

There's a good group of girls here and we all need to make them welcome to the club, and give them encouragement when they are competing.

Training Sessions

Chris Sole

- Monday, 5.15 pm Steady run starting from Chris Sole's place, 5 Monro St, Maori Hill
- Tuesday, 5.20 pm Speed work, Logan Park (between Caledonian and Hill City rooms)
- Wednesday lunchtime (ish) Steady run from 5 Monro St, meeting time varies so phone Chris 4676527 to confirm
- Thursday, 5.20 pm Hill work, Woodhaugh (meet by swings)
- Friday, 5 pm Rhythm and drill, Caledonian
- Sunday, 9 am Longer run leaving from John McGlashan field, Maori Hill

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

Women's Track and Field Captain's Report

Kirsty Morris

The 2004/2005 track and field season was one to remember for our women athletes. Leith had an exceptional season where the strength of its athletes shone, with many hard-fought races, personal bests, and titles won.

In the masters section, Winifred Harding showed her dominance from start to finish, taking out the Masters Women Weight Pentathlon at the first meet of the season. Then in late October she took part in the Oceania Masters Athletics Champs in Rarotonga where she was placed 2nd in five events, and 3rd in three. Winifred broke a number of masters' women records, proving she is a force to be reckoned with!

Another masters athlete who showed her class throughout the season was Sandra Dingwall. She also broke masters records and claimed the silver in both the javelin and triple jump at the Otago Champs.

The strength of our female distance runners was also evident during the season. In the first official track meet of the season Leith members were placed 1st (Julia Scoones), 2nd (Kirsty Morris), 4th (Jan Craig), 5th (Meredith Molloy), and 10th (Rachel Sloan) in the 1500m. Julia's good form continued, and she gained a place in the New

Zealand team to compete in the Oceania Games in Townsville, Australia. This was Julia's first international meet where she ran in the under 23 1500m and her first ever 5000m race. Julia took line honours in both events.

On Jan 17th 2005, Dunedin held a Grand Prix meeting, which incorporated the New Zealand Junior 3000m championships. Sarah Bryant, Julia Scoones and Kirsty Morris all took part in the event, with excellent performances all round. Sarah ran solidly to claim 2nd place with Julia and Kirsty 4th and 5th respectively.

Conclusion. Overall the 2005 season was excellent. Natalie Cobby, Jan Craig, Kirsty Morris, Emily Scoones and Emily Solsberg all made huge improvements during the season beating their previous personal best times. Congratulations must go to everyone who ran, officiated, and to all those spectators who watched throughout the season. Leith by far had the loudest support crew out of any of the clubs, which is a great indication of just how friendly and supportive everyone is.

Men's Track and Field Captain's Report

Marc Boullé

Neale McLanachan and Kees Keizer were the achievers in the senior men's grade. John Bayne, Conor Delahunty, and Bill Kenny in the masters men's grade, and Mark O'Donnell in the senior men's grade, raced persistently throughout the season. Kees left for windier pastures in Wellington midway through the season. We wish him all the best at his new club, and thank him for the sterling performances he put in at the track.

Our senior men's grade was somewhat depleted this season due to the new 35+ masters men's grade, departures and the lack of junior athletes moving up to the senior men's grade. This is an area which needs urgent attention if we are to be competitive in this grade.

Notable performances. Richard Hendry ran his best race of the track season on 6 November when he won the 3000 metre masters men's grade in 9:47.72. Neale McLanachan achieved a personal best time of 8:42.27 for the 3000metre

race on 20 November. In the same race Angus Taylor in the BU17 grade ran close to 9:12.00 (officially 9:17.4 due to him not finishing outside the cones). Leith's 2004 Moro Marathon Champion Stephen Skilling celebrated his return to competition, after a break from hard training, with an easily paced run to win an 800m race in 2:14.52 on 5 February.

Conclusion. Thanks to Trevor King and Chris Sole for their squad training sessions. To all those who helped in club duties – a big thank you. We still need more people to offer their help in this regard as it lessens the burden on those who regularly help. Steve Smith and Winifred Harding did a great job officiating and helping at the throws events. We would also like to thank Jim Flynn for his support and encouragement from the stands.

Track and Field Meet Results

Marc Boullé

Otago 10,000 Metre Championships (4 December 2004). Marc Boullé flourished in a weakened senior men's field to win the masters men's grade and finish third overall with his best time on the track for many years of 35mins 49secs.

Otago 3000 Metre Champs (18 December 2004). Neale McLanachan ran an excellent 9:00.13 to win the senior men's title. Kees Keizer was not far behind to finish fourth senior man in 9:03.01. Kirsty Morris took the junior women's title in a time of 10:39.62. Natalie Cobby was the third junior woman home.

Otago 5000 Metre Championships (29 January 2005). Marko Draganoff was Leith's best-performed athlete finishing in 17:06.40 to finish eighth overall and second in the master men's grade. Third in the master men's grade was Marc Boullé. Once again Kirsty Morris ran superbly to win the junior women's title finishing in 18:30.50 to demonstrate the improvements she has made during the season.

Otago Championships Weekend (19/20 February 2005). Neale McLanachan ran a fast 4:08.54 to finish tenth in the open men's 1500m. This effort won him the Ferguson Rose Bowl for the fastest 1500 metre achieved by a club

member at the Otago Championships. Conor Delahunty ran well to finish second in the master men's 800m in 2:08.66. In the junior women's 1500 metre championships, Julia Scoones running into form ran a superb 4:46.01 to finish third, while Kirsty Morris finished a close fourth in a personal best time of 4:46.70. Winifred Harding came second in the hammer throw with a great throw of 25.46 metres. Sandra Dingwall jumped 6.51 metres to come second in the masters' triple jump. Winifred threw 9.04 metres to win the master's shot put and second in the masters' weight throw with 9.74 metres. Natalie Cobby came third in the women's 15-19 age group 1500 metres with a time of 5:06.83. Sandra Dingwall was second in the master's javelin with a throw of 16.16 metres while Winifred Harding was third with 13.86 metres. Sandra also came third in the master's long jump with 3.16 metres. Winifred finished third in the master's discus with a throw of 22.95 metres.

Track and Field Trophies

The results of the aggregate points system accrued by the athletes over the summer season were as follows:

- Jubilee Cup – Senior Men Track Aggregate – Neale McLanachan (43 points)
- C G Donaldson Cup – Junior Women's Aggregate – Kirsty Morris (44 points)
- Club Cup – Colts U17 – Angus Taylor (9 points)
- R K Heaps Cup – Girls U17 – Elyse Fraser (42 points)
- Athletes Cup – Senior Women – Meredith Molloy (15 points)
- Leith Club Cup – Masters Men – John Bayne (46 points)
- Leith Club Cup – Masters Women – Winifred Harding (76 points)
- Track and Field Cup – most number of firsts – Winifred Harding (19 first placings)

Next issue

Keep a look out for the next issue around the beginning of August. Will include:

- Barnes X-Country
- Edmond Cup
- Hughes Road Race
- Otago X-Country Champs and more!

Remember, articles/photos for the next issue can be emailed to Andrew Lonie on maps@paradise.net.nz, or talk to any of the other editors: Marc, Meredith, Jan C, Greg or Kirsty. We also very keen for any feedback on this issue as it is the first one for a while.

Joe Cowie Memorial Races 21 May 2005: Three Mile Race

Place	Name	Surname	Grade	Finish Time	Handicap	Actual Time	Time Placing
1	Grant	McDougall	SM	25.15	6.30	18.45	12
2	Cate	Shields	MW	25.34	3.45	21.49	19
3	Steve	Smith	MM50	25.35	6.45	18.50	14
4	Andrew	Lonie	SM	25.43	9.30	16.13	2
5	Richard	Hendry	MM	25.46	9.00	16.46	3
6	Gisela	Sole	MW	25.52	1.45	24.07	24
7	Helen	Hendry	MW	25.55	3.00	22.55	23
8	Ed	Stevens	MM50	25.56	7.00	18.56	15
9	Clare	Pascoe	MW	25.57	3.15	22.42	21
10	Alan	Funnell	SM	26.00	9.00	17.00	4
11	Kirsty	Morris	W19	26.06	7.30	18.36	11
12	Brian	Pascoe	MM	26.07	9.00	17.07	5
13	Andrew	Perry	SM	26.12	9.00	17.12	6
14	Rod	McCall	MM	26.15	8.45	17.30	7
15	Bill	Kenny	MM50	26.17	4.00	22.17	20
16	William	Hyndman	M19	26.18	7.30	18.48	13
17	Neale	McLanachan	SM	26.23	10.30	15.53	1
18	Adele	Poulter	MW45	26.25	0.30	26.25	27
19	Jan	Brosnahan	MW45	26.30	5.45	20.45	17
20	Alison	Perry	SW	26.32	3.45	22.47	22
21	Mark	O'Donnell	SM	26.39	8.30	18.09	9
22	Lorne	Singer	SM	26.44	8.45	17.59	8
23	Jim	Flynn	MM50	27.01	1.45	25.16	25
24	Ron	McLay-Barnes	MM	27.05	8.30	18.35	10
25	Meredith	Molloy	SW	27.11	6.15	20.56	18
26	Carol	Stevens	MW	27.20	0.00	27.20	29
27	Christine	Leith	MW	27.29	1.00	26.29	28
28	Brendan	Ford	M19	28.03	7.30	20.33	16
29	Trevor	King	MM50	28.09	1.45	26.24	26

2km Race

1	Debbie	Lambie	W16	9.20	1.50	7.30	2
2	Jessica	Shields	W16	9.26	2.00	7.26	1
3	Laura	Scoones	W19	9.37	1.20	8.17	4
4	Natalie	Jacobs	W19	9.40	1.10	8.30	6
5	Emily	Scoones	W19	9.48	1.30	8.18	5
6	Natalie	Cobby	W19	10.08	2.10	7.58	3

500m Children's Race

1	Grace	Perry	G10	2.41	0.40	2.01	2
2	Erin	Knox	G10	2.42	0.15	2.27	4
3	Liam	McCall	B13	2.45	0.55	1.50	1
4	Izzak	McCall	B10	2.59	0.30	2.29	5
5	Reuben	Knox	B10	3.01	0.40	2.21	3

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