

Leith Times



Welcome everyone to the 2007 Winter Harrier Season. We would also like to extend a special welcome to new members and to new office bearers for 2007: in particular our new president Rod McCall, new secretary Jill Alexander and new treasurer Peter Hughes.

So far we have had very good participation at both club and interclub races, in fact there have been so many races a row there has hardly been a chance to get down to the clubrooms – we look forward to some more Saturday afternoon club runs over the next few months.

Thanks to all who have taken photos at the races and sent them in – these are great for the newsletter and also for the photo album on the website. Stories or photos for the next issue can be emailed to Andrew Lonie at maps@paradise.net.nz

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Noticeboard

- Earlier in the year Ed & Carol Stevens moved up to Wanaka to take up a job managing the Wanaka Homestead (www.wanakahomestead.co.nz). While we miss their presence in Dunedin, they will be down for the odd race or two (notably Ed came down to run on the Ponydales course he devised last year). Also Ed is organising a **rogaine event on 16th June in Wanaka**, with 3 and 6 hour options available. For more details, see the Wanaka Homestead website above!
- **Leith Midwinter Social** – Christine and the social committee are organising a **bowling night** on Saturday 23rd June (after the Edmond Cup), 7.30 pm at

Bowl-Line in Kaikorai Valley Rd. Cost is \$10 for 2 games and there will plenty of time for socialising afterwards as the social room upstairs has been booked. Contact Christine if interested so she can get an idea of numbers: ph 4739423, text 021 502456 or email

christine.leithjoinery@xtra.co.nz.

- **Edmond Cup**: this is a 100th anniversary event and takes place at Wingatui on Saturday 23rd June. There are teams events for both men and women so it would be great to have as many Leith competitors as possible. This year all competitors receive a commemorative medal. Contact Marc Boullé (ph 4667962 or marcb@clear.net.nz) to enter.
- **Funding for national events**: if you wish to apply for funding for national events, please contact Adele Poulter on 454 6407. Ideally you should contact Adele three months before the event, to allow time to get applications in.
- **Naseby Great Water Race**. Jamie Sinclair is organising this ultramarathon event at Naseby on Saturday 25th August, with 50 km and 50 mile options. For more details see the race website www.greatnasebywaterrace.co.nz or contact Jamie on 488 3391 or jamie@greatnasebywaterrace.co.nz.

Chris Sole's training sessions

- Mondays and Tuesdays, 5 pm Steady run starting from Chris Sole's place, 5 Monro St, Maori Hill
- Wednesday 1 pm Steady run from Chris Sole's place 5 Monro St
- Thursdays, 5 pm Hill session starting from Chris Sole's place, 5 Monro St, Maori Hill (or 5.15 pm by swings in Woodhaugh Gardens)
- Friday, 12.30 pm Steady run from Chris Sole's place 5 Monro St

Other training sessions

- Sunday, 9 am Longer run leaving from John McGlashan field, Maori Hill. Contact Marc Boullé (4667962) to confirm.
- Monday, 6-7 pm Eddie Smith is running a core session at the Hill City clubrooms which many of the Leith women have been attending. Contact Jan Craig for more details (4640250)

Otago Mountain Running Series

The 2007 Otago Mountain Running Series, consisting of The Great Waipori Footrace, King of the Mountain, and The Three Peaks was well contested by Leith members with some very good results. **Note: for full results of all three mountain races see the results pages of the website: www.leithharriers.com/resultspage.html**

In the Open Men's grade Neale McLanachan became the mountain running titleholder for the first time, breaking the 5 hour mark on combined time. After a 1 minute loss at Waipori to last year's titleholder Andrew Lonie, McLanachan was too strong on the uphill and proceeded to win the King of the Mountain race. He followed this by a time of 2:03:04 in the Three Peaks – a PB performance by over five minutes and enough to earn him third place overall after Australian international John Winsbury (1:56:28) and Glen Ferguson (2:02:27). Second in the series was Andrew Lonie, followed by an improving Peter Jenkins from Ariki. Jason Palmer did not run the Three Peaks but ran well in the Waipori Footrace and King of the Mountain to finish 4th and 5th Open Man respectively.

In the Open Women's grade Sarah Chisnall was once again totally dominant, with victories in all three races and a record breaking performance in the Three Peaks of 2:09:04, eclipsing Shireen Crumpton's 1999 effort by 19 seconds. As has often been the case in these races Sarah was an extremely strong finisher in this race, passing many of the leading men on the ascent and descent of Mt Cargill. Second in the series was Hill City's Cindy Lowe, followed by Sarah

Goldsmith who completed the series for the first time.



Three Peaks: Craig Grant and Sarah Chisnall (Photo: Ian Muir).



Three Peaks: Viv Eyers (Photo: Ian Muir).

Richard Hendry had a comfortable victory in the Masters Men 35+ series with a particular good run of 2:08:35 at Waipori. Glen Ferguson did not compete at Waipori but claimed a Masters Men 35+ course record at Whare Flat, where a punishing uphill run earned him a time of 56:04 and almost an overall victory. He again claimed the Masters Men race and second overall at the Three Peaks. Consistent running from the improving Julian O'Hagan was rewarded with second place in the series, and Ariki's Allan Williment finished third.

Recent rapid improvement from Sue Cuthbert led her to a convincing series victory in the Masters Women 35+ section, with an excellent aggregate time of 6:08:37. She was followed in her grade by Linda Murdoch. Jan Craig, although not

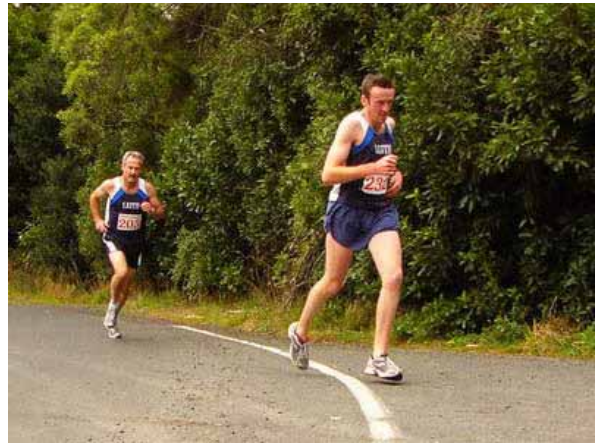
satisfied with some of her runs was still good enough to claim third in a very competitive grade.



Andrew Moore completes the final stretch of the Waipori Footrace. Andrew finished in a time of 2:39:03 and was also 6th equal in the Masters Men 35 series (Photo: Andrew Lonie).



Three Peaks competitors start at Woodhaugh (Photo: Karen Hartshorn).



Neale McLanachan and Glen Ferguson prepare to tackle the Pineapple Track (Photo: Ian Muir).

The Masters Women 50+ title was not contested, but as usual there was fierce competition in the Men's equivalent. Arika's Malcolm Hammond appeared to be heading for a clean sweep after a blistering 2:15:51 in Waipori, but Dave McLean put a stop to that by barrelling past him in 'The Chute' in the Three Peaks, going on to win the Masters Men 50 section of the race in 2:28:36. A fresh looking Gerald Scoones was third in the series with a combined time of 6:19:51. Special mention must also go to his brother John who completed his 20th Three Peaks race. Although there was no Masters Woman 50+ competitor in all three races, Viv Evers had a great run in the Three Peaks to finish in 2:40:54, a time which would have given her third place in the MW35 section.



John Scoones in Leith Valley, in his 20th Three Peaks race (Photo: Karen Hartshorn).

On a final note it must be remembered that an incredible amount of organization goes into these

racers, especially the Waipori Footrace and The Three Peaks where there is limited road access to drink stations, and considerable course marking, track cutting and landowner negotiation required. In this regard special thanks to Ed and Carol Stevens, and Steve Smith, and all those who helped them set up these races. The fact that everyone enjoyed these races and was able to find his or her way is a great credit to them.

Club mile and age related races

The Club Mile and Age Group Races, incorporating the Lovelock Trials, were held on Saturday 28th April. Conditions were cool, overcast with little wind, and the track was a bit soft after wet weather the preceding week. There was a very good turnout, which happily coincided with both Cliff Donaldson and Jim Flynn's birthdays.

In the first race, Boys and Girls U10, Reuben Knox was quick around the track to win in a time of 1:34 for the 400m.

Boys/Girls Under 10 Results:

Position	Name	Time
1	Reuben Knox	1:34
2	Izaak McCall	1:43
3	Erin Knox	1:45
4	Leighton Nicholls	1:55
5	Bruce Knox	2:49

The next race, Boys and Girls U14, only had two contestants Liam McCall and Zac Bayne, who both ran the 800m well to finish in 3:15 and 3:27 respectively.

The third race combined Senior Women and Masters Women. Kirsty Morris won convincingly in 5:23, a big improvement on her previous year's winning time of 5:48. Christine Leith was the sole Masters Woman to compete and finished in a time of 8:06.



Reuben Knox powers to the finish of the Boys and Girls Under 10 race (Photo: Andrew Lonie).

Senior/Masters Women Results:

Position	Name	Time
1	Kirsty Morris	5:23
2	Meredith Molloy	5:56
3	Sarah Walker	6:13
4	Rachel Sloan	7:03
5	Christine Leith MW35	8:06

The men were split into Race Four, combining Senior Men and Men U19, and Race Five, combining MM35 and MM50. In Race Four John Winsbury (4:44) showed little signs of wear after his convincing victory in the Three Peaks six days earlier, despite the best efforts of Neale McLanachan who mounted a late challenge to finish just one second back. Will Sew Hoy, the sole M19 competitor, started at a good pace and managed to hold on to finish in a creditable 5:28.



Christine Leith was the sole MW35 entrant (Photo: Andrew Lonie).



John Winsbury makes a break for the finish line, pursued by Neale McLanachan (Photo: Kirsty Morris).

Senior Men/Men U19 results:

Position	Name	Time
1	John Winsbury	4:44
2	Neale McLanachan	4:45
3	Andrew Lonie	4:56
4	Mark O'Donnell	5:13
5	Jason Palmer	5:18
6	Will Sew Hoy M19	5:28
7	Robin Janata	5:33
8	Murray McCloy	6:42

Race Five promised to be a highlight with 16 competitors, 12 in the MM35 grade and 4 in the MM50 grade. Glen Ferguson attacked going into the back straight for the first time and from there on steadily increased his lead to finish in a time of 4:59. Steve Skilling finished second in what looked to be a comfortable 5:13; from then on runners came in thick and fast with a sprint finish between Alan Funnell and Greg Cook to decide third place. Marc Boullé won the MM50 section with a well controlled run of 5:38.

Masters Men results:

Position	Name	Time
1	Glen Ferguson	4:59
2	Steve Skilling	5:13
3	Alan Funnell	5:15
4	Greg Cook	5:16
5	Richard Hendry	5:19
6	John Bayne	5:22
7	Rod McCall	5:31
8	Ray Knox	5:33
9	Julian O'Hagan	5:35
10	Marc Boullé MM50	5:38
11	Gerald Scoones MM50	5:43
12	Ian Muir	5:46
13	Graham Anderson MM50	5:56
14	Peter Hughes	6:07
15	Grant McDougall	6:20
16	Pete Nees MM50	6:58

Lovelock Relays

Conditions were perfect for the 2007 Lovelock Relays on Saturday 5 May, with the track having dried out over the previous couple of days and very warm sunny conditions.

This year's relays had a record number of entries and Leith made a significant contribution, fielding 10 teams.

First was the Men's B Grade in which the Leith SM2 team competed and attained 4th place. The team consisted of Will Sew Hoy, Pete Hughes, Murray McCloy, Grant McDougall, Robin Janata and Elliot Nicholls. Elliot had a particularly good run following up a recent school cross-country victory, with a sharp time of 4.49, one of the faster times in this grade.



Sarah Goldsmith passes to Julia Clearwater in the Senior Women's race (Photo: Rowan Greig).

Next was the Women's B Grade which included two Leith teams, Leith SW2 and Leith High School Girls. Sarah Walker got the Leith SW2 team off to a fast start with her 5 minutes 40 seconds. Kelly Knight, Tania Drummond, Rachel Sloan completed a great team effort to finish second in this grade. The Leith High School Girls team (named Leith SW3) ran well but unfortunately due to some confusion in how many laps some of the runners had run, were

disqualified. However, well done to the team members Bobby King, Jo Brook, Lil Clearwater and Sarah Thomas for putting in a great effort – good to see some depth developing in the Leith Senior Women's grade.



Glen Ferguson continued his dominance of Masters running with fastest time of 4:25 (run in the SM team) and second equal fastest time of 4:30 in his second race, for the MM team (Photo: Rowan Greig).

The Men's A Grade was destined to be a battle between Arika and Canterbury University with the others fighting it out for third place. Leith had some new blood with Jason Palmer and visiting Swedish 800m Johan Bagge running for the team. Old campaigners Neale McLanachan, Glen Ferguson, Mark O'Donnell and Andrew Lonie made up the rest of the team. Neale kept apace with the frontrunners and a strong finish ensured the reward of fastest Leith time in the relays of 4:14. Then Glen Ferguson put in a blast of 4:25, fastest Masters Man in the event. Mark, Andrew and Jason put in 100% effort through the middle stages. Johan ran a blistering 56 second first lap, and looked like overtaking Hill City, before tiring

a little – but still recording an excellent time of 4:15 and bringing the team home in 5th place.

The Leith SW No.1 team consisted of Kirsty Morris, Meredith Molloy, Sarah Goldsmith and Julia Clearwater. Kirsty celebrated her graduation by running 5 minutes flat, fastest Leith and third fastest time overall. Meredith also had a good run posting 5:17. Sarah Goldsmith and Julia Clearwater, were more used to endurance running, nevertheless put in solid efforts to bring the team home in 5th position.

The Masters Men race promised to be an exciting one for Leith members to watch, with two teams entered. The No. 1 team of Dave Rush, Steve Skilling, John Bayne, Greg Cook, Richard Hendry and Glen Ferguson did exceptionally well, finishing 2 laps ahead of the nearest opposition in a total time of 28:14. The team started and finished with a bang, with both Dave Rush and, running for the second time, Glen Ferguson, posting times of 4:30. The ‘nearest opposition’ turned out to be the Leith MM2 team, with the critical lap being No. 5 where Julian O’Hagan put in a burner and overtook Hill City. Ray Knox made no mistake in finishing it off with a sharp run of 5:05.



Dave Rush leads the field on Lap 1 of the Masters Men race, with Rod McCall just behind (Photo: Rowan Greig).

In the Under 12 races there were two Leith children’s teams. The team of Liam McCall, Natalie Pascoe, Reuben Knox and Michaela Hodges enjoyed themselves in finishing fifth in this race over 4 laps. Then in a separate race, Izaak McCall, Leighton Nicholls, Bruce Knox and Erin Knox had a great time running a lap each of the 375m circuit to finish ninth. These kids are getting out and competing regularly which is great to see, especially as they are the future of the club!



Bruce Knox in Leith uniform (Photo: Rowan Greig).

Finally it was time for the Masters Women/Social combined race. The Leith MW1 team consisting of Jan Craig, Karen Blackwood, Cindy Bradburn and Jan Brosnahan finished in third place in a very competitive grade. Jan Craig was fastest Leith runner in this race with a time of 5 minutes 42 seconds. The ‘Typical Leith’ team of Peter Nees, Christine Leith, Richard Hendry and Jim Flynn seemed to have great fun running this one, with Hendry doing another good time of 5 minutes. Nees dipped under 6 minutes, while (Christine) Leith edged out Flynn.



Jan Craig on her way to 5th fastest Masters Women time overall (Photo: Rowan Greig).

Joe Cowie Memorial Races

The Joe Cowie Memorial Races, incorporating the Club 3 Mile Handicap were held on another fine, warm Saturday with a conspicuous lack of wind for the wharf area, in other words ideal running conditions.

The 500m Under 12 race was a close affair with Bruce Knox not quite managing to hold out a fast finishing Izaak McCall who posted a good time of 2 minutes flat. Fastest time of 1:39 went to Liam McCall.

500m Under 12 Results:

Position	Name	Time
1	Izaak McCall (40s hc)	2:00
2	Bruce Knox (Go)	2:41
3	Natalie Pascoe (55s)	1:49
4	Liam McCall (1m 05s)	1:39
5	Erin Knox (40s)	2:05
6	Reuben Knox (50s)	1:57

The 2km Junior race had just two competitors, Tania Drummond and Jesse Bain. Both started

off the same handicap with Tania finishing in a very good time of 8:42 and Jesse not far back in 8:58.

The Three Mile event was won convincingly by Christine Leith. Jim Flynn, who admitted to feeling energised before the race, was second. Third was Glen Ferguson who posted an excellent time of 15:14, only seven seconds slower than fastest men's timegetter John Winsbury. Fastest women's time of 17:02 went to Kirsty Morris, who continues to improve. Second fastest woman was Sarah Walker with 20:09. Several other runners posted good times, auguring well for the upcoming Ponydale races.



Izaak McCall and Erin Knox in the hands of starter Trevor King, in the children's 500m handicap race (Photo: Andrew Lonie).



Julian O'Hagan hones in on John Bayne. John had overcome a 15 second deficit but seconds later was pipped on the line by Julian (Photo: Ron McLay-Barnes).



Reuben Knox gets into his stride (Photo: Andrew Lonie).

Open 3 Mile Results:

Ln Pl	First name	Last name	Handicap	Line time	Actual time	Tm Pl
1	Christin	Leith	0:01:00	0:24:47	0:23:47	26
2	Glen	Ferguson	0:10:15	0:25:29	0:15:14	2
3	Jim	Flynn	0:00:00	0:25:35	0:25:35	28
4	Andrew	Lonie	0:10:15	0:25:43	0:15:28	3
5	Graham	Anderson	0:07:00	0:25:47	0:18:47	16
6	Mark	O'Donnell	0:09:30	0:26:00	0:16:30	5
7	Peter	Morris	0:07:45	0:26:02	0:18:17	14
8	John	Winsbury	0:11:00	0:26:07	0:15:07	1
9	Alan	Funnell	0:10:00	0:26:08	0:16:08	4
10	Richard	Hendry	0:09:30	0:26:11	0:16:41	7
11	Ray	Knox	0:09:00	0:26:15	0:17:15	9
12	Kirsty	Morris	0:09:15	0:26:17	0:17:02	8
13	Gerald	Scoones	0:08:30	0:26:27	0:17:57	12
14	Jason	Palmer	0:10:00	0:26:36	0:16:36	6
15	Alastair	McAlevy	0:07:15	0:26:51	0:19:36	18
16	Julian	O'Hagen	0:09:15	0:26:55	0:17:40	11
17	John	Bayne	0:09:30	0:26:55	0:17:25	10
18	M	Baker	0:08:30	0:27:11	0:18:41	15
19	Tim	Bain	0:03:00	0:27:16	0:24:16	27
20	Ian	Muir	0:09:00	0:27:17	0:18:17	13
21	Hazel	Manson	0:05:45	0:27:20	0:21:35	22
22	Sarah	Walker	0:07:15	0:27:24	0:20:09	20
23	Peter	Nees	0:06:15	0:27:43	0:21:28	21
24	Sarah	Backler	0:06:15	0:28:07	0:21:52	23
25	Dave	Sharp	0:09:00	0:28:19	0:19:19	17
26	Rachel	Sloan	0:05:15	0:28:36	0:23:21	25
27	Murray	McCloy	0:06:30	0:29:20	0:22:50	24
28	Chris	Sole	0:09:30	0:29:34	0:20:04	19



Club 3 Mile: New member Hazel Manson ran a very good time of 21:35 (Photo: Andrew Lonie).

Ponydales

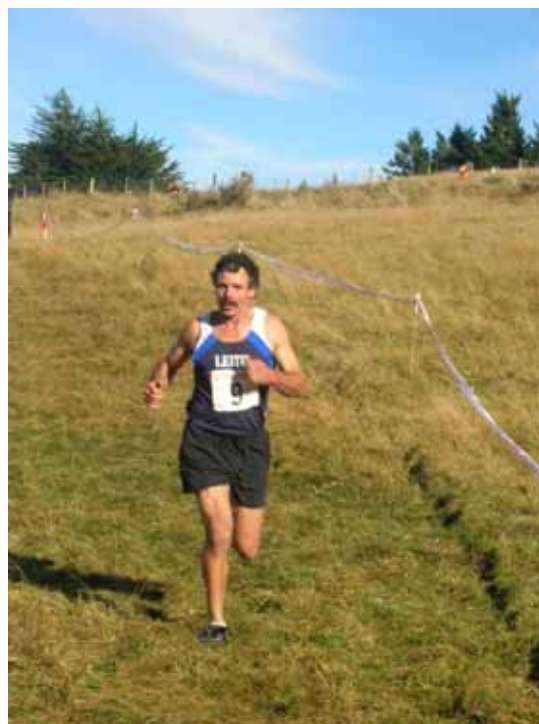
Like the Lovelocks a fortnight earlier, Leith members really got involved in this event with 12 teams competing. Also like the Lovelocks, the weather was perfect resulting in a reasonably dry track and a very enjoyable afternoon watching all the races other than one's own.

Thanks to a hard-working race committee the event went like clockwork and all those participating seem to enjoy themselves, comments ranging from 'Typical Leith – a real family event' to 'This is a really good crossy course. In fact probably the best in the world.'

The first race combined Masters Men 35+, Masters Men 50+, Social/Mixed and Boys Under 16, a total of 25 teams. In the MM35 section, the Lovelocks quinella was repeated with the team of David Rush, Alan Funnell, Richard Hendry, Steve Skilling winning in a time of 30:28. Rush ran fastest time of 7:26, and Skilling second fastest equal (with Ariki's Brent Halley) in 7:34. They were followed by the tight-knit unit of John Bayne, Rod McCall, Ray Knox and Julian O'Hagan, who were separated in time by just 14 seconds. The Leith MM3 team consisting of Ian

Muir, Pete Hughes, Grant McDougall and Dave Sharp finished fifth of the MM35 teams.

In the Masters Men 50+ section, Gerald Scoones got the MM50 No. 1 team off to a flyer with third fastest MM50 time of 8:21. Then Peter Morris and Dave McLean ran well to keep things neck and neck with the main opposition, Ariki MM50 Black. There was a good battle on the last leg between Marc Boullé and Malcolm Hammond but in the finish Marc was able to edge away and was rewarded with fastest MM50 time of 8:16, with Malcolm getting second fastest of 8:20. Ed Stevens, Alistair MacAlevey, Pete Nees and Graham Anderson claimed third place in the MM50 grade, with a very good final leg from Graham of 9:08.



Dave McLean competing in the MM50 No.1 team at the Ponydales (Photo: Andrew Lonie).

Tim Bain, Christine Leith, John Bayne and Marc Boullé ran in the Social/Mixed grade and came home in fifth position, John hardly having finished in the MM35 No.2 team before he was off again!

The next race combined Senior Women, Masters Women and Girls Under 16. The Leith SW No. 1 team of Sarah Walker, Jill Alexander, Sarah Backler and Viv Eyers ran very consistent times

and did well to finish 7th in a very competitive grade, with a particularly good run from Sarah B of 9:33. The Leith SW No. 2 team of Sarah Goldsmith, Hazel Manson, Rachel Sloan and Julia Clearwater were also consistent with Rachel showing signs of rapid recent improvement. Leith SW No. 3 was Sarah Thomas, Talia Allison, Tania Drummond and Annie McHale, with Sarah running a very good time of 10:35.

Race Three was the 12 and Under Mixed teams, which included Leith Children White (Izaak McCall, Hayden Funnell, Erin Knox and Liam McCall – running for the second time) and Leith Children Blue (Liam McCall, Natalie Pascoe, Reuben Knox and Zac Bayne). Leith Children White finished fifth and Leith Children Blue 12th.

The final race was the Senior Men. The Leith SM No. 1 team of Glen Ferguson, Andrew Lonie, Mark O'Donnell and Alan Funnell had a difficult assignment with Neale McLanachan and John Winsbury not running. However everyone ran at or above expectations and the team finished a very creditable 7th, at one stage managing 4th position in the race.



New Leith member Sarah Backler posted fastest time in the SW No. 1 team of 9:33 (Photo: Ed Stevens).



Alan Funnell ran for both the MM35 and the SM No. 1 teams (Photo: Ed Stevens).



Natalie Pascoe ran the second lap in the Leith Children's Blue Team (Photo: Ed Stevens)

Next issue

- Barnes Cross Country
- The Chingford Challenge – University/Leith Cross Country Challenge
- Edmond Cup 100th Anniversary – including ‘50 years ago’ by Cliff Donaldson
- Otago Cross Country Champs

and more!

Remember, articles/photos for the next issue can be emailed to Andrew Lonie at maps@paradise.net.nz

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