

The Three Peaks Mountain Race Events

Sunday, 11 October 2020

Race Directors: Steve Tripp and Mark O'Neill

Leith Harrier & Athletic Club Inc. Dunedin

Weather: Partly cloudy with North to North Easterly winds, temp about 15 Celsius

Distances are approximate



Race Directors Steve Tripp and Mark O'Neill put in a tremendous amount of work and are to be congratulated in making the Three Peaks Mountain Race Events a resounding success, the introduction of the 52km Ultra, reintroducing the 2-member teams 26km relay race, the 11km Race the Summit and the 11km recreation walk and taking them all to a whole new level. The addition of the Three Peaks Plus One 52km Ultra was a massive undertaking and congratulations to the race directors, marshal organiser Siobhan McKinlay, other key assistants on the weekend of the race, and all those who helped behind the scenes. Congratulations and thanks to all those who participated, their supporters, and to all the volunteers who helped to make this a great day of tough and enjoyable trail running. Thanks to our sponsors who without their support an event like this would not take place. See further below for reports from participants Chris Bisley, Lydia Pattillo, Sharon Lequeux and Tadhg Ryan-Charleton

The Inaugural Emersons 52km Three Peaks Peaks Plus 1

This was an exciting year for organisers, runners and spectators alike – the first Ultra Running event in Dunedin, which included nearly all the iconic 26km Three Peaks route with a big detour. The extra 26km added in an extra mountain with a brutally steep climb, some beautiful single track through native forest, a river crossing and a wee bit of mud. Some 85 entrants headed out on this 52km adventure. As tired runners headed up to the crest of the last peak, Mt Cargill, they could hear the welcome skirl of the bagpipes provided by pipers Oe Hayward (15) and Sophie McLellan (13) which gave them extra encouragement.



Chris Bisley wins it the tough way

Accomplished Master Male 40-49 endurance runner Chris Bisley made the most of the opportunity in tackling this event for the first time, winning it outright in fastest time of 5 hours 20 minutes 5 secs. However, he did not have it all his own way with the likes of Open Male runners, Lewis Latham, Tom Spencer and Thomas Hadley trying their best to spoil his party. See Chris's brilliant account of his run later on in this report.

Lewis Latham claimed first in the Open Male grade

First placed Open Male runner Lewis Latham from Queenstown threatened for overall first place honours and an injury concern for awhile put Bisley's podium position in some doubt. Bisley and his never-say-die attitude prevailed in the end with Latham finishing not far behind him in 5 hours 22 minutes 33 seconds. Latham took first Open Male honours.

Others who threatened to steal the show were local Open Male runners Tom Spencer finishing in 5 hours 25 minutes 16 seconds third overall and second in the Open Male grade and Thomas Hadley finishing in 5 hours 26 minutes 9 seconds who took fourth overall place and third in the Open Male grade. In a great spirit of camaraderie it was great to see Jamie Gardner of Dunedin and Ben Mangan from Christchurch finishing in equal overall fifth place and equal fourth in the Open Male grade in 5 hours 40 minutes 45 seconds. Takaaki Hatanaka from Hamilton 26th overall and James Montgomery of Dunedin 37th overall completed the Master Male 40-49 podium places with times of 6 hours 43 seconds 6 seconds and 6 hours 51 minutes 50 seconds respectively.

Sharon Lequeux's Excellent Race



Leith's Sharon Lequeux had an excellent race finishing in tenth place overall in 6 hours 2 minutes 39 seconds. In doing so she won the Open Female title. In another display of camaraderie Leith's Orlaith Heron and Caversham's Kristy Eyles finished equal second in the Open Female grade and equal 28th overall. In 6 hours 43 minutes 28 seconds. Brooke Thomas of Queenstown finished fourth in this grade in 6 hours 56 minutes 39 seconds.

Michael Pullar won the Master Male 50-59 title

Another having an exceptional run was Master Male 50-59 runner Michael Pullar of Dunedin who finished 17th overall and first in his grade in 6 hours 27 minutes 8 seconds. Dunedin's Murray Gray finished second in this grade in 6 hours 49 minutes 49 seconds with Phil Page also of Dunedin finishing third in 6 hours 55 minutes 46 seconds.

Emily Sterk and Lucy Mills represented the Master Female 40-49 grade

There were just two finishers in the Master Female 40-49 grade but they made the most of the opportunity. Emily Sterk from Waikouaiti was first in this grade in 7 hours 30 minutes 53 seconds with Auckland's Lucy Mills second in 7 hours 53 minutes 41 seconds.

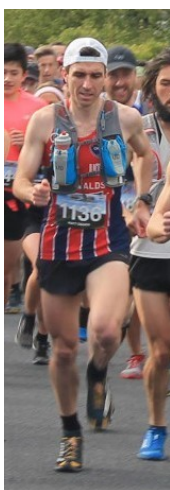
Dunedin's Ali Barbara showed the youngsters how it is done

In the Master Female 60+ grade, the sole entrant, Dunedin's Ali Barbara showed the youngsters how it is done by finishing in a time of 9 hours 40 minutes 40 seconds.

Wanaka's Malcolm Law had a great run

Wanaka's Malcolm Law had a great run finishing 58th overall and first in the Master Male 60+ grade in 7 hours 47 minutes 12 seconds. Second and third were Dunedin's Roger Leslie in 8 hours 7 minutes 50 seconds and Dave McLean (Leith) in 8 hours 33 minutes 7 seconds.

The Shoe Clinic Three Peaks 26km Mountain Race



The 37th running of this iconic 26km Mountain Race

Woodhaugh St, Flagstaff, Swampy Summit, Mt Cargill, Chingford Park

The Man from “The Brook” wins it

Open Male runner Matt Ogden from “The Brook” won the 26km Three Peaks race with fastest time of 2 hours 11 minutes 53 seconds out of a field of 250 competitors. In doing so he took the crown from the defending champion Hamish Elliot of Oamaru, by just 43 seconds, who finished a narrow second in the Open Male grade in 2 hours 12 minutes 36 seconds (also second overall). Just a minute back in third place was Dunedin’s Harry Wager Dunedin in 2 hours 13 minutes 42 seconds (third overall).

Kirsty Moffett takes the Open Female Crown

Dunedin’s Kirsty Moffett had an excellent run finishing 17th overall in 2 hours 42 minutes 48 seconds winning the Open Female grade in 2 hours 42 minutes 48 seconds. There was no time for her to relax as second placed Chlo Galtier from Sebazac (France) 26th overall in 2 hours 46 minutes 26 seconds and third placed Auckland’s Fiona Love 27th overall in 2:46:58 were not that far behind her.

The Under 20 runners had a great day out

Dunedin’s Archie Ritchie won the Male Under 20 grade finishing a creditable 10th overall in 2 hours 32 minutes 34 seconds. Josh Hou also of Dunedin, finished 12th overall and second in this grade in 2 hours 34 minutes 23 seconds. William Hadley, hailing all the way from New Plymouth, finished third in 2 hours 38 minutes 1 second and 15th overall. The Under 20 Female grade only had two entrants. Skyler Ellington of Dunedin finished first in this grade in 3 hours 58 minutes 48 seconds and Dunedin’s Ashleigh McDonald finished second in 4 hours 7 minutes 58 seconds.

Leith’s Andrew Lonie has a fairly comfortable win

Leith’s Andrew Lonie won the Master Male 40-49 title finishing seventh overall in 2 hours 23 minutes 23 seconds, comfortably ahead of second placed Simon Leaning also of Leith who finished 13th overall in 2 hours 35 minutes 45 seconds. Queenstown’s Petr Streit finished third in 2 hours 47 minutes 12 seconds.

Andrew Perry wins the Master Male 50-59 title

Dunedin’s Andrew Perry also had a fairly comfortable win in this grade finishing an excellent 14th overall in 2 hours 35 minutes 51 seconds. Craig McEwan (Dunedin) finished second in 2 hours 50 minutes 37 seconds with Dunedin’s Andrew Sutherland third in 2 hours 54 minutes 55 seconds.

Prue Orchiston breaks the Master Female 50-59 record by just 20 seconds

Dunedin’s Prue Orchiston had an excellent race, finishing 62nd overall and winning this grade in 3 hours 10 minutes and 57 seconds, breaking the long standing record of 3:11:17 set by Sally Nichol in 2010. (*a slight hiccup in the results - early starters vs later starters - took us awhile to confirm this record – apologies for this*). Another Dunedin runner Katherine Boomer was second in 3 hours 41 minutes 47 seconds and third was Kate Hobsley who finished in 3 hours 50 minutes 1 second completing the podium for this grade. Marie Ford from Wanaka was the lone Master Female 60+ runner, finishing in 4 hours 10 minutes 21 seconds.

Rachael Tucker wins the Master Female 40-49 title

Rachael Tucker won this grade in 3 hours 5 minutes 7 seconds. Leith’s Siobhan McKinlay finished second in 3 hours 29 minutes 17 seconds with Dunedin’s Alice Barach third in 3 hours 31 minutes 28 seconds.

The Shoe Clinic Three Peaks 26km Mountain Race – continued.....

Peter Ford lead the way in the Master Male 60+ grade

Dunedin's Peter Ford won the Master Male 60+ title in 3 hours 26 minutes 9 seconds. Hill City University's Phil Morris finished second in 3 hours 38 minutes 35 seconds. Caversham's David Stott came through in third place in 4 hours 33 minutes 2 seconds.

Peter Ford was also the fastest Master Male 70+ runner and for the first time we are recognising this age grade so far as race record times are concerned both for male and female runners (there were no Master Female 60+ or 70+ runners in the 26 km event this year).



The DK Architecture 11km Race the Summit Endurance Run

This is an 11km endurance event finishing at Swampy Summit which starts at the Malvern St/Woodhaugh Street intersections by the bridge, the route goes via Ross Creek reservoir up into the Pineapple Track, to Flagstaff Summit, back down to Swampy Summit turn-off and then finishing at Swampy Summit.



Nathan Shanks wins the 11km Race the Summit

Caversham's Nathan Shanks had a convincing win in this tough and fast endurance race. He ran a very quick time of 1 hour 2 minutes 8 seconds to hold off Leith's Neale McLanachan who finished in a time of 1 hour 9 minutes 32 seconds. Dunedin's Master Male 50+ runner Wayne Porteous finished third in 1 hour 14 minutes 34 seconds.

Lydia Pattillo finishes first female in record time and fourth overall

Leith's Lydia Pattillo had a great run finishing fourth overall and first in the Open Female grade in a record 1 hour 15 minutes 49 seconds. The old record had been held by Holly Todd (1:17:12) since 2014. Harriet Sanders finished second in the Open Female grade in 1 hour 18 minutes 4 seconds and Georgy Pakeho of Dunedin finished third in 1 hour 26 minutes 58 seconds.

The Strawberry Sounds 2-Person Team 26km Race

This is a 26km relay team event finishing at Chingford Park.

The first runner started at the Malvern St/Woodhaugh Street intersections by the bridge at 9:30am. The route went via Ross Creek reservoir up into the Pineapple Track, to Flagstaff Summit, back down to Swampy Summit turn-off and then up to Swampy Summit before tag teaming the second runner. The second runner descended to Leith Valley then up to the summit of Mount Cargill, before descending via Bethune's Gully into Norwood Street to the finish at Chingford Park, North East Valley.

The Fastest Jono and Ben win this one

The team with the catchy name of "The Fastest Jono and Ben" won the Open Teams event with a combined time of 2 hours 27 minutes 21 seconds. The team of "David Sharp and Leon Miyahara 18:58" finished second with a combined time of 2 hours 39 minutes 8 seconds. Team Scampy finished third in 2 hours 58 minutes 15 seconds.

Walk the Summit – 11km

This is a 11km walk finishing at Swampy Summit. The race begins at the Malvern St/Woodhaugh Street intersections by the bridge, the route goes via Ross Creek reservoir up into the Pineapple Track, to Flagstaff Summit, back down to Swampy Summit turn-off and then finishing at Swampy Summit.

Female Open

Dunedin's Naomi Chisman walking strongly finished first overall and first in the Open Female grade in 1 hour 53 minutes 8 seconds. Simone Faulkner of Timaru finished second overall and second in the Open Female grade in 1 hour 57 minutes 23 seconds. Dunedin's Fifi McMullan was third overall and third in this grade in 2 hours 14 minutes 28 seconds.

Male Open

All three male entrants were from Dunedin. Wayne McKay finished fourth overall and first in the Open Male grade in 2 hours 16 minutes 2 seconds. Alister Hurndell finished 5th overall and second in this grade in 2 hours 19 minutes 20 seconds. Alasdair Martin finished sixth overall and third in this grade in 2 hours 36 minutes 57 seconds.

Chris Bisley – Race Report

3 Peaks +1: 52km Mountain Race, Sun 11 Oct 2020



In a trail running season with numerous interruptions, cancellations and uncertainty, the running of the 3 Peaks (+1) was something of an occasion. With many athletes waiting on the next event that would be able to go ahead, it was a quality group of runners that lined up on a quiet street in Leith Valley, Dunedin, at a bit before 6am on a Sunday morning. Ahead, 52km, 2500m of vert, groomed trail, technical single track, grinding climbs, fast descents, mud bogs and some more climbing for good measure.

The plan was to start out at a moderate intensity for the first climb, survive the first long descent and try not to lose too much time to those that can bomb the downs. As it turned out Tom Spencer showed some true class, descended like a stone and put 4.5mins into me on the 8km downhill stretch. I knew the next sections of the course well and set about limiting the damage through the Tunnel track section (and was helped by some Irish lads pushing through pretty hard), then clawing back some time on the

Powder Ridge and Swampy Summit climbing sections (long climbs). The Powder Ridge section fits my style and I am happy grinding out a climb on mud steps, steep crawling sections and the endless upwards nature towards Pulpit Rock at the top. Holding the time gap behind Tom at the Ridge line and sitting in 2nd, I knew that Swampy Summit climb would be a critical section of the race, and had purposefully put myself in some brutal training situations to prep for this moment. Hitting each uphill section with intent and maintaining a competitive drive and momentum I was rewarded with the sight of Tom's back when hitting the final climbing section up to Swampy Summit. The burst of intensity and energy you get when you sight someone you have been chasing is a game changer (also note for when being chased – try to avoid being seen for as long as you can, if not at all). Seeing he was starting to struggle a bit, I knew this was time to strike and burnt some matches catching and passing him on the gravel access road to the Swampy Summit check point. Fuelling and hydration were still going well, so case of keeping the Tailwind going down and nibbling the snickers bars.

With a small gap in hand and now in the lead, legs slightly to pretty trashed, the downhill section off of Swampy Summit was going to be make or break. I gritted my teeth and tried my best to find some flow down the steep gravel pylon track section (I imagine looking something like a scare-crow running from fireworks – not pretty!), and maintained some speed through the technical muddy

section at the bottom. Not getting passed through this section was a boost to one's confidence and gave me motivation to keep some pressure on climbing the 2km road section to start the final climb to Mt Cargill. Starting to pick off some of the 26km runners was good fodder for the mind and kept the progress going. Seeing an ecstatic Chris Sole (physio and mentor) at the turn-off to the final climb was true boost and gave some real drive to keep the pressure on over the next 4kms of climbing up through the forest, onto the open skid site track and finally the Mt Cargill access road. With a combination of running and power hiking (and yes in mountain events everyone walks / hikes some of it) a gap to 2nd was maintained to the top of Mt Cargill. Now it was just a hellish 4km descent and a wee road section, easier said than done. With concrete quads the Mt Cargill descent was started. I have run down this track a few times now (thanks to Crush the Cargill) so was able to tick of the land marks and knew where to push and where to hold back. Reaching the bottom with no-one on my shoulder was a relief and the fact that it was 2kms of road between me and the finish I got that 'it doesn't matter now' feeling and let the legs flowed over the final road section.

It was great to reach the finish line field, run across it with the satisfaction of having a race plan, sticking to it and it coming off. Before the event I had thought that 5.30hrs would be a good day, so to cross the line in 5.20hrs I was more than happy with how things had gone. This was a course suited to 'old man strength' and an attitude of not giving up and finding a way to maintain (mantras that I seem to run by these days). Big ups to Lewis Latham for picking his way through the field for 2nd, Tom Spencer for the balls out attitude and youthful exuberance (3rd overall), and a field that saw the top 4 runners separated by just 6mins. Great pressure racing.

I must say thanks to my ever supportive wife Nicky and my three girls who push me when I need it (and for helping out on the course in the middle of nowhere). To Chris Sole for putting humpy dumpty back together again and believing I have plenty left in the tank. Matt Bixley for the sessions on course knowledge and trying to help me run downhill fast (it's a work in progress). To Steve, Mark and the Leith Valley Harriers club, you nailed every aspect of a well run trail event. All the volunteers on course and behind the scenes, without you we would just be doing training runs. Thank you. I look forward now to heading to Auckland this weekend to join the Kiwi selection for the Big Dog's Backyard Ultra World Championship "NZ" Satellite Event. Running a 6.7km loop on the hour for as long as you can for NZ, now it doesn't get any better than that!

Leith's Tadhg Ryan-Charleton's narrative on his experience



Peaks +1: 52km Mountain Race, Sun 11 Oct 2020

Goosebumps and a big wave of emotion. Not what I expected at the top of Mt Cargill. But listening to the bagpipes and looking out over Dunedin was a race moment I won't forget. Some earlier mistakes meant that I had plenty of time to soak it in as I hopped and shuffled down the hill!

52k over mountains was always going to be a test and a steady start seemed like a good idea. All went to plan up Flagstaff and, I felt comfortable in about 13 th at the top. The next 27 minutes came at a very high price. Seeing the Longridge decent stretch out ahead, I sped up. This 7.5 km Longridge section included my second fastest 5k of 2020 (17:28) and a move from 13 th to 2 nd . (Big thanks to Chris, who saved me from a wrong turn!) A brief stint with the chasing pack lasted only until we started the long Powder Ridge climb and, by the time we reached the top, I'd dropped to at least 8 th /9 th with quads of jelly. What followed was a tough journey home. It was great to have company from Sharon up Swampy, who was still flying when she took off at the top. Sándor looking incredibly strong when flew past me on the Swampy descent (while still overtaking 26k runners!!). Hopping and shuffling towards the finish, it was great to link up with some friendly faces running the other races. The Sole aid station also offered much appreciated encouragement. Finished, eventually, in 6:43 and a beer has rarely tasted so good. Huge thanks to Mark, Steve, and all the volunteers who gave up their time to make this event happen!!

Leith's Lydia Pattillo's account of her run

Race the Summit 11km Endurance Run, Sun 11 Oct 2020

The reinstatement of the 11km Race the Summit came to my delight this year as those among us with limited ability to train for the longer mileage could continue to confidently compete in the stunning event. A tough run was still ahead of the 11km runners nevertheless, with 100% of our course being uphill aside from a very welcome dip between Flagstaff and Swampy Summit. The weather could not have been more perfect, a warm run up flagstaff was then turned to a more windy effort toward Swampy Summit, however, the wind was welcome in the heat and didn't set us back too much. True class was shown in the leading packs over the course as I gasped in awe at the ability of the 26km runners alongside me - I quietly hoped they were aware of the increasingly challenging further 15km ahead of them (it caught me out last year!!). Seeing the finish line in sight, the three race distances intersected at the Swampy Summit turn-off. Heroic 52km runners were slogging their way towards us where a slight guilt crept in as our much less fatigued legs could summon any sprint we had left in us to the finish. I highly recommend the 11km option to anyone looking to dip their toes into the world of trail running or those with similar circumstances to myself where training for the longer distance might not quite fit into the mix.

Sharon Lequeux reflects on her race

Peaks +1: 52km Mountain Race, Sun 11 Oct 2020

Leith Harrier's Three Peaks trail run is hands down my favourite local race so I was completely delighted to learn that 2020's event would be double the fun with a 52km ultra marathon option. The new ultra is the same as the classic Flagstaff-Swampy Summit-Mount Cargill course but incorporates a sneaky jaunt up to Pulpit Rock in the Silverpeaks between the Flagstaff and Swampy Summit ascents. Any event organised by Steve Tripp (one of the masterminds behind Crush the Cargill and Dunedin 24 Hour Peak Bagging) is a guaranteed good time. The thought that running an inaugural race is probably the closest shot I'll ever have at setting a course record also passed through my mind, and being a Leith clubbie I couldn't not enter.

Just over a month before race day I was taken out by a chest infection and did very little running over that time. Usually I would start smashing the training about 6 weeks out from race day and have a 1-2 week rest before the event. However after running a pretty decent time despite missing those hard training sessions I've started to realise that having a really solid base is crucial and this training starts many months (or years) from an event, not weeks. I have also been underrating the value of a good taper! Next time I have a big race coming up I'll be trying out a three week taper (this isn't just an excuse to get some fun surfs and kayak trips in).

The event ran very smoothly from start to finish thanks to race organisers Steve Tripp, Mark O'Neill, Siobhan Mckinlay and over 80 volunteers. They had thought of everything and even arranged perfect racing conditions - pleasantly warm (but not hot) with a gentle breeze. This was a huge relief for me as having grown up in Dunedin I wilt in anything over 20°C. The race started at 0600 and I was astonished to find that we actually needed headlamps at this time (I'm not a late sleeper, but I'm also not in the habit of waking up at the crack of dawn). The race started off as any other Three Peaks race, just darker. By the time we made it to Flagstaff it was light enough to put the headlamps away. After a gravel road run down the first descent we reached the Tunnel Tracks and had fun flowy single track most of the way to Swampy Summit (OK maybe the steep ascent up Powder Ridge isn't so flowy, but it's still fun – you're going to love it). The pinnacle of the race is Pulpit Rock and the amazing views over Blueskin Bay and the mountain ranges. At Swampy Summit we were reunited with the Three Peaks classic course, and after running mostly alone for the last couple hours were suddenly surrounded by people again. Getting up Mount Cargill, the fourth and final peak, I could feel the quads burning (quads, calves, glutes, everything). The downhill on the other side didn't bring the immediate relief I had been expecting as it took a minute

or two for the muscles to switch gears, but after warming up I was flying down the trail to the finish line. After having run this trail on tired legs many times before (*thanks* Crush the Cargill) I knew I could finish strong and soon was in Chingford park having run the course in 6 hours and 2 minutes. And yes, I absolutely will be back to run the race under 6 hours. As for between now and Three Peaks Plus One March edition I have some adventure races planned, and who knows – maybe now I'll get on the wait list for Kepler ;)

Three Peaks had a record field this year and Three Peaks Plus One sold out, testament to the fantastic sustained work Leith has done running this race the last few decades. Dunedin now has an ultra, and one with a stunning course definitely worth travelling for in March 2021.

Harry James tackled the 11km “Race the Summit” endurance race

Finishing tenth overall, here is his interesting account of how it all unfolded

There were a few familiar faces at the race registration at Woodhaugh Gardens leading up to the 9:30am start, and there were also several unfamiliar faces which was exciting given the depth of the field that the race attracted. Credit must be given to Leith Harrier Club and the race directors -- Mark and Steve -- for attracting such a variety of runners and walkers of all ages to the events offered.

Cars were lined up either side of Duke and Malvern St as runners congregated near the Duck Pond for Steve's race briefing. Steve's message was simple: carry all of your required gear, don't litter or pick up after others if they litter, and be nice to the race marshals. Soon after the briefing runners made-way to the race start on Woodhaugh St. It was then that Chris Sole appeared, and Chris began radiating his infectious positive energy to the many runners/walkers that gravitated towards him. Barefoot and all, Chris accompanied the competitors to the start line offering his insights to those that he engaged with.

My goal for the DK Architecture Race the Summit 11km was two fold: to finish, and to enjoy the experience. My fairly low expectations were appropriate given my laid-back race preparations, and my strategy to finish and enjoy the race was straightforward but somewhat vague. Despite not having raced in a while, I was familiar with the course having trained on it for other events, so I knew what I was getting into but I also knew that I wouldn't be racing per se.

Anyhow, after a ten second countdown we were off down Woodhaugh Street towards Ross Creek. There were runners abound as I situated myself in the middle of the pack and we began a brief climb towards the Ross Creek Reservoir. After posing for my photo being taken by a Photos4Sale photographer, I began settling into my rhythm for the long climb ahead. We meandered our way through Ross Creek and towards the road section that led to the beginning of the Pineapple track. It was here that I began walking the hills and running the gradual inclines with fellow runners -- a strategy maybe more appropriate for the ultra-distance races. This gave me ample time to soak in the views and enjoy the backdrop of Dunedin behind us as we climbed towards Flagstaff summit. After that long climb, there was an undulating trail towards Flagstaff where the marshals insisted that we touch the pole before doing a 180 and heading towards Swampy summit. The journey towards Swampy summit was much more enjoyable, we passed fellow runners/walkers and echoed encouragement at each other as we progressed past the halfway point. The fire-break heading east was great respite for the legs as the trail descended towards another climb on the Swampy trail. After this gradual incline, there was an enjoyable descent where I let my legs go to see how fast I could run before the penultimate climb towards the finish line. I power-hiked (not sure if that's an official term) towards the finish line, and chatted with a fellow pub-runner as he carried on towards Mt Cargill for the 26km event. I was satisfied having crossed the finish line in around 1.5 hours, a bit slow by my standards, but I was pleased that I finished and enjoyed being out on the trails with other runners. Thank you again to Leith Harrier Club and Steve and Mark for organising the events.

***Christopher Holmes who finished fifth in the MM40-49 grade 26km Race
had this to say about the race and its organisers***

“I’m so grateful for the work that Steve and Chris and the rest of the crew have undertaken in bringing together such a fantastic event! Running on the brilliant trails in and around Dunedin is so very good for the heart, mind, body and soul! Having a chance to run them with a whole bunch of others who appreciate them too is a blessing. I cannot speak highly enough of the course, the organization, and the overall atmosphere. It’s by far my favourite event in Otago, and I cannot wait till next year’s running!”

This report was last updated Saturday, 28 November 2020, 06:40 AM
Marc Boullé – report compiler