

The Three Peaks Mountain Race Sunday, 28 March 2021

Race Directors: Steve Tripp and Mark O'Neill

Leith Harrier & Athletic Club Inc. Dunedin

Weather: Partly cloudy and warm with North to North Easterly winds changing to Southerly by midday and becoming cooler, temp about 19 Celsius

Distances are approximate

The Emersons 55km Three Peaks Peaks Plus 1

The second running of this event (about 3km longer than last year), which included nearly all the iconic 26km Three Peaks route with a big detour. The extra 26km adds 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. This year there were just over 60 entrants headed out on this 55km adventure.

Defending Champ Chris Bisley wins again



In the first part of the race it was Tom Spencer who challenged defending champ Male Masters 35-49 endurance runner Chris Bisley. Tom Spencer was third male overall and second in the Male Open 18-34 grade last year and it appeared that he was determined to cross the line ahead of Chris Bisley. However going up Powder Ridge, Bisley overtook him and took control and never looked back and built his lead to win the race overall and defend his Male Masters 35-49 title for the second year in succession in a time of 5 hours 27 minutes 11 seconds. The extra 3km this year means that Bisley ran at a faster overall pace than last year when he had finished in 5 hours 20 minutes 5 seconds. Stats suggest that he ran at an overall steady pace throughout the race – a key to doing well in this gruelling event. For the first 40km his pace was 5:56 per km and the last 15km was 5:57 per km. A truly remarkable measured performance showing intimate knowledge of the course.

Tom Spencer takes out the Male Open title

This time Tom Spencer bettered his placings from last year finishing second overall and first in the Male Open 18-34 grade in 5 hours 53 minutes 33 seconds. Third male to finish overall was Ben Cullen in 6:04:13 finishing second in the Male Open 18-34 grade. Third in this grade and fourth male overall was Sam Macaulay in 06:06:03. Second Male Masters 35-49 runner Phil Petersen finished in 06:32:55. Third Male Masters 35-49 runner was Adam Keen in 06:37:45.



Rose Pearson wins the Female Open title

First female overall and first Female Open 18-34 runner Rose Pearson finished in 06:40:13 (9th overall). Second in this grade was 11 Brooke Thomas in 06:44:39 (11th overall) and third was Jessica Campbell in 06:48:30 (14th Overall).

Experienced Leith runner John Bayne takes the Male Veteran title

The first Male Veteran 50-59 runner to cross the line was John Bayne in 06:57:03. Second was Malcolm McLeod in 07:04:33. Third was Steve Williams in 07:24:02.

Paulett Birchfield wins the Female Veteran grade

First Female Veteran 50-59 runner was Paulette Birchfield in 08:16:13. Second was Wendy Fallon in 08:31:57. Third was Ruth Jeffery in 09:05:47.

Roger Leslie goes one better this year and wins the newly named Male Gurus 60+ grade

First Male Gurus 60+ runner Roger Leslie (second last year in this grade) outlasted Dave McLean (third last year) again this year winning it this time in 08:44:33. It was a see-saw battle this year but Dave McLean had to be content with second place in 08:45:53 although the gap was much much smaller than last year. A very happy Hideo Yoshihama finished third in 09:59:19.

Female Guru Ali Barbara once again shows the youngsters how it's done

The tireless Ali Barbara once again won the Female Gurus 60+ grade, in a time of 10:13:26 with a wonderful happy smile on her face. When she finished you could tell how much she enjoyed her experience

Epitomising the Spirit of the Three Peaks Mountain Race

Official Entry - 3 Creeks + Run

The Legendary PASCAL SAKER



The Shoe Clinic Three Peaks 26km Mountain Race

The 38th running of the Classic 26km Mountain Race
Woodhaugh St, Flagstaff, Swampy Summit, Mt Cargill, Chingford Park

And they are off.....



Caversham's Jonah Smith wins the race in style and takes the Male Open title

Jonah Smith (#275) crested Swampy Summit in 59 minutes 5 seconds, Alexander Gorrie (#294) was close behind in 59 minutes 36 seconds and Nathan Shanks (#218) was threatening in 60 minutes 52 seconds.

This is the order they all arrived at Chingford Park too, though Jonah Smith had put over four minutes on them by the end winning the title in 2 hours 10 minutes 37 seconds.

Alexander Gorrie followed in second

place in 2 hours 14 minutes 53 seconds with Nathan Shanks a narrow third in 2 hours 15 minutes 15 seconds.

Alexander Gorrie, an outstanding youth runner in the noughties for Hill City-University, has rejuvenated his running career in recent years and this was another example of someone who does not give up.

Jonah also won the King of the Mountain Title for cresting Swampy Summit first and then also going on to finish the race.





Nancy Jiang takes the Female Open Crown and Queen of the Mountain title

Nancy Jiang was the first female to reach Swampy Summit in a time of 01:08:09 and she then went on to win the Female Open 20-34 title in 2 hours 33 minutes 6 seconds. She was also the first female runner to cross the finish line. In doing so, she also won the Queen of the Mountain Title.

Second Female Open 20-34 runner to finish was Meg McKay in 02:57:50 (4th Female Overall). Third was Hannah O'Brien in 03:06:05 (6th Female Overall).

Margie Campbell wins the Female Masters 35-49 title

Margie Campbell #(220) was first to the Swampy Summit in this grade and she maintained this dominance to the end to win this title in 02:45:02. She was also the second female runner to finish.

Kristy Eyles (#211) was waiting for Campbell to falter but it didn't happen and she had to settle for second place just over 4 minutes behind in 02:49:36. Eyles was also the third female runner to cross the finish line.

Legendary runner Anna Frost finished third in 03:06:53 (seventh female to finish).



Chris Morrissey wins the Male Masters 35-49 Title



Chris Morrissey (#237) put in a steady pace up to Swampy Summit reaching there in 01:05:38 around 3 minutes ahead of his nearest rivals in this grade. He then went on maintaining that advantage to win the Male Masters 35-49 title in 02:26:58.

Second was Martin Gaffuri (#430) in 02:29:56.

Third was Aaron Eyles (#254) in 02:40:43 having fallen off the pace somewhat on the second half of the course but still managing to keep the fast finishing defending champion in this grade Andrew Lonie of Leith Athletics out of the third podium position.



The Male Youth Under 20 grade gets more competitive every year

Lachie White won the Male Youth Under 20 grade in 02:43:38. William Hadley finished second in 02:54:10. Ryan Johnston was third in 03:05:08.

The Female Youth Under 20 grade was also very competitive

Mandy Lowther won this grade in 03:03:32 and was the fifth female to cross the finish line. Second was Laura Bungard in 03:08:01 and ninth female runner to finish. Third was Skyler Ellington in 03:59:09.

Brett Sandford wins the Male Veterans Title

Brett Sandford (#407) had a comfortable win in the Male Veterans 50-59 grade completing it in a time of 03:13:40. Mile Simpson was next to cross the line in this grade in 03:23:58 with Robert Smillie third in 03:25:17.

Andrew Sutherland has an amazing record breaking run to win the Male Gurus 60+ title

Andrew Sutherland broke Lachie Ashton's daunting record of 02:57:25 set in 2019 winning the title in the new record time of 02:46:58. Anthony Doesburg was second in 03:34:15 with Ross Davies completing the podium in 03:55:16.



Prue Orchiston successfully defends her Female Veterans 50-59 title

Although not nearly as fast as last year, Prue Orchiston (#409) again won this newly named grade, this time in 03:25:48.

Cath Finch (#320) was not too far behind in 03:27:12. Experienced runner.

Sue Cuthbert completed the podium in 03:31:33.



Carolyn Smith smashes record in the Female Gurus 60+ grade

Sally Nicholl's record of 4:00:50 set in 2019 was another one to go on Sunday.

Carolyn Smith (#215) upped the standard in this grade by setting a new record of 03:23:05 in winning this title.

Cilla Dickinson (#260) was also under the old record finishing second in 03:38:30.



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.

Leith's Tadhg Ryan Charleton wins the 11km Race the Summit

Leith's Tadhg Ryan Charleton fresh from a 10km PB on a flat surface of 34 minutes, had a great run to the top of Swampy Summit finishing in a time of 01:06:43. This does show what a tough race it is though. Second was Caversham's Ben Rowley in 01:08:20 and third was Leith's Simon Leaning in 01:09:45.

Defending champ, Leith's Lydia Pattillo, first female to finish

Leith's Lydia Pattillo had another fantastic run finishing first in the Female Open grade in 01:18:38. to successfully defend her "Race the Summit" title. Becky Lawrence was second in 01:26:12. Tess Molloy finished third in 01:33:41.

The Strawberry Sounds 2-Person Team 26km Race

This is a 26km relay team event following the same route as the Classic 26km Race with the changeover taking place at Swampy Summit and finishing at Chingford Park.

The Leon Miyahara (Ben Rowley) Team won this one



The Leon Miyahara (Ben Rowley) Team won this event comfortably in a combined time of 02:24:11. Ben ran the first leg to Swampy Summit in 01:08:20 (which included his 11km race) with Leon running the distance from Swampy Summit to the finish in 01:15:51 (the individual times published here differ from the results sheets which are incorrect)

Second was the Hugh Askerud Oliver - Young team which finished in a combined time of 02:47:14. Unfortunately we don't have the correct individual times for these runners.

Third was the Josh Fallen Hugo - McCarthy-Bain team in a combined time of 03:00:18. Unfortunately we don't have the correct individual times for these runners.

Note: the split times of the teams for the first runners of each team in the published results are incorrect, but the combined finishing times are correct

Walk the Summit – 11km

This is an 11km recreational walk finishing at Swampy Summit following the same route as the 11km Race the Summit.

First Three Females

Amanda Waldrom finished first in 01:37:56. Sue Kim was second in 01:55:38. Louise Croizat-Viallet was third in 02:13:54.

First Three Males

Wayne McKay was first in 02:09:15. Alister Hurndell second in 02:24:06. Third was Nigel Rickerby in 02:27:42

A very special thanks to our wonderful sponsors

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City Forests

A Very Big Thank You

Each year this event grows and grows and gets better and better. Race Directors Steve Tripp and Mark O'Neill put in a tremendous amount of work before and during the event and are to be congratulated in making the Three Peaks Mountain Race once again a resounding success.

Congratulations to Siobhan McKinlay and Gaya Gnanalingam who expertly organised the enthusiastic 90 plus volunteers into a well drilled team and were here there and everywhere at the finish making sure the Chingford Pavilion was ready to provide refreshments for the weary competitors and their supporters.

A very big thank you to each and every volunteer who without their support this event would not take place. You were such an enthusiastic bunch of happy workers! Well done!

Thanks to Margaret Knox who did a tremendous amount of behind the scenes organisation and was running around like a busy bee over the weekend of the event. Greg Johnston was ever present with his experience and knowledge of where everything was or wasn't, as was former race director Alan Funnell who had come to lend his valued assistance on the day. Patron and Life Member Kevin Blair was as always there to lend a hand. C

Club President Chris Sole, who had helped with a lot of track clearance in the lead up to the event and assisted fantastically with his family during the weekend of the event, delivered a most inspirational speech at the end of the last prize giving.

The Green Hut Track Group

A big thank you to **The Green Hut Track Group** whose members enthusiastically did invaluable work in clearing the tracks and making this event possible. To all those who helped clear the tracks – another big thank you! Danny Baillie (a valuable orientation run leader), Dave McLean (repairing bridges), the **Wednesday 6:15 Pub Runners** and many more

See a collage of athletes, volunteers, officials further below:

Finally, congratulations and lots of thanks to all those athletes who participated, their supporters, to all the volunteers, the vibrant and informative announcer, the timekeeping and results guru, the sound gurus, the St Johns staff and the various food and drink operators, and the Barton family operating the sausage sizzle, who helped to make this such a great day out. Let us also not forget the Tail-End Charlies and those operating the refreshment stations – the competitors were comforted to know that if they were battling out there that there was assistance near at hand

Our officials and volunteers doing their bit!

