

The 41st 3 Peaks Mountain Race

Sunday, 17 March 2024

Race Director: Steve Tripp

Race Site Manager: Mark O'Neill

Leith Harrier & Athletic Club Inc. Dunedin

Report compiled by Marc Boule

Weather: Partly cloudy day with strong SW gusts and showers in the afternoon

Congratulations to all those who participated and assisted in this iconic event which has taken place uninterrupted since 1984. There were 524 finishers across all three events – 11km, 26km & 56km

The Shoe Clinic 26km 3 Peaks Mountain Run

Logan Griffin takes the title

First across the line in the iconic 26km race was Auckland's Male Open 20-34 athlete Logan Griffin in 2 hours 10 minutes 4 seconds. Second was Hill City-University's Male Junior U20 athlete George Hamilton in 2 hours 14 minutes 36 seconds and not far behind in third place was the 2022 winner Male Open 20-34 athlete Dunedin's Alexander Gorrie in 2 hours 15 minutes 42 seconds.

Narrow but satisfying win for Sophie Shallard

First female to finish was the Female Open 20-34 athlete Sophie Shallard (Riversdale) in 2 hours 39 minutes 10 seconds followed closely by second placed Female Open 20-34 athlete Claudia Sole (Dunedin – Leith) in 2 hours 40 minutes 52 seconds. Third was the Female Masters 35-49 athlete Kristy Eyles (Dunedin – Leith) in 2 hours 43 minutes 19 seconds. Kristy was the first female to finish the 26km race in 2022.

Junior runner George Hamilton from Hill City-University gets record

Hill City-University's Male Junior U20 athlete George Hamilton finished in 2 hours 14 minutes 36 seconds also finishing second overall and now has the Junior record for the course. Second was Leith's Dan Hayman in 2 hours 20 minutes 59 seconds. He finished sixth overall. Third was Leith's Rocky Allan in 2 hours 26 minutes 17 seconds. He placed tenth overall

Leith's Nathan Shanks proves he's the Master Blaster

First in the Masters Male 35-49 grade was Leith's Nathan Shanks. He finished in 2 hours 19 minutes 40 seconds. He was fourth overall and one of the few to break the 2 hour 20 minute barrier. Second was another Leith runner, Ben Pigou in 2 hours 27 minutes 31 seconds. He was eleventh overall. Third was Mathew Oliver in 2 hours 29 minutes 2 seconds. He placed 14th overall

Leith's Andrew Lonie makes amends from last year by winning the Male Veterans title

Leith's Andrew Lonie won the Male Veterans 50-59 title in 2 hours 32 minutes 43 seconds. He was 18th overall. He had finished second in this grade in 2023 so this was a rewarding run for him. Second was Matt Cosgrove in 2 hours 38 minutes 54 seconds. He was 24th overall. Third was Phil Page in 3 hours 26 seconds. My how those seconds can count in the end? He was 69th overall.

King of the Gurus Wayne Porteous defends his Title for a 3 Peaks 3 Peat

Wayne Porteous won this title again this year. Making it three wins in a throw. He can call himself the King of the Gurus now. His time of 2 minutes 58 minutes 8 seconds was even better than last year's. He was 61st overall and 46th Male runner. Second was Nick Rutter in 3 hours 13 minutes 38 seconds. Not far behind was Timothy King in 3 hours 14 minutes 8 seconds.

Kristy Eyles won the Female Masters title

Winner of this grade was Leith's Female Masters 35-49 athlete Kristy Eyles in 2 hours 43 minutes 19 seconds. She was the third placed female and placed 30th overall. Second and pushing for the win all the way, was Leith's Agnetha Korevaar. She was narrowly behind her fellow Leith team mate running a time of 2 hours 43 seconds 55 seconds. She was 32nd overall and 4th female to finish. Third was Katie Smith in 2 hours 50 minutes 22 seconds. She was 45th overall and tenth female athlete.

Corrine Zeller won the Female Veteran grade in a course best time

Corrine Zeller ran a course record of 3 hours 4 minutes 15 seconds. She was the 20th female overall and 79th overall. Second was Prue Orchiston in 3 hours 22 minutes 47 seconds. Third was Leith's Sue Cuthbert in 3 hours 31 minutes 29 seconds

Sally Nicoll takes the Gurus Title this year

Sally Nicoll won this grade in 4 hours 8 minutes 7 seconds. Second was Michelle Green in 4 hours 26 minutes 29 seconds. Third was Linda Sillery in 5 hours 9 minutes 45 seconds

Queen of the Mountain Title

Agnetha Korevaar won the **Back in Motion** Queen of the Mountain Title for being the first female to crest Swampy Summit which she did in 1 hour 10 minutes 2 seconds and then also going on to finish the race.

King of the Mountain Title

Logan Griffin won the **Back in Motion** King of the Mountain Title for being the first male to crest Swampy Summit (00:58:43) and then also going on to finish the race.

The Emersons 56km 3 Peaks Plus 1

Included the New Zealand & Otago Short Course Trail Running Championships 2024

This was the fifth running of this event which includes nearly all the iconic 26km Three Peaks route with a big detour. This year about another 1km was added due to a detour. The number of finishers was 96 with 98 starters. The extra 30km adds in another mountain with a brutally steep climb, some beautiful single track through native forest, a river crossing, a tunnel and a wee bit of mud. This year the event included the prestigious New Zealand Short Course Trail Championships as well as the Otago Championship over the full 56km. This resulted in some of the top ultra trail runners from New Zealand and beyond fronting up to compete for the title

Cameron Kerr takes the title in a narrow win from Thomas Barnes

The 56km race and NZ Championship 2024 was won by Queenstown (Queenstown Athletic Club) Male Senior 20- 34 athlete Cameron Kerr in 5 hours 11 minutes 2 seconds who had a titanic battle with second placed M20-34 athlete Thomas Barnes (Wellington – Victoria University) who finished just over a minute behind in 5 hours 12 minutes 22 seconds. Third was the Male Masters 35-49 athlete Dwight Grieve (Te Anau -Fiordland Athletic Club) in 5 hours 25 minutes 26 seconds who also set a new record mark for the grade. He was running in the Open Grade therefore winning the bronze in the Championships Open Grade.

The Open Men's Grade podium finishers for the NZ Short Course Trail Champs were:

- 1 Cameron Kerr Queenstown Athletic Club 5:11:02
- 2 Thomas Barnes Victoria University 5:12:22
- 3 Dwight Grieve Fiordland Athletic Club 5:25:26

The podium finishes for the Masters grades in the NZ Champs and the full Otago Champs results are appended to this report

Another narrow win with Alison Wilson getting the honours

First Female across the line and 2024 winner of the NZ Championships Open Grade was Female Masters 35-49 athlete Alison Wilson (Wellington – Wellington Scottish Athletics Club) in 5 hours 59 seconds 52 seconds followed closely by second placed Female Senior 20 to 34 athlete Hannah Fletcher (Wellington – non-Athletics NZ registered runner) in 6 hours 1 minute 22 seconds and third placed Female Masters 35-49 athlete Margie Campbell (Dunedin – Leith) in 6 hours 1 minute 46 seconds. Campbell therefore won silver in the Open Grade Championship as the second Athletics NZ registered runner. Julia Chamberlain from Fiordland Athletic Club finished in 6:04:25 winning bronze in the Open Grade as the third Athletics NZ registered runner.

The Open Women's Grade podium finishers for the NZ Short Course Trail Champs were:

- 1 Alison Wilson Wellington Scottish Athletics Club 5:59:52
- 2 Margie Campbell Leith Harrier & Athletic Club 6:01:46
- 3 Julia Chamberlain Fiordland Athletic Club 6:04:25

The podium finishes for the Masters grades in the NZ Champs and the full Otago Champs results are appended to this report

Other Highlights in the 56km Ultra

Manfred Oswald sets new record

Manfred Oswald setting the new record for the Male Masters 35-49 grade. His time was 05:25:26 which bettered 2021 winner Chris Bisley's 2021 time of 05:27:11 by almost 2 minutes

Ruth Jeffery sets a massive new record

Female Gurus 60+ runner Ruth Jeffery a new record of 08:50:53 eclipsing the previous record of 10:13:26 set by Ali Barbara in 2021

The ultra has it's first Male Junior winner

Male Junior U20 runner James Merwood ran an excellent time of 06:59:12 to become the first junior winner in this event. His time stands as the new record mark

DK Architecture 11km Trail Run/Walk

Over the Summit

This was the second running of the new 11km event. It started at 10am on Leith Valley Rd State Highway overbridge and followed the classic 26km course from there up to Mt Cargill, down to Bethune's Gully and to the finish along Norwood Road to the finish at Chingford Park

Caversham's Leon Miyahara breaks the record

The record holder from 2023 Leith's Danny Baillie was there to defend his title and the record. The most likely athlete to beat him this time was the young Caversham runner Leon Miyahara. Leon had been putting in some excellent performances over 5km on the flat so he had the speed, but would he have the endurance? Experience was no match for speed as Leon scampered in to the finish in a new record time of 00:51:08 to beat Danny into second place. Danny was not too far behind, finishing in 00:52:48 which was also inside the previous record. Third was Leith's Tadhg Ryan Charleton in 00:54:59.

Caitlin Dent was the first female and fourth overall across the line in 01:02:48 winning comfortably from Harriet Heaphy who finished in 01:06:20. Third female to cross the line was Annie Heron who finished in 01:15:39.

A massive thank you to our magnificent volunteers & sponsors. Gaya Gnanalingam and Siobhan McKinlay did a magnificent job in organising all the volunteers and marshals around the course. Heaps of congratulations to them. Thanks to all you competitors out there. You should all be proud of your achievements