

The 42nd 3 Peaks Mountain Race

Sunday, 30 March 2025

Race Director: Steve Tripp

Race Site Manager: Mark O'Neill

Leith Harrier & Athletic Club Inc. Dunedin

Report compiled by Marc Boulle

Weather: Partly cloudy day with rain midday clearing in the afternoon. High of 14 degrees Celsius

The Emersons 56km 3 Peaks Plus 1

Includes the 2025 New Zealand & Otago Short Course Trail Running Championships

This was the 6th running of this event which includes nearly all the iconic 26km Three Peaks route with a big detour. The number of finishers was 99. The extra 30km adds in another mountain with a brutally steep climb, some beautiful single tracks through native forest, a river crossing, a tunnel and a wee bit of mud. This year the event again included the prestigious New Zealand Short Course Trail Championships and the Otago Championship over the full 56km. See the full Champs results further below:

Weston Hill takes the title to add to his win in 2023

ODT Online report: by Luke Geddes

“Weston Hill thrives when he races Dunedin’s hills. Dan Balchin put up a good fight in yesterday’s Three Peaks Mountain Race Plus One, but like many before him, he could not hang with the frightening pace of the now two-time champion’s descents around 56km of the toughest hills the city offers. The pair were neck and neck prior to sunrise, before 2023 champion Hill opened a small gap on Balchin at about 7.45am along the grinding climb up Powder Ridge. The multiple New Zealand trail running champion had extended the gap to Balchin by Hightop, his world-class downhill ability leaving the two-time New Zealand marathon champion in his wake. Some mid-morning drizzle over Swampy Summit failed to dampen spirits with Hill crossing the line at Chingford Park in 4hr 58min 44sec, less than four minutes off his own race record set in his 2023 win. Consolation for the former Dunedinite Balchin was second place and the third fastest time in the ultramarathon’s six-year history. Masters 35-49 runner Ryan Carr was third in 5hr 13min 45sec”

Ryan Carr broke Manfred Oswald’s record of 05:25:26 setting a massive new record for the Male Masters 35-49 grade of 05:13:45

Junior winner, Leith’s Rocky Allan, in finishing 14th overall (11th registered runner), made a massive improvement on the Males Junior U20 record, running the distance in 06:08:27, thus breaking the record of 06:59:12 set by James Merwood in 2024

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

1	20-34	WESTON HILL	04:58:44
2	20-34	DANIEL BALCHIN	05:08:35
3	35-49	RYAN CARR	05:13:45

Katie Morgan led all the way in winning the title

ODT Online report: by Luke Geddes

“Some of New Zealand’s best female trail runners were also on hand. The event served as the New Zealand short-course trail running championships, and a selection event for the World Mountain and Trail Running Championships in Spain. Katie Morgan, who was the 2023 national champion, led the women’s race from the start to finish in 5hr 56min 8sec, claiming her second women’s title. New Zealand record backyard ultramarathoner Julia Chamberlain was second in 6hr 6min 2sec with Charlotte Hand third in 6hr 16min 50sec”

1	35-49	KATIE MORGAN	05:56:08
2	20-34	JULIA CHAMBERLAIN	06:06:02
3	20-34	CHARLOTTE HAND	06:16:50

New Zealand & Otago Short Course Trail Running Championships 2025 Includes Athletics NZ Registered Runners Results Only 30 March 2025, 3 Peaks Mountain Race 56km, Dunedin, New Zealand

Overall Place	Name	Time	Grade Place	Overall Gender Place
1	WESTON HILL	04:58:44	M20-34 (1)	Male (1)
2	DANIEL BALCHIN	05:08:35	M20-34 (2)	Male (2)
3	RYAN CARR	05:13:45	M35-49 (1)	Male (3)
4	CHESTER HOLT-QUICK	05:18:54	M35-49 (2)	Male (4)
5	RYAN WOOLLEY	05:25:41	M35-49 (3)	Male (5)
6	DAVID HAUNSCHMIDT	05:25:59	M35-49 (4)	Male (6)
7	THOMAS CALLAN	05:34:27	M20-34 (3)	Male (7)
8	MATTHEW ADAMS	05:53:43	M20-34 (4)	Male (8)
9	KATIE MORGAN	05:56:08	F35-49 (1)	Female (1)
10	JULIA CHAMBERLAIN	06:06:02	F20-34 (1)	Female (2)
11	ROCKY ALLAN	06:08:27	MU20 (1)	Male (9)
12	CHARLOTTE HAND	06:16:50	F20-34 (2)	Female (3)
13	MEL BRANDON	06:21:17	F35-49 (2)	Female (4)
14	MATT BARTON	06:36:42	M20-34 (5)	Male (10)
15	LAURA BUNGARD	06:42:44	F20-34 (3)	Female (5)
16	AMELIA HORNE	06:45:13	F20-34 (4)	Female (6)
17	HAMISH VODANE	06:59:42	M35-49 (5)	Male (11)
18	LYDIA PATTILLO	07:11:41	F35-49 (3)	Female (7)
19	ERICA CHAPMAN-OLIVER	07:46:49	F35-49 (4)	Female (8)
20	JAMIE WARD	07:52:58	M50-59 (1)	Male (12)
21	DAVID HOSKING	08:35:49	M50-59 (2)	Male (13)
22	HAMISH TYSON	09:15:38	M35-49 (6)	Male (14)
23	JACK TISCH	09:42:33	M20-34 (6)	Male (15)
24	KERRY ROWLEY	10:21:40	F35-49 (5)	Female (9)
25	DAVE MCLEAN	10:29:29	70+ (1)	Male (16)

The Shoe Clinic Classic 26km 3 Peaks Mountain Run

ODT Online Report by Luke Geddes

“The most intriguing battles of the day though came over 26km. The traditional distance traversing Mt Flagstaff, Swampy Summit and Mt Cargill, Dunedin’s Margie Campbell exchanged the lead of the women’s race on numerous occasions with Natalie Phillips, but was the first to summit Swampy, securing the coveted Queen of the Mountains title.

Phillips took control in the second half, however, showing superior ability over the muddy descent down to State Highway 1.

Despite Campbell clawing a little time back on the final peak, Phillips proved downhill prowess was the defining feature of the day, eventually finishing in 2hr 35min 7sec. Campbell was second in 2hr 40min and a flying final downhill secured third for Alice Cuthbert in 2hr 42min 17sec.

Luke Wilson won the men’s Three Peaks in 2hr 9min 8sec, just managing to outlast team-mate Douglas Golding (2hr 9min 23sec) over the final stages.

Earlier, both had to overcome a deficit at Swampy Summit to eventual third place Janus Staufenberg (2hr 13min 23sec)”

Luke Wilson takes the title in narrow win

Luke Wilson won the men’s Three Peaks in 2hr 9min 8sec, just managing to outlast team-mate Douglas Golding (2hr 9min 23sec) over the final stages. Earlier, both had to overcome a deficit at Swampy Summit to eventual third place Leith’s Janus Staufenberg (2hr 13min 23sec)

Back in Motion King of the Mountain title

Janus was the first runner to Swampy Summit winning the Back in Motion King of the Mountain title for being the first male to Swampy and to also finish the race

Natalie Phillips took control in the second half to win this one

Leith’s Female Masters runner Margie Campbell exchanged the lead of the women’s race on numerous occasions with Female 20-34 runner Natalie Phillips, but was the first to summit Swampy, securing the coveted Back in Motion Queen of the Mountains title for being the female first to Swampy and to also finish the race.

Phillips took control in the second half, however, showing superior ability over the muddy descent down to State Highway 1. Despite Campbell clawing a little time back on the final peak, Phillips proved downhill prowess was the defining feature of the day, eventually finishing in 2hr 35min 7sec. Campbell was second in 2hr 40min and a flying final downhill secured third for Leith’s Alice Cuthbert in 2hr 42min 17sec (2nd Female 20-34). Finishing 4th but third in the Female 20-34 grade was another Leith runner Stephanie Wilson in 2:43:24

Back in Motion Queen of the Mountain title

Natalie Phillips was the first to summit Swampy, securing the coveted Back in Motion Queen of the Mountains title for being the female first to Swampy and to also finish the race

Hill City-University Junior runner Jake Owen wins the Junior grade

Jake Owen running this race for the first time, had a comfortable win over his junior rivals. He finished 10th overall in a time of 02:24:20. Second across the line was Lewis Blay in 02:41:10. Completing the podium was Hunter Webb in 2:52:05. All these were respectable times over a tough course in tough conditions.

Liam McKenzie wins the Male Masters 35-49 grade

Running strongly from the start, Liam McKenzie was the first Male Master to reach Swampy Summit and he never relinquished the lead finishing in an excellent time of 2:18:19 to win this grade and finishing 6th overall across the line. Second was Lee Cook who finished in 2:21:12 (9th overall) with Leith's Geoff Williamson completing the podium in 2:28:04 (13th overall)

Margie Campbell adds the Female Masters 35-49 grade title to her achievements

Apart from finishing second female overall, Leith's Margie Campbell won the Female Masters title too. Her time was 2:40:00 (25th overall). She held out fellow Leith runner, and last year's winner of this grade, Kristy Eyles who finished in 2:43:24 amazingly only 5 seconds slower than she did last year. How is that for consistency? Third was Anja Menzer in 2:52:50

Graeme Fotheringham dominated the Male Veteran 50-59 grade

Graeme Fotheringham had a dominant win in the Male Veteran grade finishing in an excellent time of 2:40:30. Second was Phil Page in 3:02:15 (he was third in 2023) with Steve Williams third in 3:06:16

A win for Caversham's Evelyn Armstrong in the Female Veteran Grade

The 2023 winner in this grade, Caversham's Evelyn Armstrong, and ever with a smile on her face, had an excellent win in a time of 3:15:45. Running conservatively and steadily for the first half of the course (a proven tactic), she outlasted Leith's Sue Hendry who finished in 3:22:54. Hendry was also conservative in the first half and this paid off, for her to finish strongly for her second place. Third was former record holder and winner in 2020 in this grade, Prue Orchiston who finished in a time of 3:29:01. All three are experienced runners in this race and it showed in their excellent times

Hill City-University's Eric Scharpf won the Male Guru 60-69 grade title

Eric Sharpf ran steadily all the way finishing in an excellent time of 3:21:58 where he kept the chasing group at bay. This included fellow clubmate Richard Fogarty, second in 3:33:35, and Michael MacKnight third in 3:37:07

Sally Nicoll takes the Female Gurus 60-69 grade Title again this year

Experienced runner, Sally Nicoll won this grade in an excellent time of 4:26:21. Second was Debe Stewart in 4:43:48. Will Sally make it a three-peat next year?

DK Architecture 11km Trail Run/Walk

Over the Summit

This was the third running of the Over the Summit 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 his own record

Caversham's Leon Miyahara was in recording breaking mood again this year. He broke his own record set last year by over one and half minutes setting a new record of 49 minutes 31 seconds. In accomplishing, he had to keep the ever present Theo Nicholson of Leith at bay. Nicholson finished second in an impressive 51 minutes 52 seconds. Third in the Male category was Scott Campbell who crossed the line in 59 minutes 11 seconds. Hill City-University's Ali Craigie had a blinder of a run finishing third across the line in record time to claim the third Open Grade podium as well as the first Female podium. Her time was an excellent 56 minutes 11 seconds which broke Becky De La Harpe's record of 57 minutes 22 seconds set in 2023

Overall Podium

1	All Ages	LEON MIYAHARA	00:49:31 (New Record)
2	All Ages	THEO NICHOLSON	00:51:52
3	All Ages	ALY CRAIGIE	00:56:10 (New Record)

Male Podium

1	All Ages	LEON MIYAHARA	00:49:31 (New Record)
2	All Ages	THEO NICHOLSON	00:51:52
3	All Ages	SCOTT CAMPBELL	00:59:11

Female Podium

1	All Ages	ALY CRAIGIE	00:56:10 (New Record)
2	All Ages	CAITLIN DENT	01:01:32
3	All Ages	PIPI JOHNSON-PHILLIPS	01:08:21

Congratulations to all those who participated and assisted in this iconic event which has taken place uninterrupted since 1984. Statistics: 621 registered, 569 starters, 99 (56km), 398 (26km), 72 (11km), 45% female, 55% male overall, 60% female in 11k, 45% female in 26k, 30% female in 56k (28% last year). *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*

A BIG THANK YOU from Chris Sole, President of the Leith Harrier & Athletic Club

This is an extraordinary Event. It is filled with desire, determination, discipline, grit, guts and passion. It is local, driven from within the Leith and wider Community. It has a loudly beating heart. It is instrumental in maintaining and showcasing our local Trail network, promoting the outdoors in all its muddy rugged glory. It celebrates fine achievements, while also encouraging grass roots participation. Thank you for participating. The TailEnders who endured the Longest Day bringing everyone safely home, require our deepest thanks: Scott and Laura McRodden (56km); Donna Tumaru and Gavin Chin (26km).

Thank you, **Steve Tripp, 3 Peaks Race Director**, over the last 6 years. You have left an indelible mark on the 3 Peaks Race History. Not only have traditions continued, but it has grown under your Leadership. Your agility, dedication, discipline, energy, excellence, hard work, independence, and free thinking has catapulted 3 Peaks into the National Trail Running Network consciousness. You have run (and walked) every inch of the courses, and your intimate knowledge has fostered the foundation of your advertisements. This honesty has been instrumental in ratcheting up the profile. The consequence is more and more people are wanting to participate from outside Dunedin. It has outstanding organisational acumen, high quality community engagement, consistent liaison with DCC (Parks and Forests), City and Wenita Forests, certified and approved by DOC, a UTMB Index Race, Outdoor Mark Safety Audit, The Green Hut Track Clearing Group, along with a host of other Volunteer groups and individuals. Steve, as you step down, and hand-over to Lydia Pattillo, the legacy you leave behind is the vision of adventure, affordability, quality organisation, respect for one another and the environment, and safety for all participants. Thank you. Perhaps now, it is time for you to run the race you lovingly embraced.

Thank you to the Leadership Team of Mark O'Neill (Race Day and Start/Finish Site Director), Siobhan McKinlay and Gaya Gnanalingam (Volunteer Directors with over 100 Volunteers to manage).

And here, I wish to acknowledge the (almost) complete Team:

Track Clearing (benefits the entire Dunedin Community): Green Hut Group, Dave McLean, Wayne Porteous, Theo Nicholson, Fraser Bailey, Lynne Kerr and Chris Sole

Race Starts and Volunteer Briefings: Steve Tripp

Registration of runners, marshalls: Mark, Gaya, Margaret Knox, Siobhan, Tadhg Ryan-Charlton

All Gear for Marshalls: Richard & Margie Campbell

Gear Checks: Orlaith Heron, Marc Boule, Croydon Paton, Andrew Wilson

Course marking: Steve Tripp, Anna O'Byrne, Orlaith Heron, Wayne Porteous, Chris Sole, Wayne Stephenson, plus others.

3PEAKS + 1 56km:

Craigieburn (Rachel Shields), Wakari/Tanner (Rachel Masterton, Roger Caton), Bottom of Pineapple track (Matt Dent), Pineapple track T intersection (Wayne Stephenson), Bullring- Aid Station (Opoho PTA), Bottom of Longridge Rd on Whare Flat Rd. Aid station (Wendy Tripp, Warren Payne, Trevor Grant), Start of Tunnel Track (Danny Baillie), Tunnel Track (Orlaith Heron), McRaes Stream crossing (Richard Campbell), Intersection of Racemans to Powder Creek detour (Joanna Isaacs; Hilary Lawrence), Silverstream crossing (Gretchen Brownstein), Bottom of Powder Ridge (Colin Tocher), Powder Ridge/Long Ridge intersection, Bacon Knob (Grant Koedyk, Mark & Luke Geddes, James Bishop), Pulpit Rock (Chris Taylor), High Top intersection Aid station (Anthony, Julia and Henry Eyles)

3PEAKS 26/11 km race

Start line (Mark, Steve Tripp, Gaya, Margaret Knox, Siobhan, Pete Hughes, TMC),
Set-up Finish, Register Chingford 11km (Mark O'Neill & Gaya Gnanalingam & Marc Boulle),

Transport 11 km runners to Sullivans Dam (Siobhan and Luke McKinlay),

Reservoir dam (Georgia Mayer), Turn off to Craigieburn (Martin Jones), Wakari Tanner rd (Cheryl Kelly, Tania Hollis + TMC), Bottom of Pineapple track intersection. (Nicky Bisley and 2 kids),
Pineapple track T intersection (Wayne Stephenson again)

Flagstaff summit (Mark O'Donnell, Lisa O'Donnell, Caitlin O'Donnell, Leanne Hill, Tiana Kyte),
Flagstaff turn (Michael Taylor), Flagstaff out and back safety marshal (Adrien Matyn), Flagstaff Aid station (Felicity Brown, Sarah Stephen), Swampy Summit – Aid station (Kevin Blair, Dan Hayman, Hope Duncan, Katherina Weidenhiller, Jenni Topliss), Leith Valley at bottom of water dept track/Bottom of Morrisons (Andy Smith, Royce Earl), Dryden rd/ Leith Valley (Laura Bogdan, Shayne Hughes; Bruce & Judy Norrish), Leith Valley Road at entrance to new track Aid station (Chris, Gisela and Sebastian Sole), Mt Cargill (Team 1 Liam Turk, Kate Wightman, Sarina Anderson, Jilly O'Brien, Hannah Hayward/Team 2 Ron McClay-Barnes, Lynne Kerr, Carli Richter, Bruce Adams), Bethunes carpark (Mel Orchard, Maria Montes de Oca, Emily & Rich Harriis, Norward st/Bethunes driveway (Alan Somerville & Ruth Barnett, Val Cleverley & Willow Chapman), Corner of Norward St/Tannadice St (Maia Murdoch, Richard Parker), Corner of Tannadice St/Dryden St (Jenny Winter, Lauren Beels),

Finish line: Site Manager - Mark O'Neill

Admin Entries/Results/Prizes - Margaret Knox, Belinda Leckie, Mark Peters

Manual record numbers on sheets provided – Mark Peters, Marc Boulle, Pete Hughes

Hand out finish medals - Susan Craig, Imogen Holmstead-Scott, Vanessa Bradbury

Spot prize table - Christina Black

Provide runners food and drink, sell merchandise - Frankie McKinlay, Annabelle Martin, Rata Jamieson

Finish line photos Jessica Kats

Extra help - Siobhan & Gaya, Luke McKinlay, Roisin McKinlay, Nick, Wayne S, Lynne K, Colin T, Richard C, Sebastian and Gisela Sole, and a host of others!

MC - Grant McLean, Steve Tripp

Finish line medic- Paramedic St Johns