

DON GREIG RACING STABLES

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News from the Stables

Dear Club Members,

Happy Mid-June, almost half-way through winter! As always - enjoy and pass along any feedback, criticisms, complaints, corrections, special feature articles, letters to the editor, or Dear Don entries for upcoming issues to Anne (the Editor-in-Chief: dgrs.newsletter@gmail.com). I am really looking forward to some people turning in some special feature articles - could be about anything! An amusing Don story, a favourite DGRS memory, your latest recipe... Most importantly, if you have participated in an event recently, achieved a PB in a Hagley Park time trial, or know someone who has done anything notable, please email me so that I can include it in the newsletter!

NEW MEMBER'S ROUND UP

Welcome to our newest members - Anne Radecki (who recently ran the Boston Marathon!), Yuri Cowan, and Simon Kerr.

RESULTS ROUND UP

Mt Oxford Odyssey Half Marathon

Bruce Woods was back in action heaving himself up Mount Oxford in gale force winds. And he prevailed with a first place finish for the over 70s, and a 67th showing overall! Savanah Stewart got out quickly as she was worried Bruce might ask her to fireman carry him up the mountain, and ended up being the first female home and was crowned Queen of the Mountain. Teresa Blackmore was 7th female overall and 3rd in her age group.

UPCOMING EVENTS

June 25

Kennett Cup / South Island Cross Country Championships

July 9

Canterbury Cross Country Championships

IMPORTANT ANNOUNCEMENTS

There will be a trial for the following Takahe to Akaroa teams during Canterbury Road Championships (August 20)

- Senior Men
- Senior Women
- Veteran Men
- Veteran Women
- Veteran Men 0/50

DEAR DON

Dear Don.

My legs are a bit sore after the Tuesday track sessions - any ideas?

-Sore knees

Dear Sore knees - Get some new F\$#%ing shoes! Those are older than me!

-Don

Dear Don

I keep miscounting the number of laps I've run around the track - any tips for keeping track?

-One Rep Short Sally

Dear One Rep Short - learn how to count! When you run out of fingers, start using your toes.

-Don



South Island Ultra 100k Marathon

It was a dark and early start to the South Island Ultra, with rain bucketing down as is often the case on the West Coast. This did not perturb El Presidente, Phil Lindsay, in his quest to run 100kms. Even running into a bollard 18k in didn't stop Phil! Despite falling over in front of his wife and support crew, he soldiered on to finish 3rd in the over 50s. He only complained every 500m for the last 22 odd kms to his training buddy Anne who quickly ran out of ways to distract him from his misery – there are only so many ways you can recycle the standard Don mantras. It was a huge effort from Phil and we are looking forward to that fast 400m he is going to run in track season as he trades his ultra-shuffle for some new wheels.

Canterbury Half Marathon Championships

On a rainy cold day Olivia Ritchie was first overall in the Canterbury Half Marathon Championships followed by Tui Summers. How good is it to have two black singlets on the podium! Of course the day was too cold and wet for either of them to remain in their singlets until podium time, so we just have to

pretend!

Hawkes Bay Marathon

The same weekend that Phil was running into bollards, and Olivia and Tui were running half marathons, Hannah Oldroyd was up in Hawkes Bay running the Hawkes Bay Marathon where she was second in a time of 2 hours 50 minutes. Chris Norman was fourth overall in the 10k, and first in his age group.

Wellington Marathon



Lisa Brignull was the woman winner of the Wellington Marathon! Despite the wet, windy, and frigid conditions she ran a great race and came away with the win. Shaun Tocher was 7th in his age category in the full marathon. In the half marathon Brett Tingay was the 5th overall (first in his age category), while Daniel Stouffer was 7th in his age category, followed by Lucas Sacco (9th in his age category). In the 10k, Bridget Lumsden pulled away from her running partner Harriet Kingston (hey – a race is a race) with 1.5k to go and they went 2nd and 3rd in their age categories, respectively.



Rawhiti Cross Country (formerly known as Jane Paterson)

We had a big showing for the exhausting, sandy, windy, looping Rawhiti Cross Country course. Anne McLeod was second in the Senior Women followed by Whitney Coull (and I don't want to speculate, but I think this means we win the team trophy for the second year in a row!). Fiona Dowling was second over 35, while Maree Greig was first woman over 60. On the men's side, Simon Kerr was second man over 35, followed by Jimmy Feathery in 4th. Jimmy learnt an important lesson at Rawhiti – sometimes Don gets excited and tells you to go

too early. Craig Oliver was first man over 40, while Richard Bennet was first man over 55. Phil Chapman was third in the open men 4.5k course.

Selwyn Half Marathon

Yuri Cowan was fourth overall, while Bruce Woods was first man over 70. Meanwhile, on the women's side, Teresa Blackmore was 2nd woman over 40, and Cara Trenberth was 2nd woman over 50. In the 10k, Steph Rumble was 2nd woman over 40, and Chris Arnold was second in the over 60 men's 10k. Finally in a tight over 40s men's race Luke Bailey was the second man over 40, beating out JP Walker who had to settle for 3rd. JP's kids were both first in their school cross country, so we are expecting the Walker's to win the fastest family award soon. Nic and Alex are you both still reading?



Holloway Cross Country

On a cold but sunny day, a large DGRS contingent headed out to Motukarara for the Holloway Cross Country. The women's race was won by Olivia Ritchie, while Bridget Lumsden was the 7th senior woman, Sophie White 11th. Fiona Dowling 2nd master's woman over 35, Serena Kelly first master's woman over 40, and Maree Greig 1st masters woman over 60. In the men's race Carl Parkins was the 9th senior man, Simon Kerr the second master's man over 35, Jimmy Feathery 4th master's man over 35, Richard Bennet first master's man over 55, finally Phil Chapman second open men 4k.

ATHLETE OF THE MONTH

Samantha Benson-Pope

Hometown: Dunnaz!

Nicknames: Samsters (on a piano), Sambo, SBP

Favourite Post-Race Snack: bagel with PB & J 🥞

Favourite Pre-Race Dinner: Pasta

Favourite Running Memory: There's too many! 1. When I was faster than Anne 2. Followed a close second by a great visit/weekend of running in Dunnaz with Philly, Anne and Daniel last year 3. Also stellar morning runs with Hazza and my Wednesday (very early) morning runs with Alex.

Favourite DGRS Memory: The return of Olympic Donny Greig at Molesworth 2020 (*Editor's note: Let the record state that Sammy is referring to Don as Donny, not the editor who respects how much Don hates that nickname*)

Favourite Race: Oooooo Buller or Molesworth

Words of Wisdom: The real hero is the first person on the street to put out their wheelie bins.

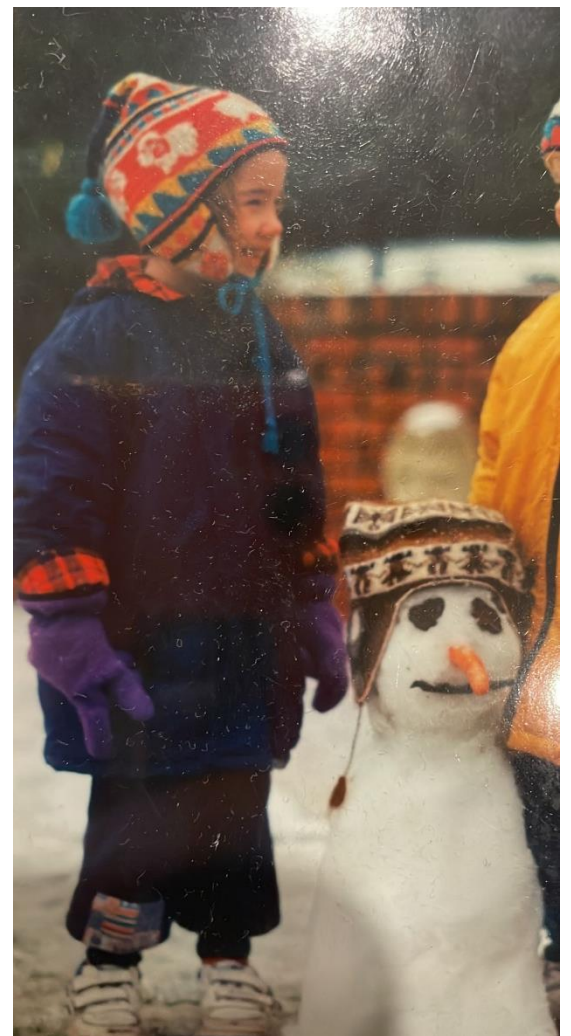
One thing that no one will know: ! I think everyone knows everything about me. I'm an open book (and apparently I talk a lot).

Mountain or sea person: Sea... I don't like the cold. (*Editor's note: this is really perplexing logic*).

Fave music/song/artist: The Lumineers

DGRS Origin Story: I met Maree (also known as Donny's better half) soon after I moved to Christchurch in 2012 – the rest is history. They are both bloody wonderful.

Dinner around your table: ooooo probably a family get together with mum, dad and Henry and Sam (can't beat it or dad's cooking). (*Editor's note: trade out Dad and Sam for Phil and Anne plus some of Dave's world famous gumbo and you've got her honest answer*).



Miscellaneous Events

Savanah Stewart was the fourth women in the Tauranga ultimate obstacle 10k race, demonstrating that she probably could have fireman carried Bruce to the top of Mt Oxford and still been Queen of the Mountain. She was narrowly beaten by Mat Whittle who was the 15th male.

Meanwhile in the Hagley Parkrun Ryan Douglas and Harriet Kingston both ran huge PBs (and Harriet even ran two parkrun PBs in the last 6 weeks!)

Were there anymore? I don't know! Please email me with any events that you have done so I can include them in the newsletter! dgrs.newsletter@gmail.com.

THANK YOU

Thank you to Don for wrangling everyone through Wednesday and Saturday speed work sessions, Bridget for staying on top of the accounts, Ants for being Ants, and Margy for being Margy. Thank you to everyone who helped pace the Hagley Parkrun, especially those who stuck to their pace better than yours truly! Welcome to all new DGRS Members! And thank you for all the individual sponsors who are helping us assist our athletes in every way we can!