

DON GREIG RACING STABLES

www.dgrs.org.nz



News from the Stables

Dear Club Members,

The club is growing and it is becoming harder for me to keep track of results! Please, please, please let me know about any events you've participated in, PBs you've achieved, or things you want the DGRS Foals, Fillies, Stallions, Mares, and Donkeys to know about! 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! A special feature by one of our prestigious multi-sporters? ...

UPCOMING EVENTS

December 4

DGRS Awards Gala

IMPORTANT ANNOUNCEMENTS

DGRS Awards Gala and Christmas dinner is December 4th – be there or be square!



NEW MEMBER'S ROUND UP

Welcome to our newest member Barry Hellem.

RESULTS ROUND UP

Crater Rim

This year Crater Rim doubled as the New Zealand Trail Running Championships. On a normal day taking on the NZ ultra-running championship is not for the faint of heart, but on this day it was particularly hot and sunny. That proved no obstacle for Emma Timmis who became the NZ Ultra-Running Champion for 2022.

Auckland Marathon

One of the big events on the distance running calendar is the

Auckland Marathon where the miles of winter running through the rain, wind, and cold, and cross-country races pay off. DGRS had a large contingent representing across all distances. Of course, spring weather in Auckland is unpredictable and this year proved no different – wet, wet, and even more wet! In the marathon Michael Anderson was 2nd in his age category, and Serena Kelly was 3rd in her age category. In the half marathon Adam Jaques was 2nd in his age category even though he was just pacing his brother! Chris Norman was fourth in his age category, Ryan Radecki

DEAR DON

Dear Don.

How do I stop my legs from wobbling at the end of a 400m race?
-Running through quicksand

Dear Ol' Wobble Legs – That's what 400m races are like.
-Don

Dear Don.

Why are there so many fools at the track wearing longs to warm up when it's summer? -Hot Blooded Track Racer

Dear Cold Idiot – You gotta keep your muscles warm! It's no use racing with cold muscles.
-Don

was 14th in his age category, and Steph Rumble was 17th in her age category. Finally, Bruce the legend Woods was 3rd in his age category (of a remarkable 22 old guys!) braving the wind, rain, and horrendous conditions unlike some other people...

Queenstown Marathon

After being cancelled due to Covid last year, many DGRS folks headed down to Queenstown to do the full marathon, half marathon, and 10k. Shaun Tocher took on the marathon distance again post-Wellington and placed 46th in his age category, while Tim Rensen ran his debut marathon placing 146th in his age category. In the half marathon Brett Tingay was fourth overall, and first in his age category, Luke Sturkenboom was 9th overall and fourth in his age category, Daniel Stouffer was twelfth overall and fourth in his age category, Chris Norman was sixth in his age category, and Bruce Woods was 5th in his category of "old buggers". On the women's side, Kirsten Hall was 2nd woman home, Fiona Crombie was third in her age category, Teresa Blackmore was 12th in her age category, and Steph Rumble, only days after doing 50ks around Hagley Park was 25th in her age category. Finally, in the 10k, Chris Arnold won his age category!

Molesworth

Molesworth - the classic DGRS dust up, an 84km 4 person relay through Molesworth station. This year the DGRS put in three teams carefully arranged to finish as close together as possible to ensure a fun day of competition, friendly banter, and cutting trash talk. Unfortunately, a last minute moonboot took Serena Kelly out of the competition, but Shane Grose stepped up and ran two legs of the relay. This meant that all three teams couldn't finish together, but with only 5 seconds separating the first two DGRS teams we can conclude Don did a pretty good job. Despite the buckets of rain teeming from the sky on the drive up to the start line, the skies cleared before the race started leaving a beautiful day to run. The DGRS Phillies (Phil Lindsay, Harriet Kingston, Mary Gray, and Sophie White) were the third team overall and the first



ATHLETE OF THE MONTH

Jimmy Feathery

Hometown: Christchurch

Nicknames: Feathers, or if King Don is yelling orders then pussy or soft c**k

Favourite Post-Race Snack: A handle of the dark liquid, first choice Stout, but if it's before 10am a coffee will do (*Editor's note: Feathers is a coffee snob, so not just any coffee will do*)

Favourite Running Memory: Andy surviving after my brilliant idea for him to do Mission Mount Somers half marathon – sorry about that one mate.

Favourite DGRS Memory: When the ponies hit Motukarara race course for a cross country race. Don yelled at me 'last lap, dig it in!'. Turns out it wasn't my last lap and Don almost pulled a hammy sprinting down the hill to let me know I still had 1 more lap to go! DGRS entertainment at it's best.

Favourite Race: Sella Descent K2 Kayak race in Spain. With a 20m max sprint to launch the kayak you need some running legs for this race too! (*Editor's note: I guess we will let that one slide – we didn't specify*

it had to be a running race).

Words of Wisdom: Do the miles, get the smiles.

One thing that no one will know: I'm a donkey whisperer (*Editor's note: we all knew that – we've seen you sweet talk Don*).

Mountain or sea person: Sea. Despite a fear of the cold, I'm a water boy, having spent most of my life in or on the water.

Fave music/song/artist: Wild Horses by the Rolling Stones, or Ever Long by the Foo Fighters

Four People for dinner: Combining my two favourite things in life; Kelly Slater and Steven Adams for sports talk along with Ryan Reynolds and Taika Waititi for shit talk!





mixed team across the line. They were followed by the DGRS Donkeys (Hannah Alexander, Anne McLeod, Alex Simmonds, and Don Greig) and finally DGRS Hoof it (Shane Grose, Nicola Handley, Katherine Reardon, and Shane Grose) for fourth and fifth team over all, respectively. Individually it was a DGRS women podium sweep as a DGRS woman was the fastest woman for each leg – Hannah Alexander was fastest woman on leg one, Anne McLeod was fastest overall on leg two, Mary Gray was fastest woman on leg three, and Sophie White was fastest woman on leg four.

Boulder Bay

One of the favourite local events for those runners who are more trail running inclined is the Boulder Bay Classic. This year proved much better weather than previous years. Annie Radecki and Lisa Brignull were first and second respectively in the Master's Woman category, while Brent Gilpin was 11th in the Veteran Man category.

Mission Mt Somers

If you are into trail racing and power walking up mountains and running down them through knee deep mud, then Mission Mt Somers is the race for you. If you're not, showing up with a pair of road shoes and a great attitude – then ask Andy how that served him. Mary Gray was 3rd overall in the multi-mission despite having legs that felt like potting mix. Andy Tuckey and a non-DGRSer who's name shall not be mentioned ran in the teams event, but Andy's run split would have placed him 21st in the Open Men category for the half marathon, while Jimmy Feathery and a non-DGRSer who's name also shall not be mentioned ran in the team events, and Jimmy's run split would have placed him in the top three. Seems like Andy should have talked to Bruce about his experience last year before signing up!

Miscellaneous Events

Emma Timmis was first woman in the 25km Rocky Point Trail Run. Mary Gray was first in Waka50. Fiona Dowling was 3rd in the Motu Challenge and 12th in the 5 Passes Cycling Race. Katherine Reardon was 5th in the Meridian Twizel Hard Labour weekend, while Laurence Cooke was 9th overall and first in his age category for the pyramid half marathon run. Meanwhile, three DGRS members – Caden Shields, Brett Tingay and Daniel Stouffer took advantage of the fast 10k set up in Timaru to help people achieve the World Cross Country qualifying standard to test their legs out. Caden Shields was second overall, achieving the World Cross Country standard and a new 10k PB in the process, Brett was 4th (first master's man), while Daniel was 13th (second master's man) overall. In the New Plymouth Coastal Five, Jimmy Feathery was third overall. And finally, Ryan Douglas finally cracked 19 minutes in parkrun!

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!

