

DON GREIG RACING STABLES

www.dgrs.org.nz



News from the Stables

Dear Club Members,

Happy end of July and hopefully hello to a sunny beautiful August! 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? ... 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 - Teresa Blackmore, Johnny Lineham, Trudi Baty, Lincoln Baty, and Michael Anderson.

RESULTS ROUND UP

Kennett Cup

On an unseasonably warm day in June (it feels almost wrong to write that after the truly atrocious weather we have been experiencing recently) the men and women of the Don Greig Racing Stables lined up for the prestigious South Island Champs, otherwise known as Kennett Cup. Olivia Ritchie gritted it out fighting for the lead the whole way to get 2nd - although we are sure that once she perfects her hurdling technique she will be a shoo in for first. Anne McLeod was a distant 3rd, followed by Fiona Dowling taking the long course option for 7th, and Harriet Kingston in 8th. Fiona Crombie, demonstrating her steeple chase

DEAR DON

Dear Don.

How can I get faster? My 10k time is truly embarrassing.

-Slow 10ker

Dear Slow 10ker - Try running more than 4 days a week! Back when I was running well I was doing 286km weeks!

-Don

prowess and speed was the first in the women's over 35. On the men's side Simon Kerr was 2nd in the men's 35 - 40, Daniel Stouffer was 2nd in the Men's 40 - 45, Richard Bennett was 1st in the men's 55 - 60, and Phil Chapman was 2nd in the Men's 60 - 65.

Canterbury Cross-country Championships

With the hot sunny day of Kennett Cup a distant memory, the DGRS members huddled themselves at the start line of the Canterbury Cross-country Championships. The day was dark, wet, and pretty miserable - ideal for lying on the couch eating Cheezels, I'm told. But the weather didn't stop the DGRS members from showing up and racing their hardest - although it was a fair bit harder for those without cross-

UPCOMING EVENTS

July 30

National Cross-country Championships

August 6

Lakeside Relay

August 20

Canterbury Road 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 O/50

Only certain people will be required to time trial - might this be you?

Contact Don to find out ☺



country spikes. And probably hardest of all for those who fell in the ditch. With Don, Ants, Phil, and Margy braving the weather to cheer everyone on, Olivia Ritchie finished 2nd overall, followed by Anne McLeod in 3rd, Fiona Dowling in 8th, Bridget Lumsden in 10th, Katherine Reardon in 11th, and Harriet Kingston in 12th. Fiona Crombie took out first place in the Women's over 35, while Annie Radecki took first place in the Women's over 40 followed by Nicola Handley. In the Women's over 50s Tui Summers was 3rd. On the men's side, Caden Shields lined up for his first race back after his big marathon, placing second in a tight battle with some other runners who's names shall not be mentioned. Simon Kerr was 2nd in the men's 35 followed by Jimmy Feathery in 5th, while Daniel Stouffer was 2nd in the men's over 40 and Richard Bennett, the

cross-country legend, was 1st in the men's 55.

Western States Endurance Run

On the same day as the Canterbury Cross-country Championship, Ruth Croft was running the Western States Endurance Run. Unfortunately, the club didn't want to cover the costs of sending the intrepid newsletter editor over to provide a live race report so we will just have to assume that it was hot, dry, and long. But Ruth won! First woman home in one of the most prestigious ultrarunning events in the galaxy.

Fusion Forest Half Marathon

And on that same weekend – what a jam packed weekend – Savannah Stewart, Teresa Blackmore, Bruce Woods and Steph Rumble were competing under the trees of Bottle Lake Forest (hopefully they didn't park in the carpark there). Savannah Stewart was first woman home, followed by Teresa Blackmore in 6th, meanwhile Bruce Woods was the 46th man, and Steph Rumble was the 21st woman in the 10k.

Andrew Reese Relay

ATHLETE OF THE MONTH

Harriet Kingston

Hometown: Ratapiko (a tiny place in Taranki)

Nicknames: Harry, Haz, Hazmat

Favourite Post-Race Snack: Chocolate milk

Favourite Pre-Race Dinner: A burger and a beer

Favourite Running Memory: Running the Comrades marathon in South Africa.

Favourite DGRS Memory: There are so many! Either the first pre-race pasta night with Dave and Jan in Dunedin or running on my first relay team at Buller with Sammy, Maree, and Whitney. Our team was called the Sole Sisters then and it was the first time I'd ever felt 'good' at running. In hindsight, that was probably the event that got me hooked!

Favourite Race: Christchurch – it's nice to run around our home city

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 can solve a Rubik's cube in 2 minutes. My PB is 1:50 – I guess that running mentality can be applied to other areas too!

Mountain or sea person: Mountain for sure!

Fave music/song/artist: I love Ed Sheeran. I'm also partial to a bit of folk music.

DGRS Origin Story: I moved in with Sammy BP about 8 years ago and just thought she was so cool! (*Editor's note: we all think SBP is just so cool*). My goal was to be able to run a lap of Hagley with her. Anyway, it didn't take long to get sucked into the running gang. That was when the DGRS was still an informal group running on the grass in South Hagley – I still remember my first speed work session: 3 x 800m.



In a brief break from the rain, three DGRS teams headed out to Rangiora to participate in the Andrew Reese Relay. DGRS senior women's team (Olivia Ritchie: 1st senior woman, Anne McLeod: 2nd senior woman, Katherine Reardon: 6th senior woman, and Harriet Kingston: 4th senior woman) was first in the senior women's category (and they weren't just first by default as had been suggested – there were 5 senior women's teams!). The senior men's team (Carl Perkins: 5th senior man, Michael Anderson: 1st master's man, Phil Lindsay: 13th master's man, Nizar Ali Gilani 12th master's man) was 2nd in the senior men's category (thanks to Carl's youth). And the mixed master men's team (Serena Kelly: 2nd master's woman, Maree Greig: 6th master's woman, Brent Gilpin: 33rd master's man, Don Greig: 24th master's man) was 4th. Most importantly, Don would like all the doubters to know that he did beat Maree.



McKenzie Half-Marathon

Our local multisport couple headed up to Fairlie to run the McKenzie Half-Marathon, and I think it can be said that they performed fairlie well. Fiona Dowling was the second woman home, and Jimmy Feathery was 4th man.

Unfortunately, due to the unseasonably wet weather they changed the course so they didn't have to flex those paddling arms to ford the river.



Miscellaneous Events

In some sort of kayak race the day after the Canterbury Cross-country Championships, Fiona Dowling and Katherine Reardon got into their togs and competed in the Topsport Kayaking Pro-am Winter Race Series #1. Due to some flooding there were some course changes and they were required to portage (sounds a bit like those obstacle races Savannah Stewart likes to run...) their kayaks. Fiona Dowling was first woman finished, while Katherine Reardon was 3rd.

Bruce Woods also participated in the first 10k of the Sri Chimnoy Sumner Esplanade winter series, however, I can't find the results anywhere! But knowing Bruce he battled it out and excelled.

Meanwhile in the Hagley Parkrun Daniel Stouffer ran a huge PB.

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.

Annual General Meeting

Sunday July 24th was the third DGRS Annual General Meeting and suffice to say the night was a resounding success. The ambience was delightful, especially the fire, the speeches were top notch, the pictures of Don on his horses were enjoyed by all (no wonder we are a racing stables!), and the food was great. Thank you to Margy, Phil, Shane Welsh and Chris Littlewood for all their efforts behind the scenes.

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!