

DON GREIG RACING STABLES

www.dgrs.org.nz



News from the Stables

Dear Club Members,

Happy New Year! Thanks to Don's patience and guidance here is hoping that your next year involves a PB in every distance. And, a fervent prayer from me that when you do achieve those PBs, awesome race results, or even mediocre race results you flick me an email with the event and your time so that I can include it in the newsletter! As the club grows it is becoming harder for me to keep track of everyone in the club and all the different events people are doing!

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? Coast to Coast is coming up.....

UPCOMING EVENTS

February 11

Buller Gorge Marathon and Tracey's feast!

March 10

DGRS night of 5s – more information below

March 19

City 2 Surf

IMPORTANT ANNOUNCEMENTS

Please email me (dgrs.newsletter@gmail.com) with your latest results



RESULTS ROUND UP

Kepler Challenge

DGRS marathoner extraordinaire, Lisa Brignull (you might remember her as the winner of the 2022 Wellington Marathon) participated in her millionth Kepler Challenge. This year she was the second veteran woman and the twelfth female! Hot off the heels of her Molesworth Run, Hannah Alexander was the 38th open female on what I believe was her maiden Kepler Challenge voyage.

Canterbury Half-Marathon

At the beginning of December while Lisa and Hannah were resting their legs after the mammoth Kepler effort, some other DGRSers took to the streets of Pegasus for the Canterbury Half Marathon. Teresa Blackmore was first in the master's woman's category, and second in the Open Championship Women category.

Track and Field Notables

The fastest marathoner in the DGRS (Caden Shields, in case you forgot to update your spreadsheets after the Hamburg Marathon), ran a pretty tidy 5000m in Auckland during the Auckland night of 5s placing 9th overall in 14:22, I believe just shy of his 5000m PB. Closer to home, some DGRS members participated in the Christmas Cracker. As usual, the Nga Puna Wai winds were up to no good, but that didn't stop some of the boys from

running some pretty quick times! Daniel Stouffer and Mike Anderson tested each other's legs in an exciting 3000m with Daniel pulling away in the home stretch to take 2nd overall, with Mike finishing third. Mat Whittle showed up for perhaps his first track race as an adult and acquitted himself quite well placing 10th overall and only grunting a titch during his final 600m. A sole DGRS member, Malcolm Cornelius, made the trip down to Timaru to run the Lovelock Classic, placing 10th in the Mens Open 1 Mile B Grade. In the Canterbury 3000m Championships, Michael Anderson was first in the Master's mixed race, while Anne McLeod and Fiona Crombie proved that age means nothing by placing 2nd and 5th respectively in the open Women's race. Finally, Brett Tingay was third in the Canterbury 5000m Championships on an incredibly hot day.

DGRS PRIZEGIVING

(Editor's note: The athlete spotlight will return in the next newsletter, so stay tuned!)

Dressed to the nines and ready to shine, the men, women, and children of the Don Greig Racing Stables showed up to the annual DGRS Prizegiving – we almost needed name tags so everyone could recognize their training buddies wearing their civvies!

The night got off to a great start with a great speech by President Phil Lindsay, while the famous Don Greig was on hand to give everyone their award and a wee handshake. Nominees and winners were:

Most Inspirational Athlete: nominees: Anne McLeod. Winner: Anthony Duncraft

Most Outstanding Athlete: nominees: Olivia Ritchie, Richard Bennett, Lisa Brignull. Winner: Caden Shields

Most Improved Female: nominees: Bridget Lumsden, Tui Summer, Kirsten Hall, Harriet Kingston, Anne McLeod. Winner: Olivia Ritchie

Most Improved Male: nominees: Daniel Stouffer, Jimmy Feathery, Johnny Lineham, Ali Gilani, JP Walker (*Editor's note:* gosh who even is JP!). Winner: Brent Gilpin

Too keep the night rolling and get everyone fed before they got hangry we stuck to the "classic" awards, which gives me, the editor in chief and sole contributor to the newsletter, a chance to give out the DGRS newsletter awards with nominees and winners below.

DGRS Newsletter Awards:

Best Pacer Award: One of the best things about the DGRS is how generous everyone is to step up and pace a fellow runner out for whatever time they want to run (note I am still waiting for Caden to request my services pacing him on one of his legendary hour long tempo efforts. My calculations say I will be able to pace him for the first 800m). Pacing someone to a PB is not a skill everyone has, as some parkrunners have found on the odd Saturday morning. The pacer of the year award this year goes to Mike Anderson for selflessly pacing me to countless PBs. The runner up for this award is Ants Duncraft who is always keen to pace make and get out of racing – so keen he has even offered to pace Tui for events she's not even entered in!

Best Freshman Award: Another great thing about the DGRS is the community spirit that everyone has. For example Cameron showed up to reps on a Wednesday and was registered and on a National Road Relay team by the Saturday – talk about team spirit! Or there is Mike Anderson who switched clubs midway through the year, but got into the community spirit so thoroughly it feels like he was one of the original members. The competition for this award was tight, but I think the prize has to go to Jimmy Feathery – the enthusiasm, attitude, and pride in everyone's accomplishments is amazing to see.

Best Coach Award: Don Greig. Hands down.

Favourite Athlete that runs for another club award: The competition for this one is pretty hot! There are a lot of great people out there running for other clubs – perhaps we will save this one to give out next year as the "favourite athlete who used to run for another club" award!

Most likely to do every event possible over a single weekend: Katherine Reardon – honestly, how does she have the energy!?

DEAR DON

*Dear Don,
How do I keep track of how many laps I've done in track races?*

- One lap short

Dear One lap short,
Just toughen up and run until I tell you to stop!

-Don

*Dear Don,
Laurence barely runs and he still beats me in races! How can I get ahead and stay ahead?*

-tired of losing

Dear Loser,
You just need to freshen up – stop crushing your Sunday run!

-Don

South Island Masters

South Island Masters was in Christchurch this year which meant a couple of our members showed up to grace the track with the black singlet. Over the course of three days DGRS members took down two of the South Island Master's Records (*unofficially) with Brett Tingay breaking the 3000m record and Fiona Crombie taking the 5000m record. In a thrilling 800m race Phil Lindsay and Malcolm Cornelius both placed first in their age categories while new DGRS member Barry Helem was second in his age category. Continuing his streak of first places, Malcolm Cornelius was first in his age category for the 1500m, and the 3000m. Meanwhile, Brett Tingay, Daniel Stouffer, and Craig Oliver went 1, 2, and 3 in the 3000m for their age category. Finally, in the 5000m Brett Tingay and Fiona Crombie were both winners in their age categories.

Shoe Clinic Asics 5k Series

The Shoe Clinic 5k Series is back! In the first of the five races many DGRSers took advantage of the home turf advantage to run huge PBs in the 5k. In the open women's race, Anne McLeod was second while Fiona Dowling was fourth and Harriet Kingston 6th. While in the 45-54 women's race Tui Summers was first. On the men's side, in the 35-44 category Rob Boughton was 7th, followed by Mat Whittle and Ali Gilani, in 8th and 9th, with Ryan Radecki placing 11th. Laurence Cooke showed that his 5k PB last year was no fluke, placing 2nd in the 45-54 category, followed by Phil Lindsay in 5th. Finally, Shane Grose won the 55+ category. If you're wondering where Richard Bennett was – he got the time wrong and arrived too late to run in the competitive 5k.

In the second of the 5k races, Mike Anderson was a champion pacer – returning from COVID to pace Anne McLeod to a first place finish in the open women's category, with Harriet Kingston in third. And yet again, there proved to be no woman to match Tui Summers as she won the 45-54 category with some help from Anthony Duncraft. Mike Anderson was 6th in the 35-44 category, Phil Lindsay was third in the 45-54 category, and Richard Bennett won the 55+ category followed by Anthony Duncraft in fourth.

In the third race of the 5k series, Fiona Dowling and Harriet Kingston took second and third for the open women's category, while Sophie White was 8th. Fiona Crombie was second in the 35-44 category, while Lisa Brignull and Tui Summers were first and second respectively in the 45-54 category. On the men's side, Yuri Cowan was sixth in the open men's category, while Daniel Stouffer was 4th in the 35-44 category followed by Rob Boughton and Mat Whittle in 9th and 10th respectively, with Ali Gilani 12th, Chris Norman 15th, Ryan Radecki 17th, and Luke Bailey 18th. Finally, Richard Bennet was first in the 55+ category with Shane Grose coming third followed by Anthony Duncraft in 9th and Don Greig in 10th.



Miscellaneous Events

In the Rasdex Classic River Race Fiona Dowling was third woman home on a very dry Waimakariri. Mary Grey fearlessly followed Fiona's lead placing 19th overall. Both women proving that they are in top shape for the Coast to Coast. Meanwhile, Katherine Reardon was demonstrating yet another one of her many athletic talents placing 29th. Meanwhile, Olivia Ritchie got back into triathlons, placing 3rd in the Canterbury Classic Triathlon out at Corsair Bay, while Carl Parkins was 1st overall in the Olympic Aquabike executing an incredible swim and bike to take out some fierce competition. Finally, Savanah Stewart won the Pegasus Bay Vine Run Half Marathon taking home what we can only imagine is a couple of gallons of wine.

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 S

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! 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!

