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# DON GREIG RACING STABLES

[www.dgrs.nz](http://www.dgrs.nz)

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## News from the Stables

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Dear Club Members,

Have you checked out the new website yet? Go over and check it out now – the newsletter will still be there when you get back! And reminder when you 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](mailto:dgrs.newsletter@gmail.com)). I am really looking forward to some people turning in some special feature articles – could be about anything! Some delicious pizza recipes...?

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### RESULTS ROUND UP

#### Tarawera Ultramarathon

The second weekend in February was a busy one for DGRSers – there was the annual pilgrimage to Buller by the bulk of the club, the race across the island for the multi-sporters (and their support crew), and up on the North Island, the Tarawera Ultramarathon. This year, Jess Winter was the sole DGRS representative at Tarawera running the 50ker. Jess did not let the club down – through ups and downs, highs and lows, Jess battled it out conquering any negative energy and self-doubt to finish an incredible 26<sup>th</sup> out of 716 women.

#### Buller Gorge Marathon and Half Marathon

Buller was back! And the year hiatus did not make it run any more smoothly! But good times were had by all – especially Harriet Kingston who knocked a good 2 minutes from her half marathon PB despite Ian dropping her up one of the hills and never looking back. And Michael Anderson who powered away from the field in the first 10k, and never slowed down running a convincing negative split and a marathon PB despite being 1 month post-covid. The weekend was not without drama as Laurence Cooke got to his hotel Friday night ready to prep his race outfit only to realize he brought neither his running shoes nor his DGRS singlet to run in. With a quick call to Asics, Laurence set up a handover of shoes Saturday morning before boarding the bus out to the start line.

Meanwhile the DGRS sent off numerous relay teams who took out first place across all three relay categories – fastest men's relay team, fastest mixed relay team, and fastest female relay team. This was particularly surprising since the fastest female relay team included Daniel Stouffer and Brent Gilpin – I guess they are called Danielle and Brenda from now on. It was also surprising considering the team which took the fastest mixed relay title consisted of a Port Hills runner,



### UPCOMING EVENTS

#### May 13

Lionel Fox Relays - always a fun event.

#### May 27

Rawhiti Cross-Country races and our turn to marshal, sign up for both now!

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### IMPORTANT ANNOUNCEMENTS

Please email me ([dgrs.newsletter@gmail.com](mailto:dgrs.newsletter@gmail.com)) with your latest results

a University of Canterbury runner, and two social runners – one of whom has never raced before! But after a sharp performance by all of them we are optimistic that the two social runners may consider showing up to their next race in a black singlet with a horse on front. After all, as Laurence proved in the half marathon – you run much faster when you're wearing the prancing pony!

## Track and Field Notables

A grand total of 6 people participated in the Athletics Canterbury 10 000m Championship and exactly half of those were DGRS. Perfectly paced by Mike Anderson, Harriet Kingston ran a huge PB skipping the 395 entirely to run 38.48 taking home second place in the women's race.

## DGRS Night of 5km PBs

The most hotly anticipated event of the track and field season was our very first DGRS event – and what an event it was! The DGRS members showed out in droves to help out, provide atmosphere, and run fast. And for once the conditions at Nga Puna Wai were perfect for running fast! There were many huge performances from the night including Ali Gilani and Laurence Cooke's perfect pacing, Sammy Benson-Pope running fast for the first time since Fiadh was born with Shane Grose towing her along, Jimmy Feathery breaking 17min for the first time, and Harriet Kingston – the Kingston Flyer herself – trusting her fitness and her racing instinct to crush that 19 min barrier. Ants was serving up sausages on the barbecue, the crowd got down onto the track to cheer the runners home, and not a single person approached Phil Lindsay, head of the Complaints Department! A huge thank you to every single member who showed up to show the community what the DGRS is all about – helping people run fast while making it fun. I already can't wait for next year!

## ATHLETE OF THE MONTH

**Maree Greig**

**Hometown:** Newtownards, Northern Ireland

**Favourite Post-Race Snack:** Pizza

**Favourite Pre-Race Snack:** Chinese

**Favourite Running Memory:** Running New York marathon in 2014 with 52 000 participants. We had to arrive at Staten Island 3 hours before the start of the race, conditions were the worst in the history of the event, very cold and so windy that the wheelchair participants had to start in Brooklyn. My pre-race warm-up consisted of keeping warm in one of the many portaloos, and my time was 3 hrs and 52 minutes. It was my first and last marathon!

**Favourite DGRS Memory:** First DGRS club trip to National Road Relay 2020 Feilding. We sent 3 teams – a senior women's team, an over 50s men team, and a social team. We flew into Wellington and drove to Feilding via the liquorice factory.

**Favourite Race:** Gold Coast half marathon 2012, winning my age group 50 to 54, *and* running a PB in 1.32.42.

**Words of Wisdom:** Be patient and never give up.

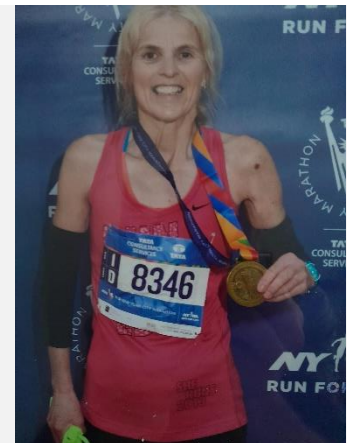
**What did you want to be growing up?** Nurse or policewoman.

**Mountain or sea person:** Mountain.

**What is one thing you can share that none of us will know?** Don proposed to me in 1980 on a trip to Europe. We decided to buy the engagement ring whilst in Europe but unfortunately for me, Don had run out of cash (pre credit cards). So I paid for my own engagement ring! Typical Male....

**Fave music/song/artist:** Group: Fleetwood Mac, Song: Dreams, Artist: Christine Mc Vie.

**DGRS Origin Story:** Buller marathon 2014 post-race while having lunch in our motel Ants, Shane and Adam came in wearing the same t-shirt with this funny logo on the front. It took a while for Don to figure out it was his name. Six years later that DGRS became a registered club.



## City 2 Surf

City 2 surf happened, but I have been on holiday and wasn't around for it. I hear people ran, some people ran fast, some people treated it like a Sunday run, and some people paced others. Unfortunately no one stepped up to be the boots on the ground reporter for this event so this is all you get to remind you that it happened!

## Coast to Coast

As a running club I usually leave the multisport events to the miscellaneous sport section, however, our coast to coast athletes deserve recognition for their endeavors. First up, Katherine Reardon and Jimmy Feathery were exceptional support crew for their athletes, at their beck and call for any minor whim they might have had on the day! Ice Cream in the middle of the Waimak? Jimmy was on it. Foot rub at Klondyke Corner? Katherine had it sorted. (Just kidding. I doubt either of those things happened). I hear the competition to be best support crewer was almost hotter than the women's Longest Day race. In a stunning display of grit, tenacity, and fitness, Fiona Dowling placed second overall in the women's Longest Day race with a first place finish for the Goat's Pass run. Meanwhile, on the men's side Shaun Tocher persevered to finish the Longest Day race placing 50<sup>th</sup> in his age category as a first timer – will he do it again? Only time will tell.

Meanwhile in the two day Coast to Coast Mary Gray battled with the best of them to finish third overall in the women's race, improving her placing from two years ago by one spot and taking 35 minutes off her previous finishing time. Mary was third overall on Goat's Pass exhibiting her running prowess, and first overall on the final cycle leg.

## Shoe Clinic Asics 5k Series

The final two Asics 5k Series races were in February and DGRS had a strong showing. There is always one race with perfect conditions and this year that race was the final race of the season. Unfortunately for everyone who raced Buller, this may not have been enough time for their legs to recover! Nevertheless, there was still a flurry of fast times including from Craig Oliver, Daniel Stouffer, Ali Gilani, and Richard Bennett.



Otherwise, there were some pretty incredible performances by a great group of runners – whether it was helping a pal get a PB, racing to a great result, or out on the course cheering everyone on; it was great to see so many black singlets out there. Well done to everyone.

## DEAR DON

Dear Don,

*If you get tired during a half marathon at around the 19k mark is it okay just to nip over to the 21k mark, finish the race and then accept congratulations in the finishing shoot?*

*- Cheater Cheater Pumpkin Eater*

Dear Pumpkin,

I was feeling tired!! I got them there though!

-Don

## Christchurch Marathon

A severely jetlagged Newsletter Editor showed up (late) to the Christchurch Marathon/Half Marathon/10k excited to support. With Ants and Carl on their bikes they became the chief support crew to two of our outstanding marathoning females – Olivia Ritchie and Lisa Brignull. Meanwhile Shane Grose was out in the trenches helping Lisa out by running an incredible 39 k of the marathon with her! Why did he run 39 km on a random Sunday? Because Lisa needed company, and that's just the kind of club we are. Meanwhile Don Greig suited up in yellow to pace the 1.30 group for the half marathon, blitzing many of them through to a sub-1hr 30 clocking, while taking a cheeky shortcut himself at the 19k mark. And if you thought you saw El President, Phil Lindsay, out there also kitted out in yellow and carrying a silly flag on the pole you would be correct! He stepped up and paced the 1hr 40 group, handing out gags like they were

## Hagley Relays

When the leaves start to fall you know cross-country season is here! And we had a record 9 teams compete in the Hagley relays this year with plenty of other DGRS out to support. Most notably we had our very first junior team suit up! We are now taking applications for a Junior Club Captain. Otherwise, I think the most exciting event of the day was seeing JP out and about supporting everyone. I guess for the Master's Men team the most exciting event of the day was watching Michael Anderson finish his lap with a roar only to stand around awkwardly in the baton changeover zone waiting for Simon to finish chitchatting. Needless to say everyone is excited for many more cross-country races to come!

## Miscellaneous Events

Katherine Reardon was third overall in Loop the Lake! I reckon this means she is getting back to her prime running fitness! And Savannah Stewart was the second strongest woman in New Zealand (but in my heart she will always be the strongest).

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](mailto: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! 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!

