

GREGG GEMMELL - ATHLETE

Gregg was born and raised in Winnipeg, Manitoba, and primarily lived and trained in Transcona and North Kildonan. He was highly successful from Grade 7 to 12 in track and cross country races. Mr. Jim Daly, the University of Manitoba track coach, invited Gregg to a cross country training camp at Clear Lake in 1975, where he met and ran with some of Manitoba's best distance runners at the time, including Olympian Chris McCubbins. This group of runners and friends went on to form the Yellow Snow Athletic Club in 1976.

Gregg ran many races across Canada and the United States over 25 years. He won races at all levels of his career including junior high, senior high, open races in track, cross country, and road running, and participated in the 1980 and 1984 Canadian Olympic Trials for the marathon. He ran countless road races from 5km to marathon and ran at least 26 marathons under 2:35:00. Gregg holds personal bests in the marathon (2:21:06) half marathon (1:07) 10km (30:20) and 5km (14:48).

Gregg enjoyed the daily grind of training in +30 or -30 and the discipline that was required to run 100+ miles per week for months and years in a row. The most important things that happened along the way included meeting lifelong friends and watching their families grow over the years. Later in life, Gregg enjoyed running with his son and racing in many local events together. He now enjoys watching his granddaughter grow up and walking, running, hiking, and biking with her.

Gregg was inducted into the MRA Hall of Fame as part of the Yellow Snow Athletic Club in 2015.

Selection of Race Results

1977 Ottawa Marathon (National Capital), Ontario, 30th place, 2:36:38

1979 Boston Marathon, Massachusetts, 76th place, 2:22:06

1979 Western Canada Summer Games, Saskatoon, 3rd place, 2:26:57

1980 Manitoba Marathon, 7th place, 2:22:02

1982 Vancouver Seawall 20km, BC, 5th place, 1:03:10

1982 Victoria Half Marathon, BC, 1st place, 1:07

1982 Richmond Flatlands Marathon, BC, 1st place, 2:25:47

1982 Honolulu Marathon, Hawaii, 17th place, 2:29:13

1983 Napa Valley Marathon, California, 2nd place, 2:25:17

1984 Houston Tenneco Marathon, Texas, 31st place, 2:21:06

1989 Manitoba Marathon, 4th place, 2:26:33 (2nd Manitoban)