Take a look at: http://digitalsoftware.pl/dgs.php?page=upp&sub=grid
In the beginning ArrayCtrl had less features than today. I decided to write my own control then but even now it has more features that ArrayCtrl. The only noticeable difference is lack of virtual rows in gridctrl. Inside grid is simply a Vector<Vector<Value>> and grid ctrl is quite well optimized to display it. ArrayCtrl can be faster if you use conveners for columns because it uses some kind of cache. However in most cases I had never performance issues (even if I loaded 500.000 rows on my athlon x2 machine.
And that's true that documentation is poor. There is few features nobody knows about because of that. I have to fix it