I transformed the GLDrawDemo app from Upp to use docking and noticed the same problems as in your sample:
° GL control is not repainted properly
° Docking animation is terribly slow
Once again, though, I could not observe any distortion or bad drawing other than the repaint issue in the main window. The GL control in the docking window remains black though. I guess that is something I do incorrectly.
On the other hand, I found quite some problem reports about this GLCtrl in the forum and I have the impression that it is not exactly the crown jewel of Upp.

File Attachments
1) GLDockDemo.7z, downloaded 250 times