



Nigel Aylott Relay – Romsey - 2006

	<p>No 1 Paul Martinico</p> <p><i>Species: Mulletus Fryus</i></p>	<p>Comments Lead his team to victory last year after coming off a brilliant marathon. No marathon in the legs this year, has a solid AV season under the belt and has improved considerably as a runner since last year. Has been running well on 1 lung lately so could blow his rivals away if he turns up with both.</p>	<p>Recent Performances Best 2006 Tan: 11:51 Burnley Half: 73:28 Recent 10km: 34:06 3000m: 9:09</p>
	<p>No 2 Troy Williams</p> <p><i>Species: Trackis Steppoffis Nomoreus</i></p>	<p>Comments Could this be Troy's year?. Has been built up before many MMM relays and has disappointed in the past. This is the new Troy who has dipped his toe into endurance racing and now has an AV season under his belt. If he turns up in the right frame of mind won't be far behind the Mullet Man.</p>	<p>Recent Performances Best 2006 Tan: 12:06 Burnley Half: 76:58 Recent 10km: 34:12 3000m – 9:15</p>
	<p>No 3 Mike Bialczak</p> <p><i>Species: Gruntus Formergreatus</i></p>	<p>Comments Had a very solid AV season winning the 45+ age championship, and is showing good training form. Will definitely run 1 or 2 great legs. The question mark is can those creaky bones stand up for the whole day. If he is the hunt at the end of the day there will definitely some noise coming from this former great. Tip for his team mates: Make sure he has plenty of room in the car to stretch out. If he gets cramped up he may be hard to remove.</p>	<p>Recent Performances Best 2006 Tan: 12:11 Burnley Half: 76:32 Recent 10km: 33:19 3000m – 9:23</p>
	<p>No 4 David Venour</p> <p><i>Species: Ohsosmoothoneis</i></p>	<p>Comments The former board shorted one has been indifferent in recent years. Brilliant one month and then injured after silly training mishaps the next. Has a huge ego and runs exceptionally well even when slightly underdone but is under an injury cloud at the moment so BUYER BEWARE. Has a habit of winning these relay events. Question mark: Has a history of stepping off the track when things get tough.</p>	<p>Recent Performances Best 2006 Tan: 12:09 Burnley Half: 73:20 Recent 10km: 33:11</p>
	<p>No 5 Anthony Weiland</p> <p><i>Species: Magpie Scummus</i></p>	<p>Comments Visited the Max Howard school of toe running as a junior and has maintained this style throughout his career. Despite this, has been running very solidly in 2006. Won the battles of the Anthony's during the AV season and is in hot form. Look for: Some Negative Forward Motion (Howard style) if put on one of the afternoon's hilly legs.</p>	<p>Recent Performances Best 2006 Tan: 12:57 Burnley Half: 77:25 Recent 10km: 35:19</p>



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	<p>No 6 Anthony Lee</p> <p><i>Species: Battlerus Underperformancis</i></p>	<p>Comments Has continued his gradual improvement this year with a few PB's but lacks any significant turn of speed. Won't pull out any great run legs but generally runs 4 solid legs. Shares the hill running ability of Howard & Crosbie, so pick at your own peril if looking for someone to tackle the big hills.</p>	<p>Recent Performances Best 2006 Tan: 12:39</p> <p>Burnley Half: 78:36</p> <p>Recent 10km: 36:12</p> <p>3000m – 9:43</p>
	<p>No 7 Anthony Mithen</p> <p><i>Species: Accident Pronus</i></p>	<p>Comments What an enigma. Pulls out of 2 AV races with a rough callous on his left little pinky, but then gets straight back into full training after knocking himself senseless and fracturing his forearm in a bike accident. Has had a consistent 18 months and has pushed himself up the MMM pecking order with some continual improvement. Needs to lift in the relay format and has a habit of finding the softer legs to run in. Will figure prominently in the sledging stakes.</p>	<p>Recent Performances Best 2006 Tan: 12:47</p> <p>Burnley Half: 77:52</p> <p>Recent 10km: 35:20</p>
	<p>No 8 Vaughan Harber</p> <p><i>Species; Sandy Youngus Gunnus</i></p>	<p>Comments One of the Sandy young guns. Likes the shorter stuff and has some serious speed coming from a track background. Keeping himself under control in the morning and saving something for the afternoon legs will be the key.</p>	<p>Recent Performances</p>
	<p>No 9 Matt Sandilands</p> <p><i>Species: Web Masterus</i></p>	<p>Comments Very accomplished and very quick track runner over the shorter stuff. Not quite sure of his ability in the longer stuff and may be in for a long afternoon if he hasn't been doing the longer work. Could be a real smoky and may be anywhere from ROTD to DOTD.</p>	<p>Recent Performances Best 2006 Tan: 12:44</p>
	<p>No 10 Mark Willetts</p> <p><i>Species: Debutantus Canadius</i></p>	<p>Comments Always shows good training form but doesn't churn out a lot of race results, so hard to gauge his form. A 77min time in the Melbourne Half suggests Mark is in good enough shape to get through the whole day strongly and at a fast pace.</p>	<p>Recent Performances Melbourne Half: 77:29</p>



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	<p>No 11 Chris Osborne</p> <p><i>Species: Rock Doctorus</i></p>	<p>Comments We all know that he can spend 24 hours with a bike seat stuck up his clack, but how will go over 4 tough runs whilst being sledged from a procession of vehicles. No where to hide in this type of event and this needs to be the time where this underachiever finally puts his hand up. Gained some big time credibility with a Rd 6 13:04 Corp cup time. Has serious hill running ability, so could be a surprise pick up out of seeding order.</p>	<p>Recent Performances Very Recent Tan: 13:04</p>
	<p>No 12 Shane Fielding</p> <p><i>Species: Bighillus Norespectus</i></p>	<p>Comments QUOTE FROM SLIPS: Those hills don't look that steep in the 2005 video. NOTE TO CAPTAINS: Make him run the suckers and give us an assessment at the after race BBQ. Slips has made a solid comeback to running this year after an 18 month lay off and is back in PB form around the tan. Ignore the Melbourne Half time because he is much better than that and is expected to run 4 solid legs on the day.</p>	<p>Recent Performances Best 2006 Tan: 13:16 Melb Half: 83:09</p>
	<p>No 13 Andrew Presnell</p> <p><i>Species; Lexus Fairy Steppus</i></p>	<p>Comments Spent the first 6 months of 2006 peaking for some mystery event. We can only assume that the event has already been run. Backing up after his debut last year and will have a lot more expectation on his shoulders this year after a year of constant improvement capped off with a very nice 81 min half at Burnley.. The only question mark around Pres is if he can get his Blood Alcohol Content down to a manageable level after a big day at the races.</p>	<p>Recent Performances Best 2006 Tan: 13:16 Burnley Half:81:46</p>
	<p>No 14 Kate Seibold-Crosbie</p> <p><i>Species:Female Nationalreptilius</i></p>	<p>Comments Not in career best form but still a high quality runner. Has plenty of experience and will be happy to watch some of her rivals burn themselves in the morning so that she can crush them in the afternoon. Is tough, and has put her hand up in the past to run the afternoon hilly legs.</p>	<p>Recent Performances Best 2006 Tan: 13:17 Recent 10km: 36:13</p>
	<p>No 15 Christian Klettner</p> <p><i>Species: TriGeekis Late Entris</i></p>	<p>Comments Comes in as a late replacement for chicken man Bignell. Sightings of CK have been rare lately. Has advised that his current tan form is roughly 13:45 so under normal MMM guidelines he's probably in 13:20 form. Has an endurance background and will still be running strongly at the end of the day. Has been a key figure in winning teams in the past.</p>	<p>Recent Performances Current Tan Form: 13:45</p>



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	<p>No 16 Ashley Snowden</p> <p><i>Species: Big Ash Malverrunnerus</i></p>	<p>Comments Not much form on Big Ash apart from a recent 1500m result on the track. Had a great debut in last year's relay after being forced as a No.3 runner to run 4 tough stages. Yep, the General was his No.2 runner. Will be hoping to avoid the General in 2006 and run some of the No.3 legs.</p>	<p>Recent Performances 1500m – 4:30</p>
	<p>No 17 Max Howard</p> <p><i>Species: Negative Forward Motionus</i></p>	<p>Comments Pulled out a stage record last year in a very soft leg. Was running MMM relays back when his beloved Tigers were still a competitive unit. Loads of experience and always lifts for the relays. Prediction: Will make a speech that is about 10 mins too long.</p>	<p>Recent Performances Best 2006 Tan: 13:31 (Not in that form now) Burnley Half: 84:17 Recent 10km: 36:27</p>
	<p>No 18 Tim Crosbie</p> <p><i>Species: Majorus Hasbeenus</i></p>	<p>Comments Possibly our most decorated current miler who has falling down the form slope quicker than a 'Wet N Wild' speed slide. Like El Prez got a nice soft stage record last year and judging by his seeding will run similarly soft legs again this year. The old body is starting to play tricks and there has to be some doubt as to whether he can see the whole day out.</p>	<p>Recent Performances Best 2006 Tan: 18:20 Burnley Half: 82:27 Recent 10km: 37:18</p>
	<p>No 19 Glenn Goodman</p> <p><i>Species: Minorus Neverwasus</i></p>	<p>Comments Former regular No.1 relay runner whose form has slipped of late. Not because of injury but of a new training regime referred to as "No Training". Still has good speed but predict that this will give him 1 or 2 very solid runs. Legs 3 and 4 for GG will make interesting viewing and sledging from the cars should be at its highest quality during this time..</p>	<p>Recent Performances Burnley Half: 87:20 Recent 10km: 37:03</p>
	<p>No 20 Martin Gamble</p> <p><i>Species: Stigmatus Burnley</i></p>	<p>Comments Was in hot form a few years back and has struggled to re-capture the form because of injury. Is as honest as they come and will give 100% for his team. Tip for Gambler: If it's going to be wet bring along some band aids. His repeat of the Stigmata incident at Burnley might be enough to put people off the after race BBQ.</p>	<p>Recent Performances Best 2006 Tan: Burnley Half: 85:47 Recent 10km: 37:55</p>
	<p>No 21 Wayne Williams</p> <p><i>Species: Metronomus Goodpaddockus</i></p>	<p>Comments Former Metronome of the MMM pack. Has been rarely sighted since heading to the bush earlier in the year. There is no form to speak of but if you are looking form someone who knows the relay game inside out then Wayne is your man. Would not be surprised to see WW picked up earlier than his seeding.</p>	<p>Recent Performances 3 pies and 2 milkshakes before 9am. Best Recent Tan: 14:20 ish</p>



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	<p>No 22 Gary O'Dwyer</p> <p><i>Species: Longdistance Allergicus</i></p>	<p>Comments All talk and no action describes this guy in a nut shell. If he ran as well as he preached he would be the clear No.1 runner. Has ability but needs to pull the finger out. Comfortably sitting on top of the MMM championship ladder so plenty of teams would be happy to see GGO finish well down the order</p>	<p>Recent Performances Best 2006 Tan:13:45ish Burnley Half: 87:50</p>
	<p>No 23 Thai Phan</p> <p><i>Species: Canberrus So Closus</i></p>	<p>Comments April – 3:00 marathon form Autumn CC – DOTS Spring CC – Running mid 14's around the tan. Where has Thai's form gone? Maybe it's hidden in the paddocks of Romsey and he's heading up there to find it. Is an experienced relay campaigner who generally runs the day out well. Will need to lift to get near what we know he can do.</p>	<p>Recent Performances Best 2006 Tan: 14:09 Canberra Marathon 2006: 3:00:53</p>
	<p>No 24 Tony Dell</p> <p><i>Species: Laptopus Unknownus</i></p>	<p>Comments Debut MMM relay runner. Unknown quantity amongst the MMM fraternity, however my spies have been crawling around the back streets of Richmond and tell me that Tony should be able to tick over sub 4min kms all day.</p>	<p>Recent Performances Melb Marathon: 3:34:06 Burnley Half: 86:30 Recent 10km: 41:03</p>
	<p>No 25 Justin Ganly</p> <p><i>Species: balaenoptera musculus</i></p>	<p>Comments What sort of form is Ganly in? Who knows? Not many races to speak of and only the odd sighting at a lunchtime session. What we do know is that he has loads of MMM relay experience. Will know his fitness limitations and will get the most out of himself, which some might say is quite a lot. Took out the MMM Orienteering race recently so his team should know where to go, it just depends if Juggins can get there quick enough.</p>	<p>Recent Performances MMM Orienteering: Winner Recent Tan – 14:44</p>
	<p>No 26 Stu Macauley</p> <p><i>Species: Majorus Badpacingstrategist</i></p>	<p>Comments Has the handicap of being related to GGO, but let's not hold that against him. Debuted last year and acquitted himself well. Has questionable pacing ability so look for some quick starts in the morning and some laboured stages in the arvo.</p>	<p>Recent Performances Best 2006 Tan: 14:32 Burnley Half: 88:27</p>



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	<p>No 27 Scott Bales</p> <p><i>Species: Trigeekis ANZus</i></p>	<p>Comments Another debut relay runner. Comes from a Triathlon background so should be able to go all day, and has been sighted regularly at miler sessions. Is on the improve after coming back from injury and could be a real smoky in his debut.</p>	<p>Recent Performances Best Recent Tan: 14:42 Burnley Half: Recent 10km:</p>
	<p>No 28 Jim Grellis</p> <p><i>Species: Beenaroundawhile-withus</i></p>	<p>Comments Another experienced relay runner to round out the field. May have lost some of his former speed but will no doubt run the whole day out well.</p>	<p>Recent Performances Best 2006 Tan: 15:21</p>
	<p>PLUCKED Nicholas Bignell</p> <p><i>Species: Maximus Excusis Chicken</i> The screen has come out and Biggers has been quietly plucked and disposed of. Sadly he will not be competing.</p>	<p>Comments If good form was indicative of a successful business, Biggers is currently having a closing down sale due to bankruptcy. Even resorted to flapping his arms during the AV season to gain some speed, but this still didn't work. In writing this guide I have tried to put at least a semblance of a positive spin for each runner. The only thing I can say is that Biggers won't be criticised for going out too fast in any of his relay legs. Will the NAR relay see him return to form?</p>	<p>Recent Performances Best 2006 Tan: 13:47 (But is a long way off that at the minute) Burnley Half: 83:35</p>