





Nigel Aylott Relay – Romsey - 2011

<p>No 1 Simon Bevege</p> <p><i>Species:</i> Loveus Lycraus</p> <p><i>Nick:</i> Bevo</p>		<p>Comments</p> <p>Currently at the end of a massive training block for the upcoming Shep Half Ironman. Will be using this relay as a sharpener before starting the taper next week and it's quite likely he'll smash all-comers. Don't be surprised if the man with a penchant to wear black socks, a headband and plenty-o-lycra, sacrifices some of his team members on the tougher legs to take out some of the remaining soft leg records.</p>	<p>Recent Performances</p> <p>Tan: 11:48 Sandown Relays: 19:19</p>
<p>No 2 Stephen Paine</p> <p><i>Species:</i> Chewbaccas Chewbuffetus</p> <p><i>Nick:</i> House</p>		<p>Comments</p> <p>The big woolly one has probably spent plenty of time at the races over the last couple of weeks carb loading for this relay. The expected 32 degrees may not suit the big fella and there's a fair chance he'll overheat before the day is out. Expect 2 things from House during the day:</p> <ul style="list-style-type: none"> - A massive duel with Bevo over each relay leg; - A massive duel with Duncan over who can eat the most at the lunchtime break. 	<p>Recent Performances</p> <p>Melbourne Marathon: 2:59:35 Burnley Half: 1:15:44</p>
<p>No 3 Bruce Arthur</p> <p><i>Species:</i> Carryus Compassus</p> <p><i>Nick:</i> ATB (Arthur the Bruce)</p>		<p>Comments</p> <p>Tough spot for ATB up amongst the Number 1's. He's had a very solid few months on the training track and racing at the elite level of Australian Orienteering and we know he loves the tough terrain that the NAR has to offer. Picks on the day could be crucial to his team's chances.</p>	<p>Recent Performances</p> <p>Tan: 12:44 Recent Orienteering results: 16th Oceania Middle Distance</p>
<p>No. 4 Thai Phan</p> <p><i>Species:</i> Onepaceus Alldayus</p> <p><i>Nickname:</i> Chi</p>		<p>Comments</p> <p>Some would say that Thai's form over the athletics winter season was ordinary to say the least. However, Thai would say that he timed his form to perfection and peaked at exactly the right time to smash his marathon PB by over 5 minutes. Backing up after the marathon only 4 weeks ago, so may still have tired legs.</p>	<p>Recent Performances</p> <p>Melbourne marathon: 2:52:18 Burnley half: 1:24:59</p>



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<p>No. 5 Chris Osborne</p> <p><i>Species:</i> Lazarus</p> <p><i>Nickname:</i> CCO</p>		<p>Comments One of the Miler good news stories. Our very own Lazarus has put all before him in 2011 and smashed through the 3 hour marathon barrier on only his second attempt. The guy can run, but more importantly, the guy can talk...a lot! Captains beware!</p>	<p>Recent Performances Melbourne marathon: 2:56:55 Burnley half: 1:25:30</p>
<p>No 6 Glenn Goodman</p> <p><i>Species:</i> Trainingus Overratedus</p> <p><i>Nick:</i> GG</p>		<p>Comments A regular competitor at Romsey, he's been running them for years. Some of the newer Milers however may never have met GG as his motto is "Drink heavy, train lightly". GG regularly crams all of his Romsey training in to the final week so depending on the work he's done this week, he'll either be fit and firing and a good pick....or absolutely bugged and have nothing left to give. Those new to Romsey on Sunday may also be unprepared for the barrage of sledging thrown their way as GG drives past – he is the master so don't be offended, especially if you're on his team.</p>	<p>Recent Performances 800m: 2:28 1500m: 4:55 5000m: 18:59 Triple jump: 7.32m</p>
<p>No. 7 Damien Arnold</p> <p><i>Species:</i> Chromius Domius</p> <p><i>Nickname:</i> Damo</p>		<p>Comments One of the newer Milers on the block but regularly turning up for tough sessions and has been showing some promising form on the training track over recent months. According to Racer, Damo knocked him off by 10 seconds a rep in a recent 6 x 1 km session, so Damo's travelling ok....or at least better than Racer....according to Racer.</p>	<p>Recent Performances Plenty of beer at the recent Milers dinner.</p>
<p>No 8 Rory Heddles</p> <p><i>Species:</i> Infordayus Ofmuchpainus</p> <p><i>Nick:</i> Racer</p>		<p>Comments Has been tapering for this race for the last 6 weeks so should be fighting fit and jumping out of his skin and will have no problems running out the day on fresh legs. Hasn't stooped to the low level seen by some over the years of trying to talk himself down to get a softer seeding, even talking up some of his recent training sessions. A quality pick.</p>	<p>Recent Performances Tan: 14:18 (early 2011) 6 x 1 km regressive</p>



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<p>No. 9 Hugh Hunter</p> <p><i>Species:</i> Haggis Consumeris</p> <p><i>Suggestion:</i> Hef</p>		<p>Comments</p> <p>Hugh doesn't know the meaning of resting and tapering. He actually gets better the longer the distance so by the end of stage 4 he'll probably just about be warmed up. However, it's highly likely that Hef will run to Romsey from his home in suburban Beaumaris so should be in peak condition for the 9 am kick off. It's also highly likely that there will be kilt wearing.</p>	<p>Recent Performances</p> <p>Melbourne marathon: 3:28:08 Burnley half: 1:32:51</p>
<p>No. 10 Emma Miller</p> <p><i>Species:</i> Ironus Womanus</p> <p><i>Nickname:</i> EM</p>		<p>Comments</p> <p>EM has been putting in the hard yards over the last few months, running sessions with the Milers, running solo sessions and she's also regularly seen running with the NAB crew. EM's plan for the day will be to take out a few of the bloke's and to win bragging rights over her fiancé.</p>	<p>Recent Performances</p>
<p>No. 11 Duncan Blake</p> <p><i>Species:</i> Slayus Buffetus</p> <p><i>Nickname:</i> Dr Bike</p>		<p>Comments</p> <p>Dr Bike's only recent race was a duathlon – he did the first 5km run leg in 19.18. He has however completed the Hawaii Ironman in 2008 and 2009 which means he can swim, ride, run, crawl and wobble all day and night if required, as long as it's across the searing lava plains of a tropical Pacific island. After about 5 ironman triathlons in 18 months, he has had a bit of a break from racing and is on the comeback. Rumour has it that he is a rival to House in the Buffet slaying stakes so the lunch time break could see an 'Eat off'.</p>	<p>Recent Performances</p> <p>5km – 19:18</p>
<p>No. 12 Dale Nardella</p> <p><i>Species:</i> Steadius Improvus</p> <p><i>Nick:</i> Rafa</p>		<p>Comments</p> <p>With a new daughter born back in June, Rafa's winter training and racing took a back seat so he's still on the road to recovering his pre-baby form. Could be a quality pick as it's possible he could outperform some of the runners seeded above him.</p>	<p>Recent Performances</p> <p>Geelong half (May 2011): 1:29:30</p>