



**Distance stages 8 to 14: 30.25km**

**Overall distance: 59.60km**

## Logistics

Meet at 8:15am on Sunday 7 February outside the Romsey Hotel, corner of Main & Barry Streets.

The last time I went to Romsey the quickest way to get there from Melbourne was via the Tullamarine Fwy. About 10km past the airport, just before Sunbury, look out for the Romsey turn off (roundabout), turn right, then follow this road until you reach cosmopolitan Romsey. It takes around 50min to get there from the CBD. (Note – it's been a while since I've been to Romsey so new freeways might have changed all this!!)

Once we are all assembled - please don't be late – there will be a pre-race briefing and we'll then pick teams. Team captains will be the top runners in the field as determined by the seeder. Captains will then pick in reverse order, i.e. lowest ranked captain has first pick. Once all captains have had one selection, the order reverses, i.e. the highest ranked captain has first pick in the second round. The order again reverses for the third and final rounds. To assist (or maybe not), a form guide compiled by the seeder with information on each runner will be circulated with his/her suggested seedings a few days before the race.

Team cars will drive to the start line which is on the service road in front of a picnic area a few hundred metres up Main Street. Toilets are available here. All other cars will be left in the car park near the Hotel for the day. We will aim to start the race at 9:00am.

The morning stage finishes in Lancefield, where we will stop for a lunch break of approximately 45 minutes. There is a modest bakery close by, though I can't guarantee they'll have the sort of food you might like to run on so perhaps best to BYO. Toilets are available here.

After lunch, team cars will drive north out of Lancefield to the stage 8 start line near Musteys Bridge.

The race finishes at the weighbridge just out of Lancefield. Estimated finish time is 1pm.

We then drive back to the Romsey BBQ area for club provided drinks, basic BBQ and presentations. We'll endeavor to get the presentations done by 2pm, but hopefully everyone can hang around for a chat, drink and bite.

BYO any hydration and nutrition that you will need for the race. There is no water provided nor available on course.

We're fortunate to have some first aiders participating. Should the need arise please call upon Katie, Freya, Nick Tobin, Simon Moore or Chris Osborne.

Cost = \$15 for members, \$35 for non-members (which includes membership)

Being early February it's probably going to be hot. Please note that **TOTAL FIRE BAN = NO RACE**. If this occurs we'll find another date later in the year.

## Race rules

- Four members per team.
- All team members are to complete two morning stages and two afternoon stages.
- No-one can complete two consecutive stages, except for stages 7 & 8 which are separated by the lunch break.
- If you complete stage 1 you cannot complete stage 8.
- Stage 1 is run simultaneously by two members of each team, with a mass re-start then occurring for stage 2. Stages 2 – 7 are run as a relay, runners must touch hands at the changeovers.
- A similar format applies after the lunch break – stage 8 is run simultaneously by two members of each team, with a mass re-start then occurring for stage 9. Stages 9 – 14 are run as a relay.
- Study the maps closely, we don't stop the race or clock for lost runners or lost team cars!
- If someone fails to complete a stage, they will be given a time equivalent to the slowest other runner on that stage plus 5 minutes.
- If someone is unable to complete the event (e.g. injury) MMM committee members in attendance will figure something out. Our intention will be to find a way to keep you in touch with the field, but you're unlikely to be able to win.
- The prestigious Alan Barkauskas Runner of the Day Award will be selected as follows:
  - All teams will nominate the runner from their team that they believe is most worthy. Teams can use any criteria they wish in making their decision. Captains have the final say.
  - All team captains will then gather to vote on the winner. This might happen on the day, but more likely a few days after the event to give them a chance to study the results.

## Timekeeping

- Teams are trusted with keeping their own accurate timesheets.
- Timesheets will be collected by the officials at the lunch break & again at the end of the event. A sample timesheet follows below. Blank timesheets will be given to each team on the day.
- Each team needs to run a stop watch that will be used as their official time piece. That watch should be reset to 0:
  - For the start of stage 1
  - For the start of stage 2, then keep it running until the end of stage 7
  - For the start of stage 8
  - For the start of stage 9, then keep it running until the end of stage 14

## Event History

There's an amazing amount of Miler history behind this event. Maybe you're interested in it, maybe not, but it's important we never lose it and so I'm including it here.

### *Melbourne Midday Milers March Madness (5M's)*

Back in the 1980's, the Melbourne Midday Milers (who were the Reserve Bank Midday Milers then) went up to Sydney in March every year for a challenge race against the Sydney Reserve Bank runners. The last of these was in 1989 (won by Max Howard) and after that it became clear the event had run its course so to speak, so the group came up with a new concept the following year; a team relay the length of King Island. This was the first of the 5Ms relays which we've run every year in March.

The concept was that teams of four runners would compete over a course of mapped out stages. Due to the length of King Island (80 km) every runner ran five times during the day, but this was soon reduced to four times over a distance of around 60km.

Teams have a number 1, 2, 3, and 4 runner in order of ability, selected school yard style by team captains. Although captains are provided with a seeding list, they are free to make their own selections and are ultimately responsible for their decisions. It is at the discretion of the committee whether the number 1, 2, 3 or 4 runners are captains for the day, although in recent times it has generally been the no 1's.

The pre-event banter regarding the merits or otherwise of the seeding order has become an integral feature of the event, but ultimately it is up to the captain to figure out who is hiding form and who is feigning injury.

A feature of the 5Ms are the specially designed team singlets that we produce. Life Member Alan Barkauskas had a contact in the printing game and for more years than we can remember he footed the bill. In recognition of Alan's contribution, from 2009 the runner of the day has been awarded the Alan Barkauskas award. Sadly we lost Alan to cancer during 2013, a Miler singlet hanging above his coffin during his funeral indicative of how important the club was to Alan. Remarkably, Alan's wife Maria insisted on supplying the 5Ms singlets in 2014. We are proud to continue the tradition, and still use Alan's printing contact.

5Ms courses have been through many of the forest areas of central Victoria and seaside locations like Anglesea, Bass Coast, Barwon Heads/Ocean Grove, Torquay and the Mornington Peninsula. For a while the Barwon Heads/Ocean Grove course became a regular fixture every 2<sup>nd</sup> year, with new courses being mapped out for the alternate year. However with ever increasing traffic on some of the courses, we now find ourselves transitioning toward safer courses, which unfortunately leaves Barwon Heads on the outer.

## *Nigel Aylott Relay*

A similar event to the 5M's - the Spring Racing Relay - originated in 2001. A Melbourne Cup style form guide of the runners was prepared to assist with team selections. The event was held each year over the same course until 2012. In 2006, following the untimely death of MMM member Nigel Aylott, the event was re-named the Nigel Aylott Relay in recognition of his past participation and enthusiasm for team running.

The morning stages are flat/undulating however the afternoon throws up some monster hills, so team captains have to juggle their runners accordingly. A couple of stages require skilful navigation and there have been unfortunate, but legendary, cases of runners or support cars taking wrong turns, thus dooming their team to a day of chasing backs.

There is a lunch break at the rotunda in Lancefield, after which it's a short drive up the highway to the start of stage 8, the second time trial, which is a gentle but continuous uphill, followed by the stage appropriately titled "Big Hill", which is a not so gentle and continuous uphill. Reputations have been made and destroyed on this one.

The run finishes at the weighbridge on Lancefield Road, then it's back to the BBQ area in Romsey (which was the starting line) for a post-run BBQ and medal presentations. In 2007, wet weather forced relocation to the Romsey pub. The ghost that is rumoured to haunt the place was not sighted.

Unfortunately two relays per year required one leave pass too many, and hence NAR (as it became affectionately known) was pulled from the schedule in 2013. We are delighted to be incorporating the NAR course into the 5M's this year, and hopefully Nigel will arrange a tail wind for the day.

With much thanks to Glenn Goodman, there's an amazing amount of historical race result data available from every relay ever run. Click [here](#) and [here](#) if you're game, plus there's a bunch of other stuff available from the "downloads" section of the Milers web site.

### *Nigel Aylott (1966 – 2004)*



Nigel was a MMMer from the late 1990s through to his demise. A quiet, unassuming guy who had a heart the size of a lion. Endurance sports were his love, including a bit of running with the Milers. Nigel would tackle a marathon with no specific training, and his times got better the longer the races were.

Nigel achieved success on the big stage which included winning the World Rogaining Championships in 1998 and the Australian Rogaining Championships in 2000 and 2001. As adventure racing developed, Nigel saw it as the natural progression from long distance running and rogaining. He quit his job in 2003 to become a full time Adventure athlete.

Nigel's Team AROC came second in the 2003 Primal Quest (US) race and were looking forward to going one better in 2004. On day 3, the team was going down a gully from Mt Illabot to the next checkpoint with Nigel leading the race. A large boulder was dislodged at the top of the gully. It narrowly missed the other members of the team, but further down, Nigel was not so fortunate and suffered massive and fatal head injuries. A number of MMMers were watching the race results live. A very sad day.

*"The adventure racing community has lost one of the most humble, unassuming, inspiring, and world class adventure racers around. It is a truly great loss."*

Nigel managed to fit a couple of MMM Spring Relays into his schedule in 2001-2002, and his approach epitomised what the event represented. All guts, team work and support for his runners, and he didn't know what it meant to not give 110%.

Further details re Nigel can be found [here](#) or just Google his name and you'll find it.



# Melbourne Midday Milers

## Nigel Aylott Relay

### Sample Timesheet



Team Name: **Record Breakers**

| Stage | Runner                      | Distance (km) | Start time       | Finish time      | Net time       |
|-------|-----------------------------|---------------|------------------|------------------|----------------|
| 1a    | <i>Stephen Paine</i>        | 3.00          | 00:00            | <i>09:39</i>     | <i>09:39</i>   |
| 1b    | <i>Simon Knowles</i>        | 3.00          | 00:00            | <i>09:48</i>     | <i>09:48</i>   |
| 2     | <i>Troy Williams</i>        | 3.60          | 00:00            | <i>13:19</i>     | <i>13:19</i>   |
| 3     | <i>Max Howard</i>           | 3.90          | <i>13:19</i>     | <i>27:13</i>     | <i>13:54</i>   |
| 4     | <i>Dave Venour</i>          | 4.20          | <i>27:13</i>     | <i>40:54</i>     | <i>13:41</i>   |
| 5     | <i>Dan Hornery</i>          | 4.70          | <i>40:54</i>     | <i>54:58</i>     | <i>14:04</i>   |
| 6     | <i>Max Howard</i>           | 3.25          | <i>54:58</i>     | <i>1:06:58</i>   | <i>12:00</i>   |
| 7     | <i>Adam Conquest</i>        | 3.70          | <i>1:06:58</i>   | <i>1:19:13</i>   | <i>12:15</i>   |
|       |                             | <b>29.35</b>  | Lunch time total | <b>A</b>         | <i>1:38:40</i> |
| Stage | Runner                      | Distance (km) | Start time       | Finish time      | Net time       |
| 8a    | <i>Kate Siebold-Crosbie</i> | 3.00          | 00:00            | <i>10:24</i>     | <i>10:24</i>   |
| 8b    | <i>Adam Conquest</i>        | 3.00          | 00:00            | <i>10:35</i>     | <i>10:35</i>   |
| 9     | <i>Dan Hornery</i>          | 3.60          | 00:00            | <i>12:52</i>     | <i>12:52</i>   |
| 10    | <i>Dan Hornery</i>          | 4.45          | <i>12:52</i>     | <i>26:58</i>     | <i>14:06</i>   |
| 11    | <i>Bruce Arthur</i>         | 4.00          | <i>26:58</i>     | <i>39:47</i>     | <i>12:49</i>   |
| 12    | <i>Simon Bevege</i>         | 4.00          | <i>39:47</i>     | <i>53:43</i>     | <i>13:56</i>   |
| 13    | <i>Dan Hornery</i>          | 4.50          | <i>53:43</i>     | <i>1:08:33</i>   | <i>14:50</i>   |
| 14    | <i>Troy Williams</i>        | 3.70          | <i>1:08:33</i>   | <i>1:19:53</i>   | <i>11:20</i>   |
|       |                             | <b>30.25</b>  | Afternoon total  | <b>B</b>         | <i>1:40:52</i> |
|       |                             | <b>29.35</b>  | Lunch time total | <b>A</b>         | <i>1:38:40</i> |
|       |                             | <b>59.60</b>  | Total race time  | <b>Add A + B</b> | <i>3:19:32</i> |

**Legend:** Black & shaded areas

*Blue print*

*Red print*

- these will already be complete when you are given the form
- these are the bits that YOU must complete accurately
- you can fill these out if you like, but the officials will check them

## Stage 1 - Race out of Romsey (Time Trial 1)

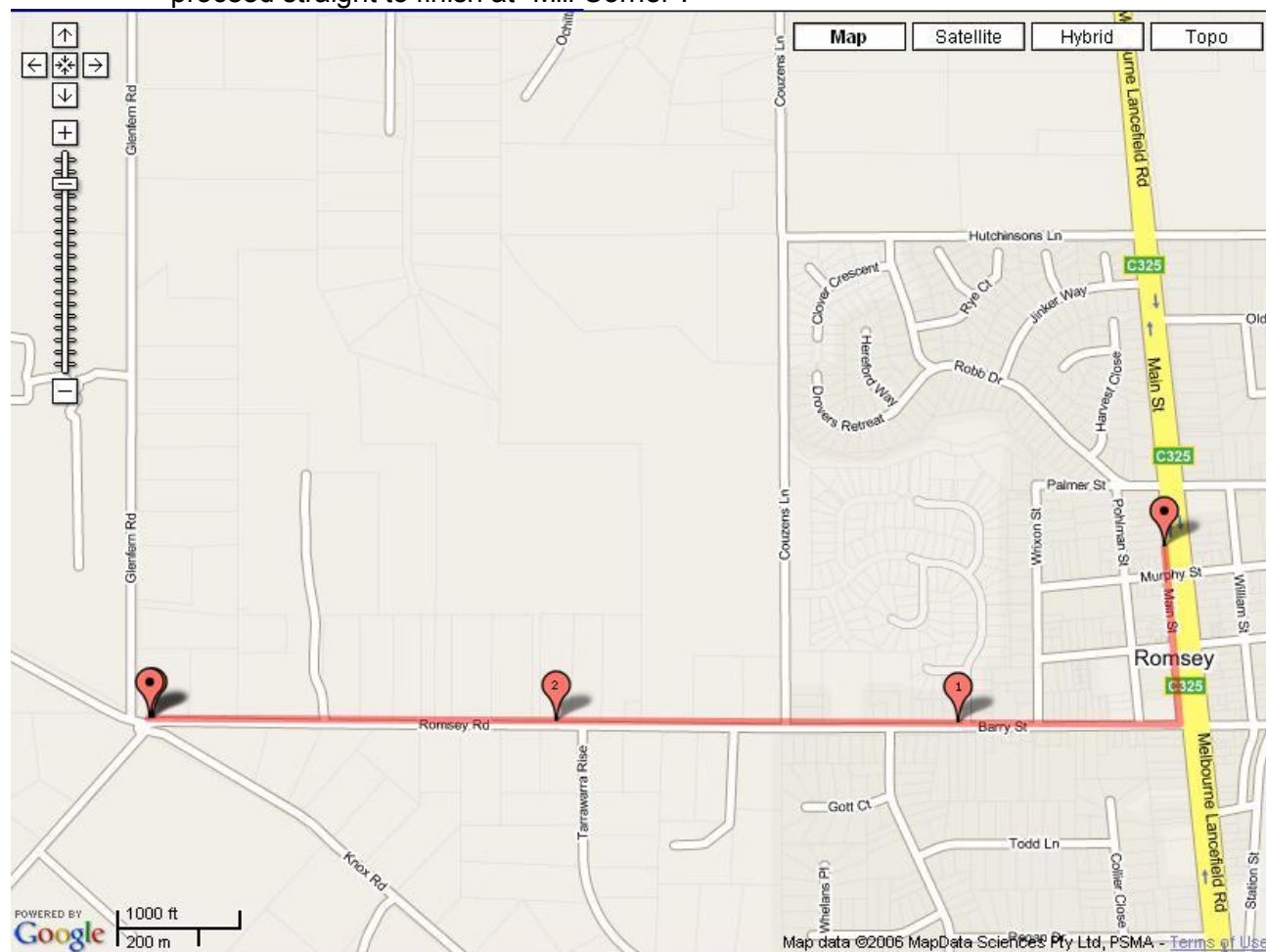
**Distance:** 3km (x 2 runners per team)

**Record:** 9:39 (Stephen Paine - The Bradburys, 2009)

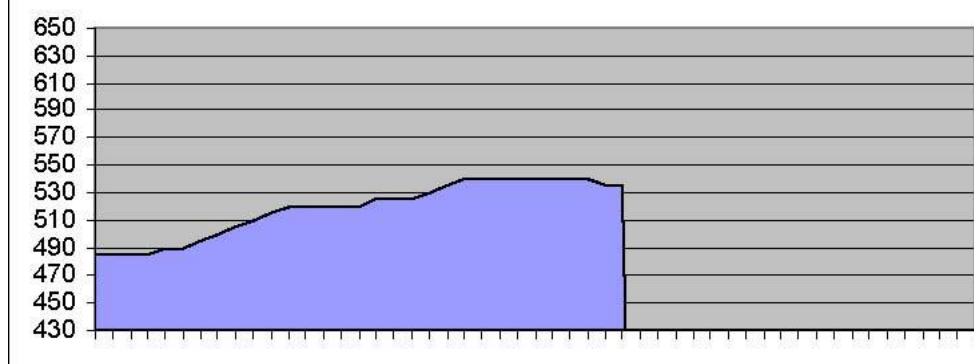
**Average:** 10:56

**Surface:** Bitumen

**Description:** Start from the Romsey Bridge. Turn left at Woodend – Wallan Rd after 450m then proceed straight to finish at “Mill Corner”.



**Topography:** Gradual uphill then flattens out.



## Stage 2 - 5 Mile Creek

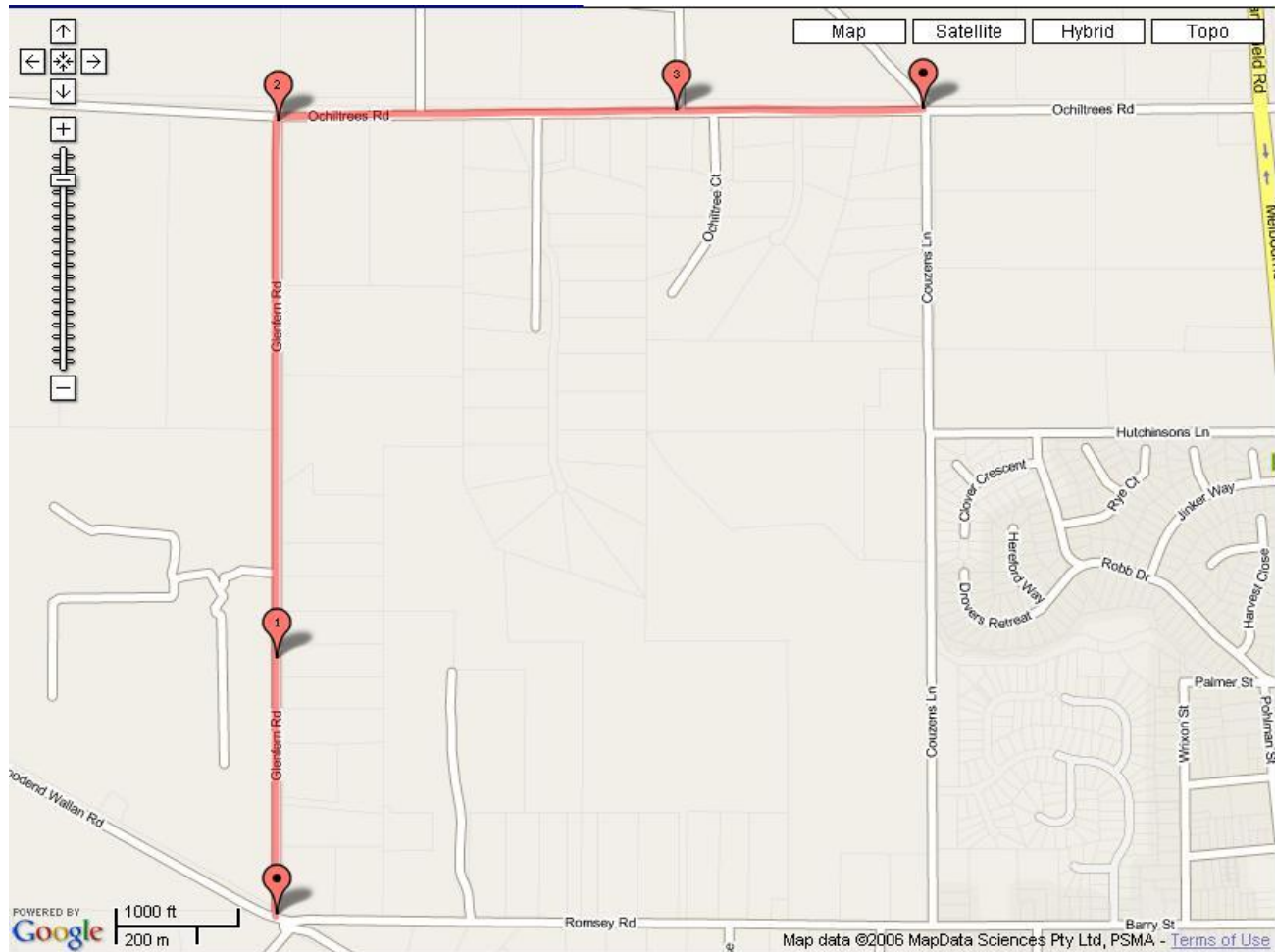
**Distance:** 3.6km

**Record:** 13:19 (Troy Williams - Pink P's, 2001)

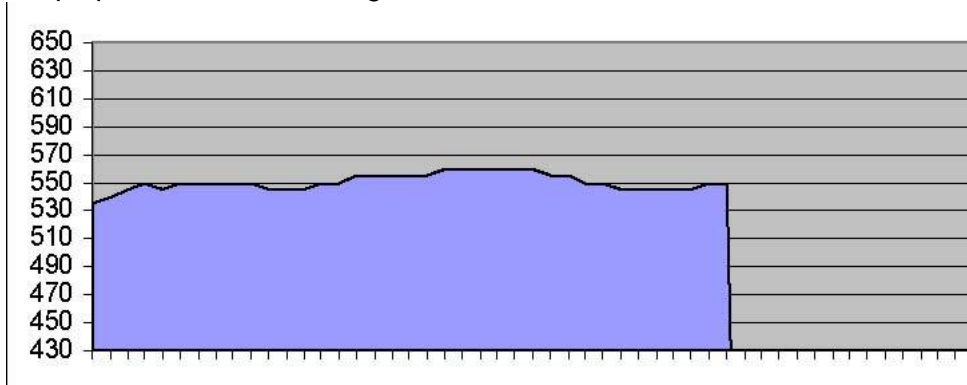
**Average:** 14:22

**Surface:** Gravel

**Description:** Massed restart in Glenfern Rd. Turn right into Ochiltrees Rd at 2km and finish at the intersection with Crooked Rd.



**Topography:** Sharp uphill start then some good undulations to sort out the field.



### Stage 3 - Ochiltree Hill

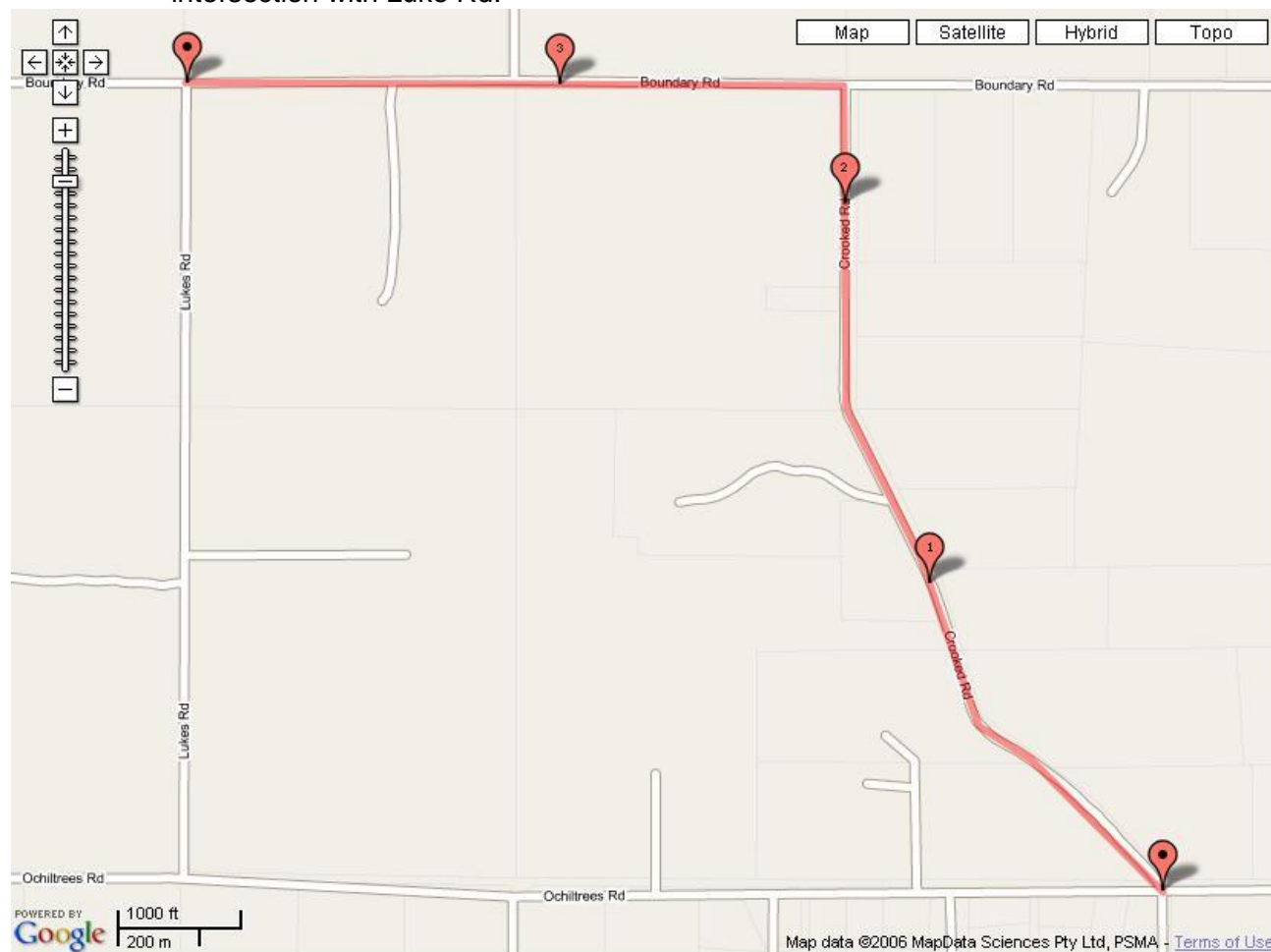
**Distance:** 3.9km

**Record:** 13:54 (Max Howard – We've Got George, 2002)

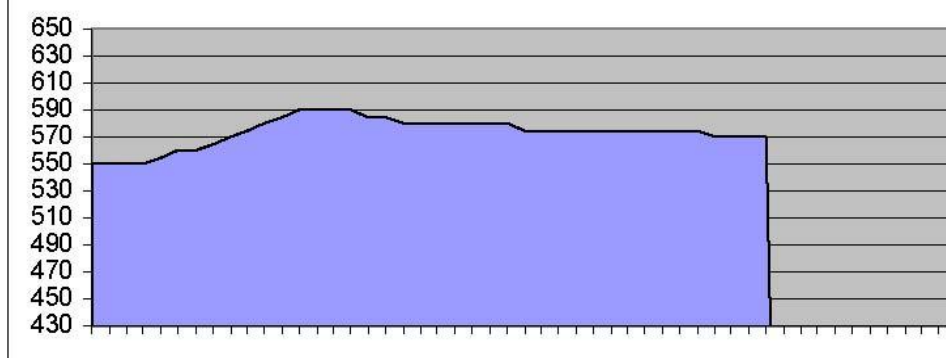
**Average:** 15:01

**Surface:** Gravel/Bitumen

**Description:** Start in Crooked Rd. Turn left into Boundary Rd after 2.25km then finish at the intersection with Luke Rd.



**Topography:** Steady climb to begin followed by an easy run through open farmland.



## Stage 4 - Rochford

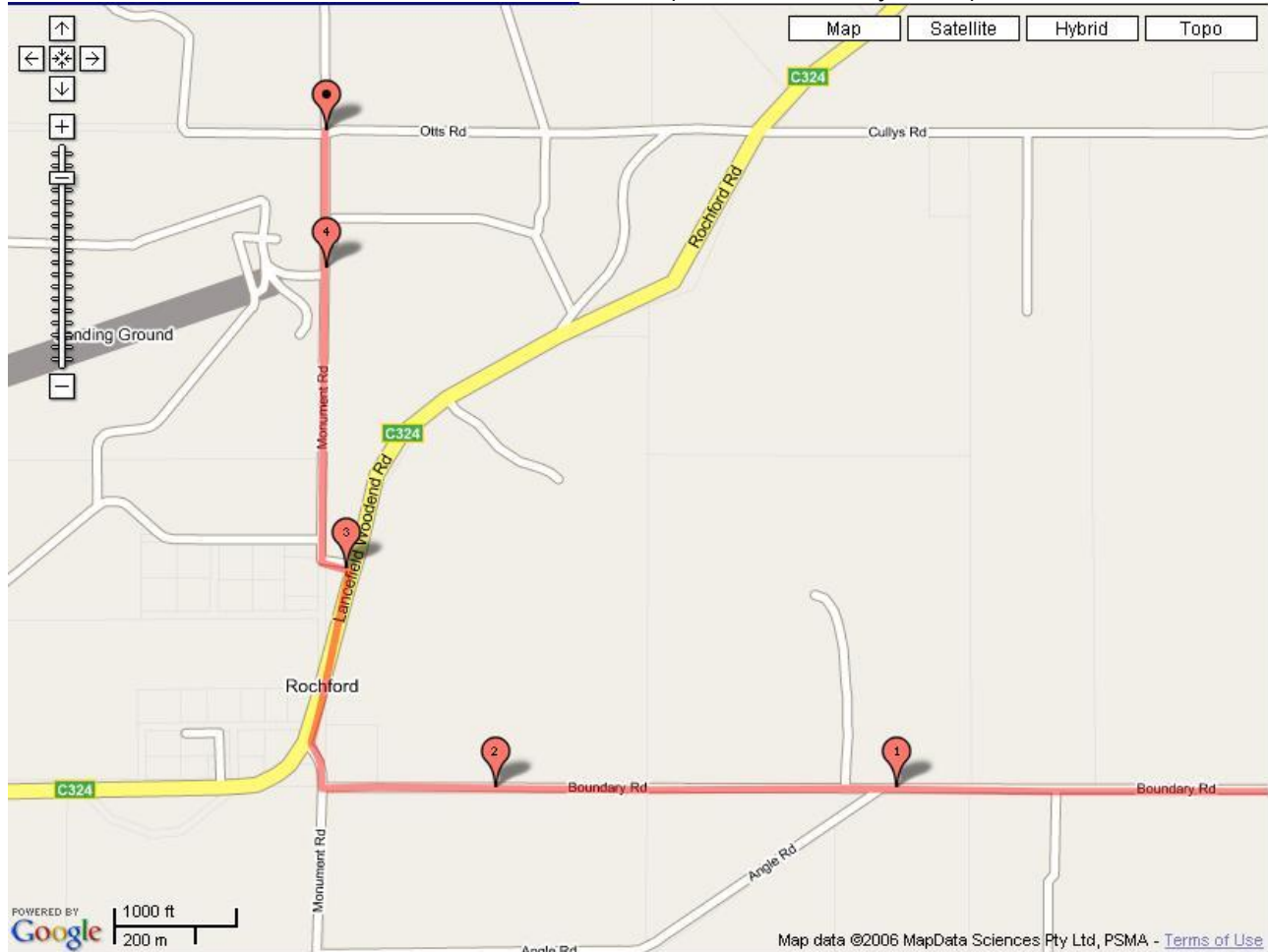
**Distance:** 4.2km

**Record:** 13:41 (Dave Venour – Massive Tickers, 2009)

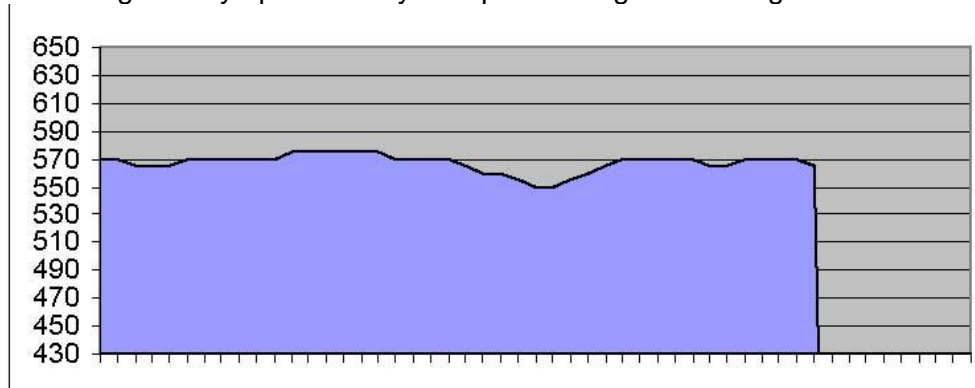
**Average:** 15:00

**Surface:** Bitumen/Gravel

**Description:** Continue along Boundary Rd. At 2.4km turn right and follow the road for 200m until reaching Rochford Rd. Turn right and continue along Rochford Rd for 400m then turn left into Monument Rd. Finish at Otts Lane (outside “Romsey Park”).



**Topography:** Undulating in fairly open country – requires navigation through the small town of Rochford.



## Stage 5 - The Monument Track

**Distance:** 4.7km

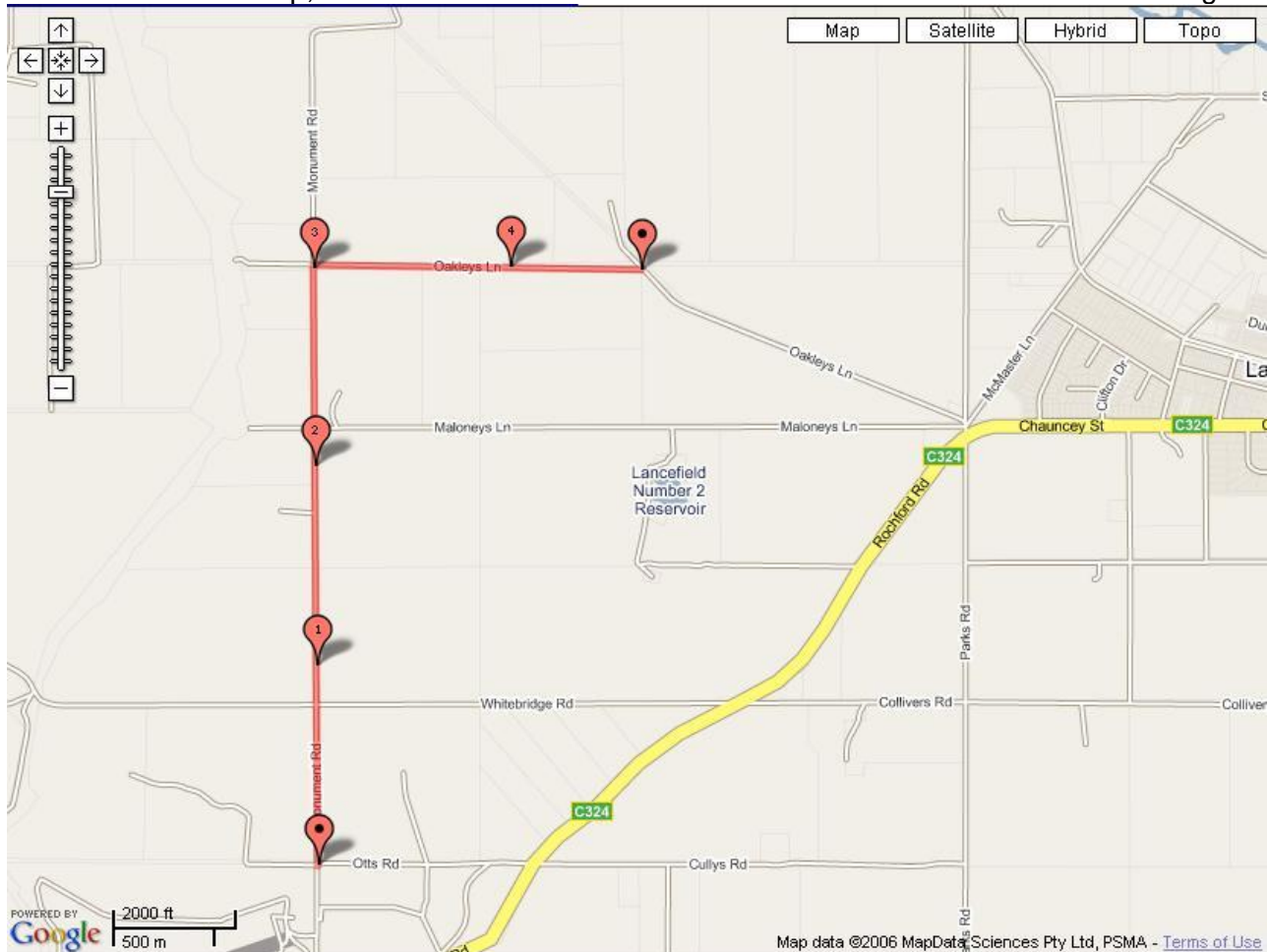
**Record:** 14:04 (Dan Horner - The Asthmatics + Dan, 2007)

**Average:** 15:31

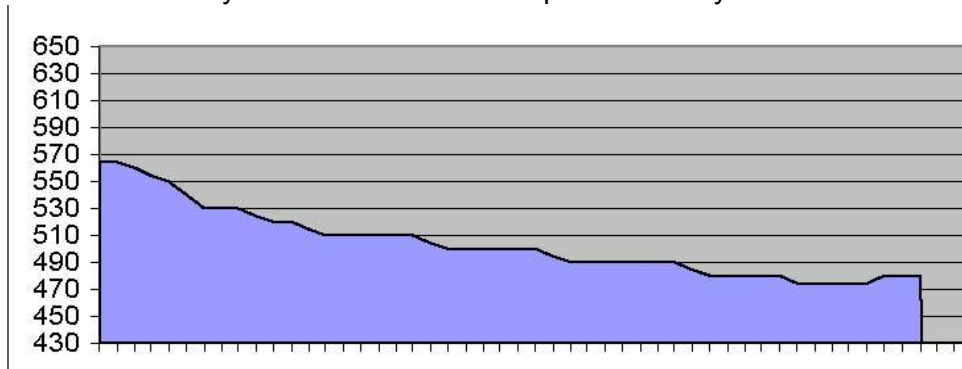
**Surface:** Gravel

**Description:** Continue along Monument Rd. At 800m veer right and stay on the secondary road. Turn right into Oakleys Lane at 3km and finish where Oakleys Lane makes a major right hand turn. If you bump into PM, please point him in the right direction.

**Driving Directions:** Monument Rd & Oakleys Lane are both narrow dirt tracks unsuitable for vehicles. Cars should turn right into Otts Lane for 1km. Turn left onto Rochford Rd & continue for 3.1km to 7 Roads Corner. Take the second left on Oakleys Lane & continue for 1.9km to the meeting point, where Oakleys Lane veers left & narrows. This looks straight forward on the map, but this short drive has claimed more victims than the Bermuda Triangle.



**Topography:** The stuff that relay dreams are made of... predominately downhill on a winding bush road.



## Stage 6 - Seven Roads Corner

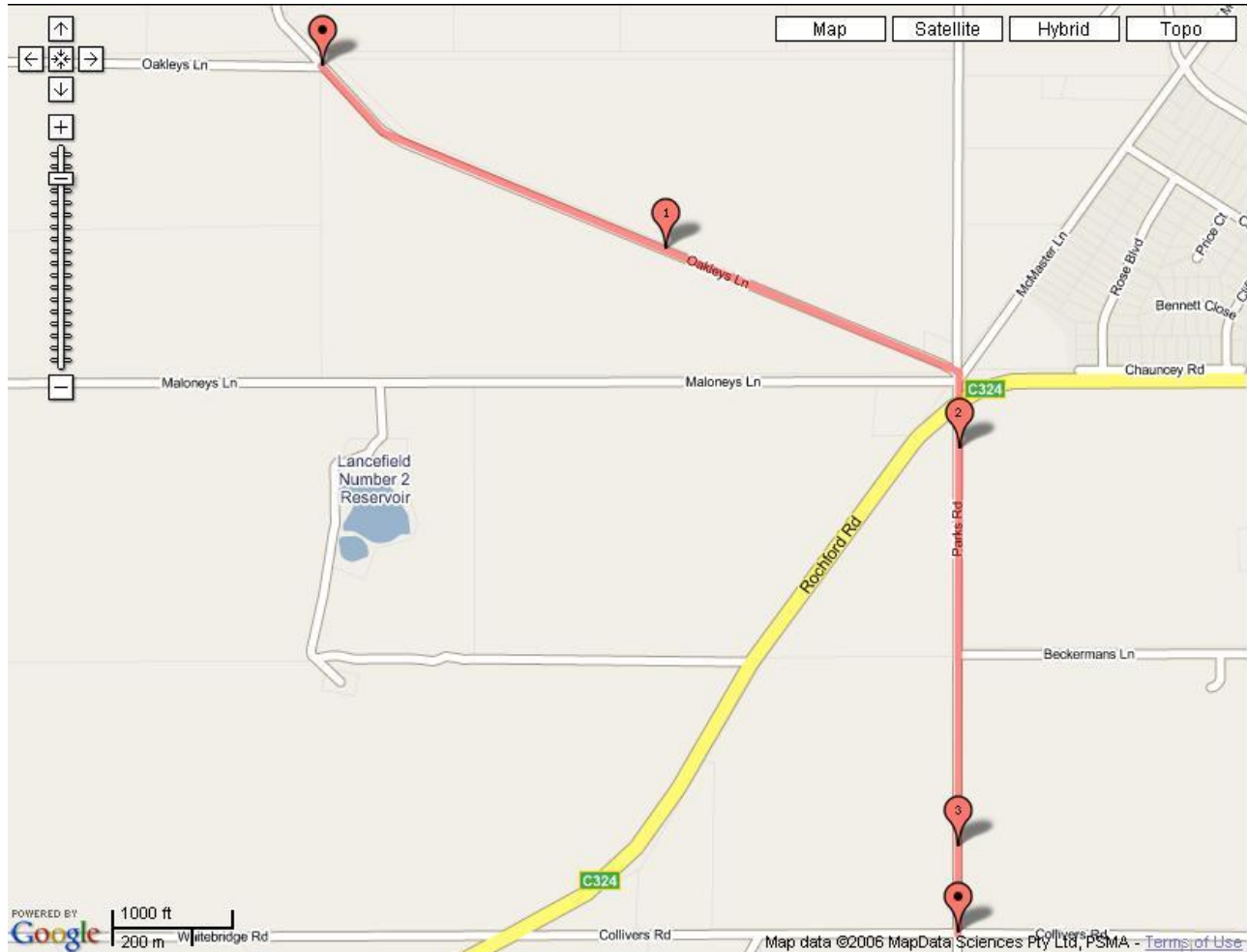
**Distance:** 3.25km

**Record:** 12:00 (Max Howard – Go Go Girls, 2005)

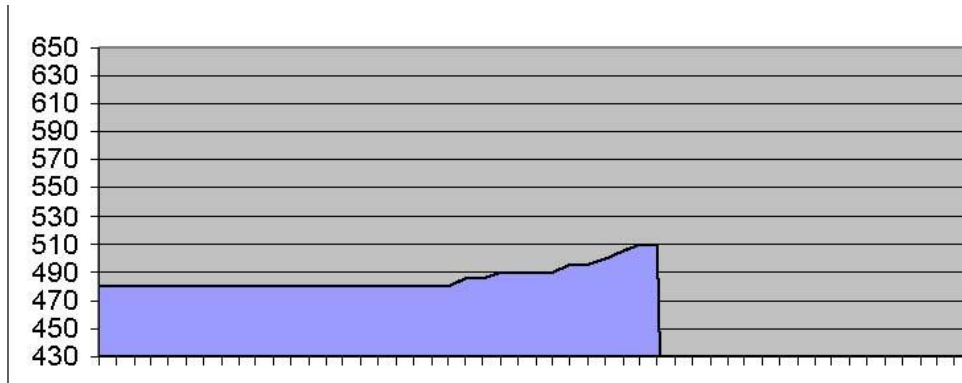
**Average:** 13:32

**Surface:** Mainly gravel

**Description:** Continue along Oakleys Lane (beware of cows on the road!). At 1.9km turn sharp right, cross Rochford Rd (Bitumen) and head into Parks Rd (Gravel). Finish at the intersection with Collivers Rd.



**Topography:** Short and easy with a slight rise at the end. Requires some navigation to get through the seven roads corner



## Stage 7 - Cloverlea

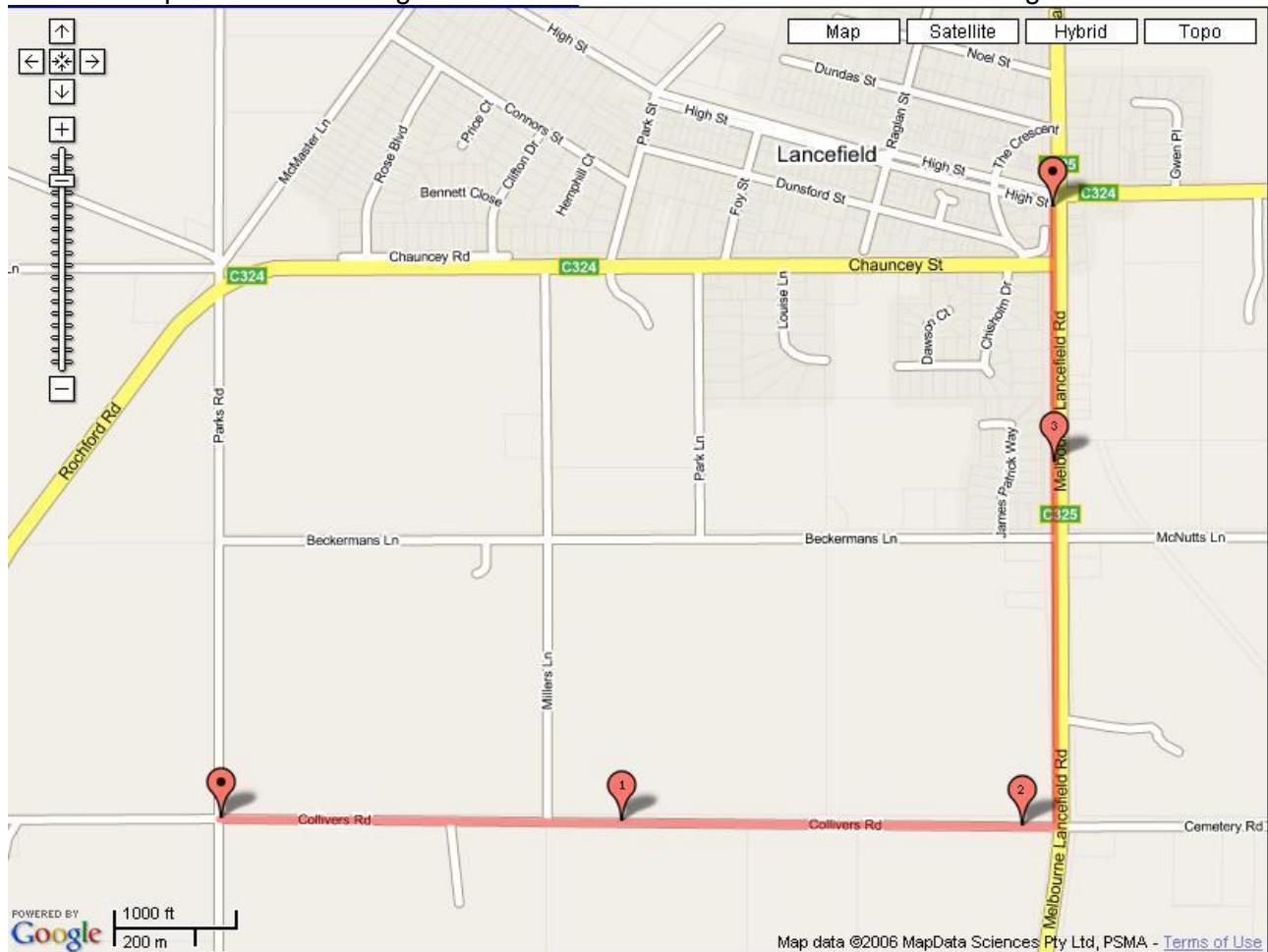
**Distance:** 3.7km

**Record:** 12:15 (Adam Conquest – Team Sledge, 2001)

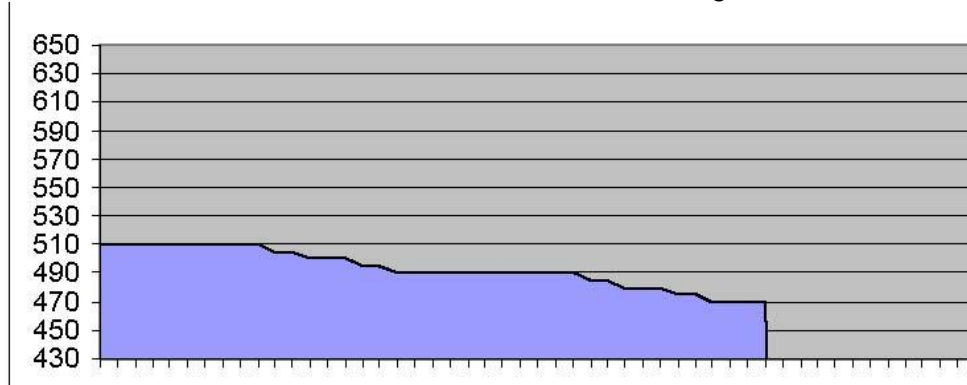
**Average:** 13:13

**Surface:** Gravel/Bitumen

**Description:** Turn left into Collivers Rd. After 2.1km turn left into Melbourne – Lancefield Rd and proceed to the stage finish outside the old Commercial Bank building.



**Topography:** Nice run into the lunch break at Lancefield. Some nice gentle downhills.



**Distance stages 1 to 7 29.35km - LUNCH BREAK AT LANCEFIELD**

## Stage 8 - Burke and Wills track (Time Trial 2)

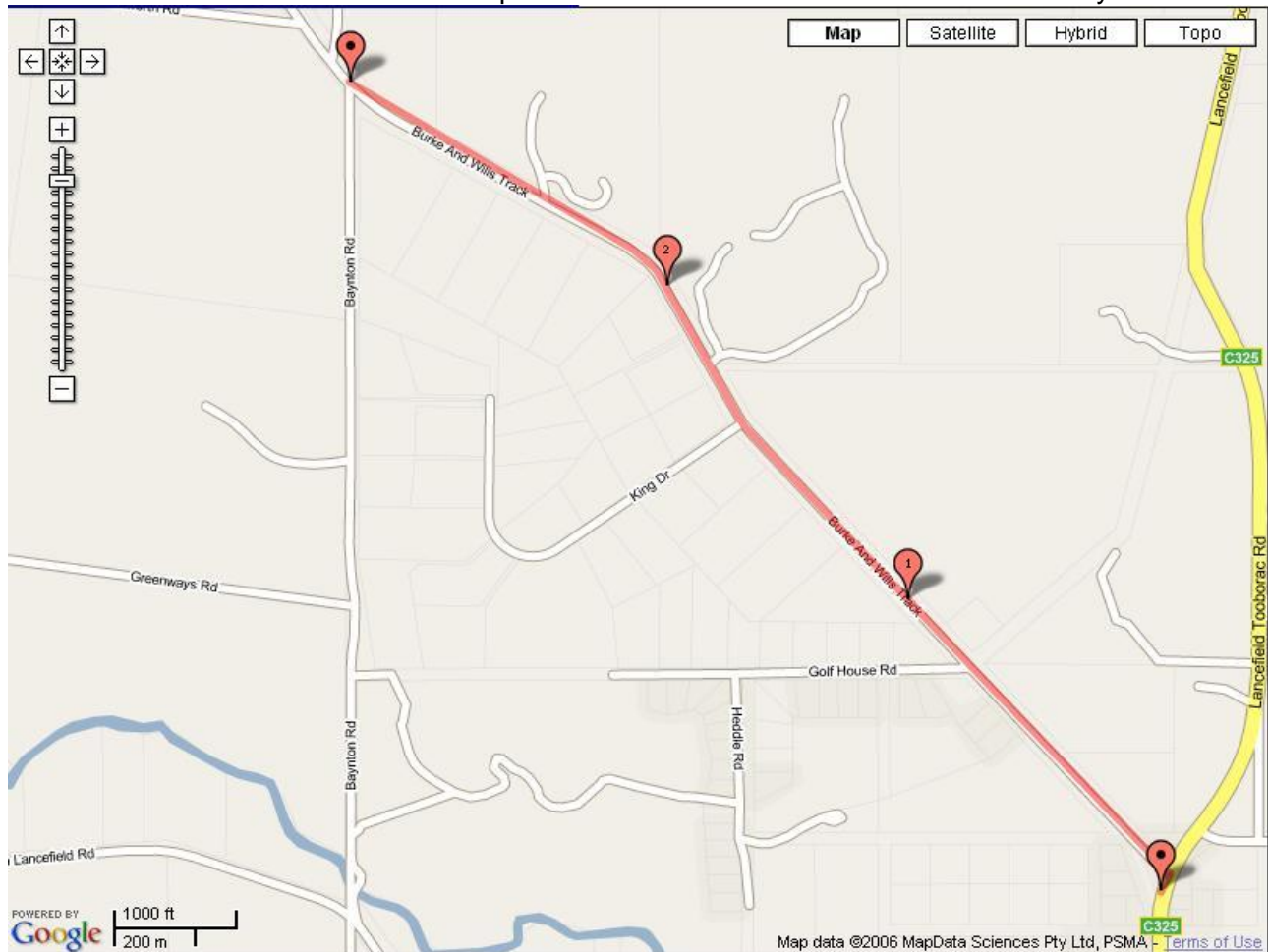
**Distance:** 3km (x 2 runners per team)

**Record:** 10:24 (Kate Seibold-Crosbie – Might & Power, 2002)

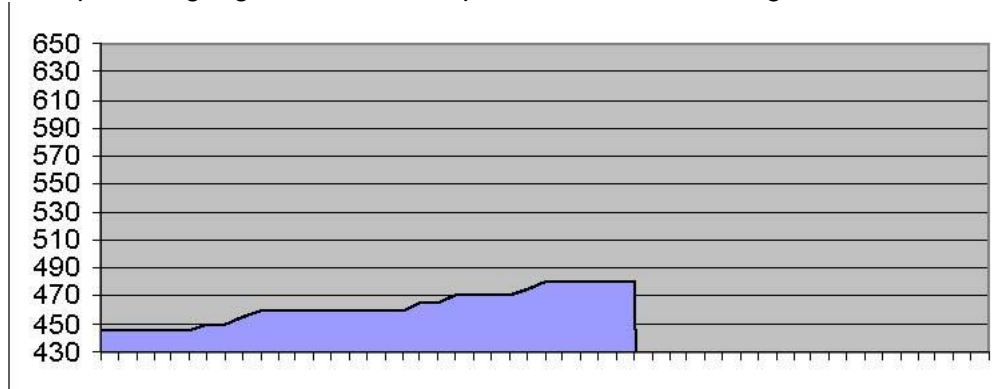
**Average:** 11:44

**Surface:** Bitumen

**Description:** Start at the Burke and Wills monument just over Musteys Bridge. After 150m turn left into Burke and Wills track and proceed to the finish at the intersection with Baynton Rd.



**Topography:** A couple of slight gradual rises. Capable of fast times though.



## Stage 9 - Big Hill

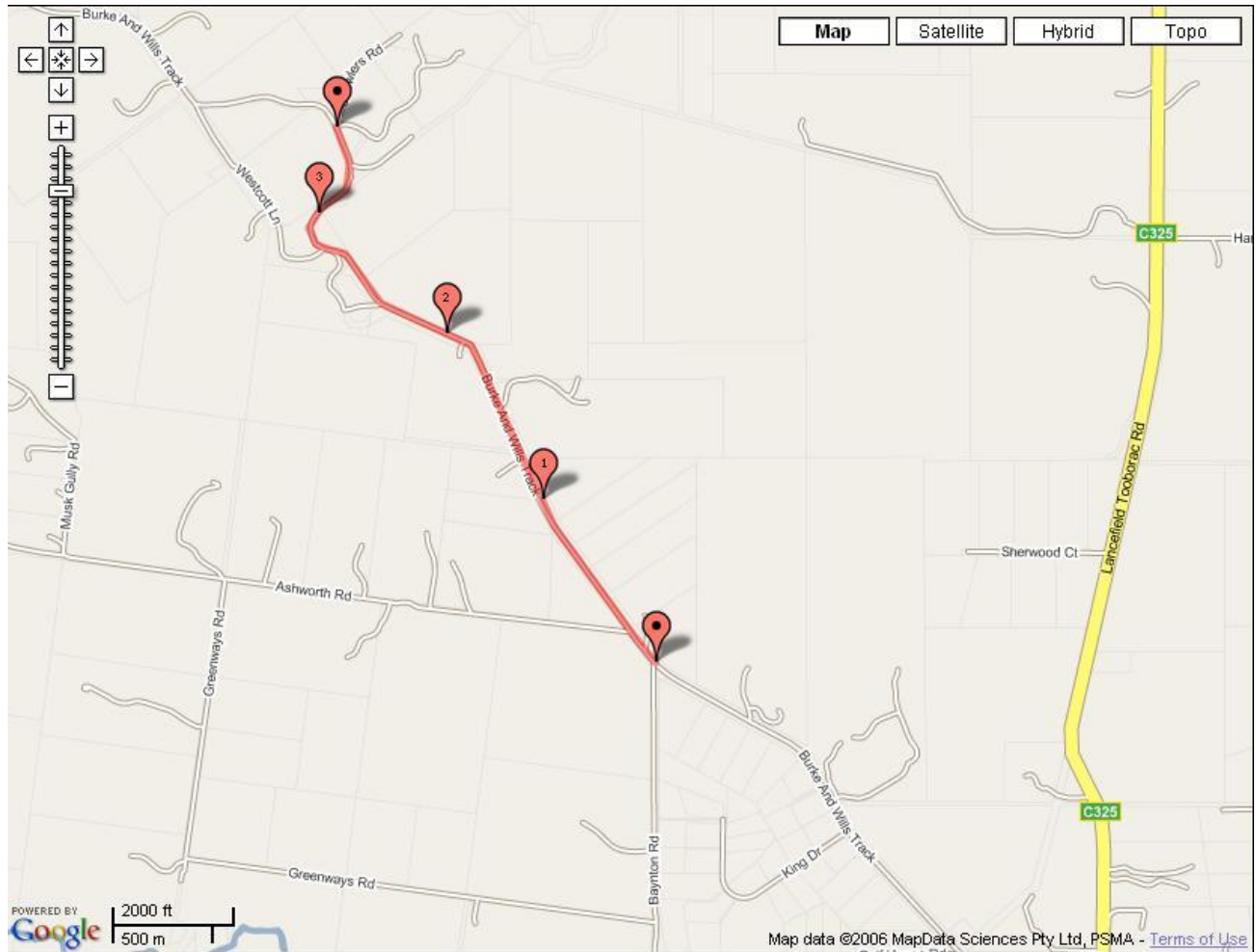
**Distance:** 3.6km

**Record:** 12:52 (Dan Hornery – The Asthmatics + Dan, 2007)

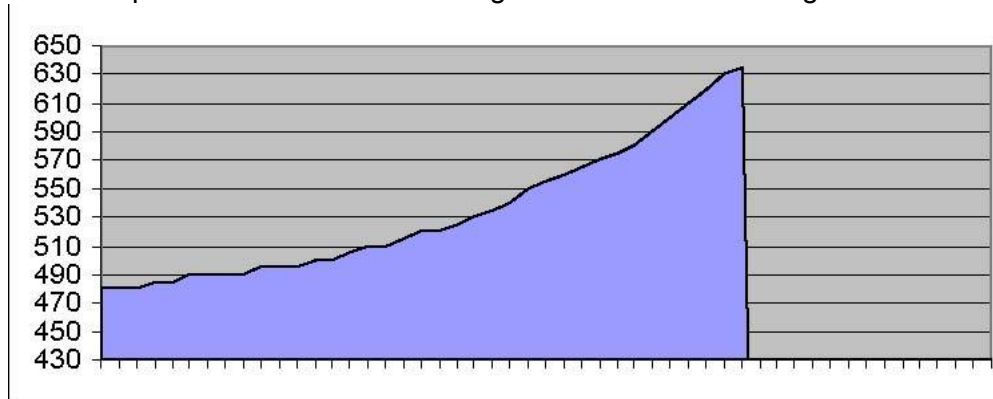
**Average:** 14:35

**Surface:** Bitumen

**Description:** Massed restart. Continue along Burke and Wills Track. Finish at the intersection with Showlers Rd.



**Topography:** Gradual uphill start... then the fun begins! A hill climbers delight.



## Stage 10 - Elk Club

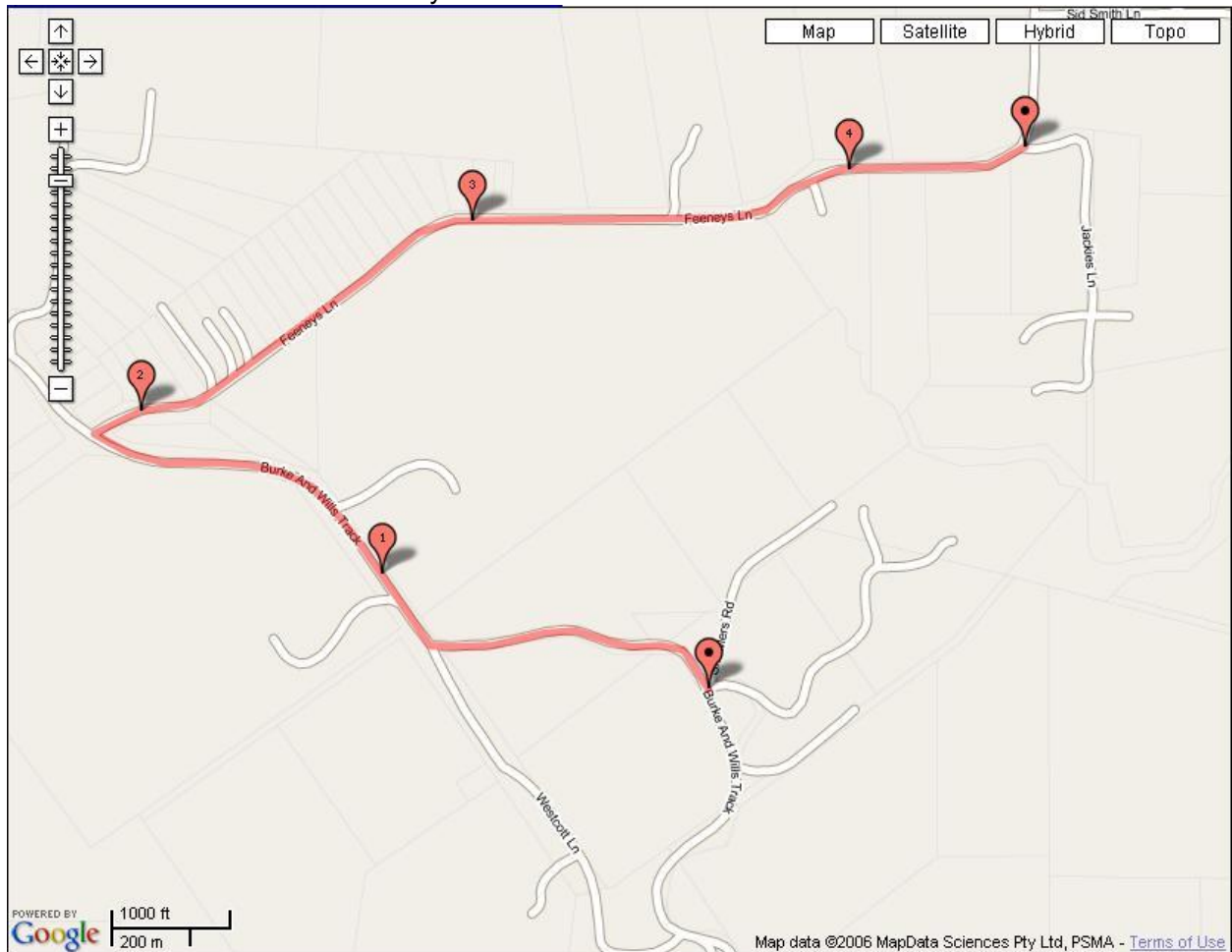
**Distance:** 4.45km

**Record:** 14:06 (Dan Hornery – The Fundamental Errors, 2005)

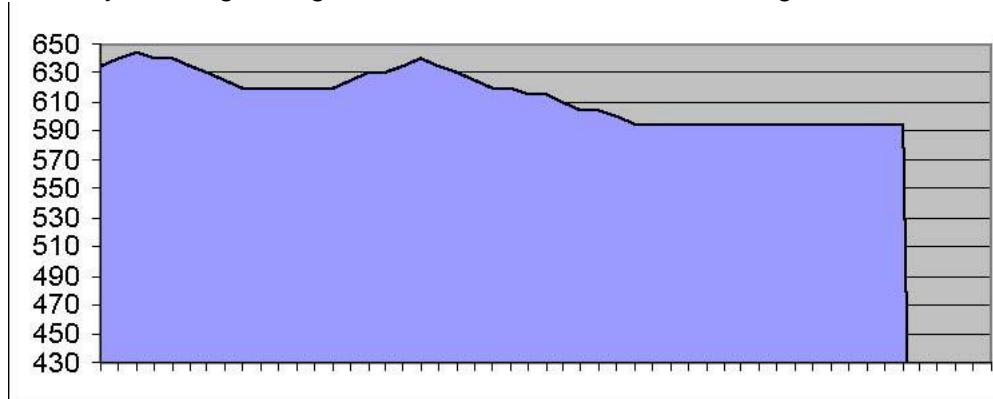
**Average:** 15:31

**Surface:** Bitumen/Gravel

**Description:** Continue along Burke and Wills Track. Turn right into Fenneys Lane after 1.85km. Finish at the corner of Fenneys Lane and Jackies Lane.



**Topography:** Starts by finishing off Big Hill then undulates before flattening out towards the finish.



## Stage 11 - Fenneys Lane

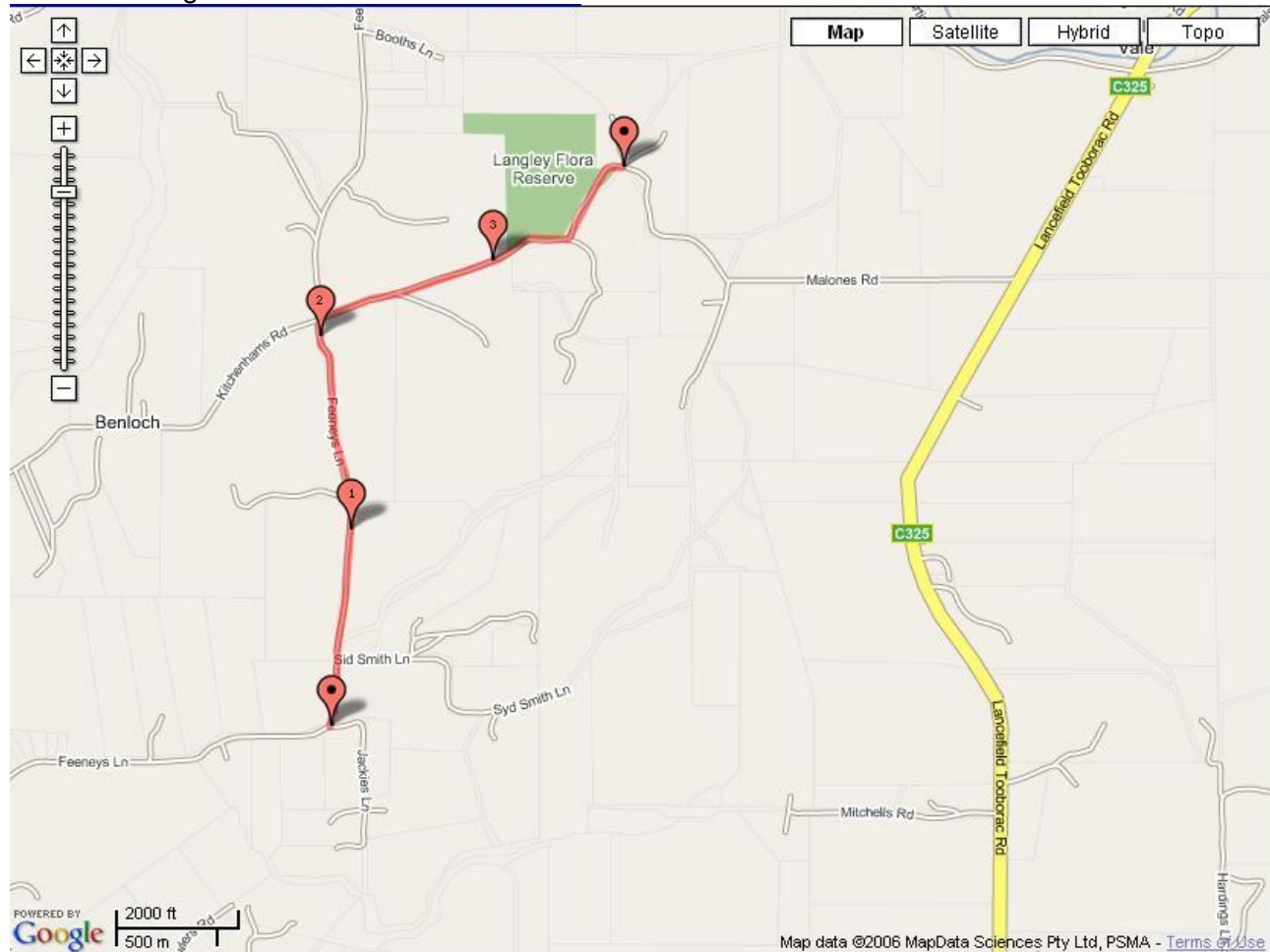
**Distance:** 4km

**Record:** 12:49 (Bruce Arthur – Croissant Crushers, 2010)

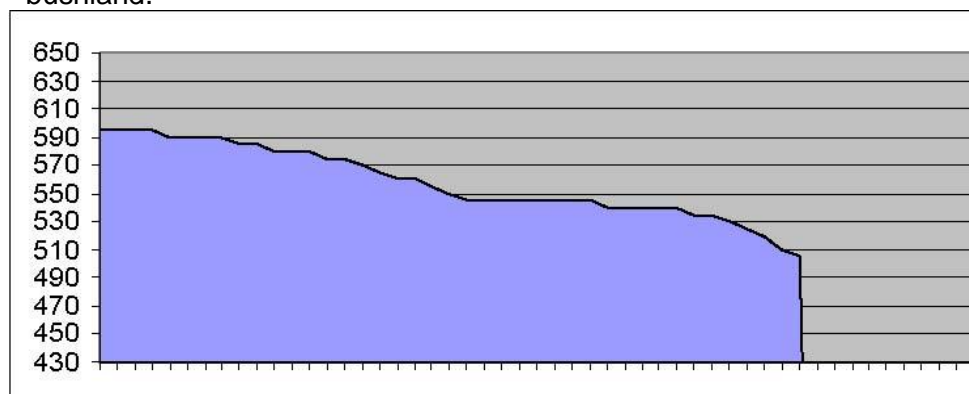
**Average:** 14:18

**Surface:** Gravel

**Description:** Continue along Fenneys Lane. Turn right into Malones Rd after 2.1km. Finish at a driveway to a property ("Montana") with a big cyclone fence where Malones Rd veers right.



**Topography:** Steady downhill – a Max Howard special. Great surface through a well shaded patch of bushland.



## Stage 12 - Malones Rollercoaster

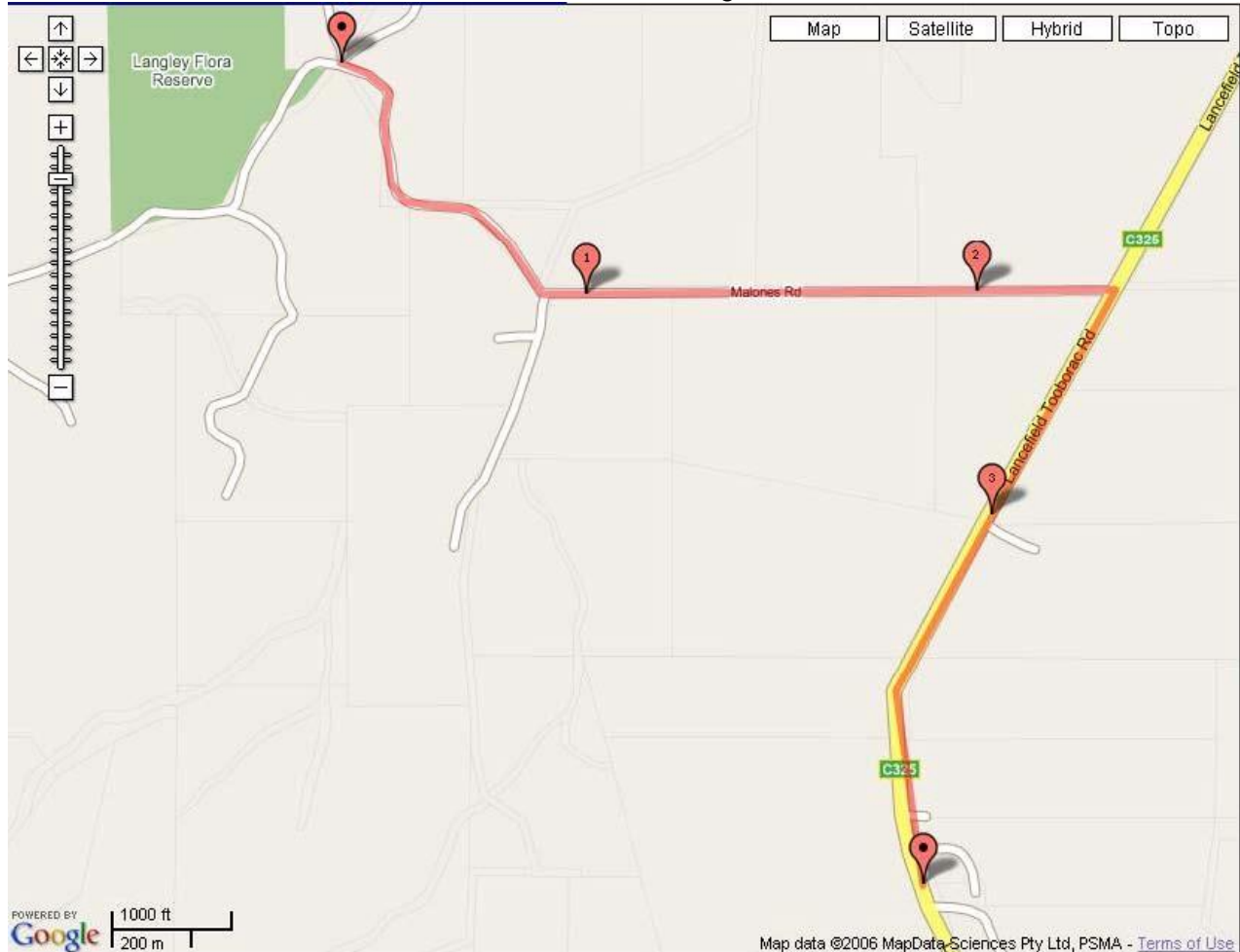
**Distance:** 4km

**Record:** 13:56 (Simon "Bevo" Bevege – The Quadtets, 2011)

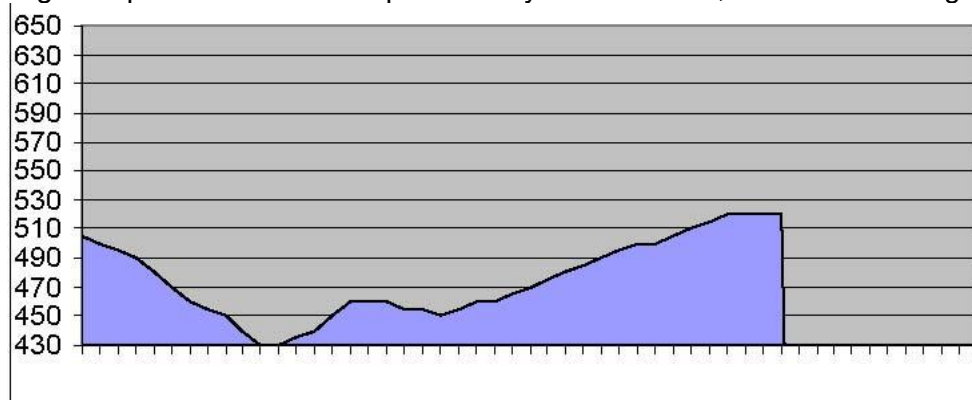
**Average:** 15:38

**Surface:** Gravel/Bitumen

**Description:** Continue along Malones Rd. Veer left after 450m, then left again at 900m as you head through the white gates and down into the floodway. Turn right into Lancefield – Tooboorac Rd after 2.4km and continue along to the finish outside Glenbrook Farm.



**Topography:** Steep downhill start followed by a steep uphill climb out of the floodway. Last couple of Km grind up the main road in open country. Great views, but who's looking?



## Stage 13 - Pounce's Delight

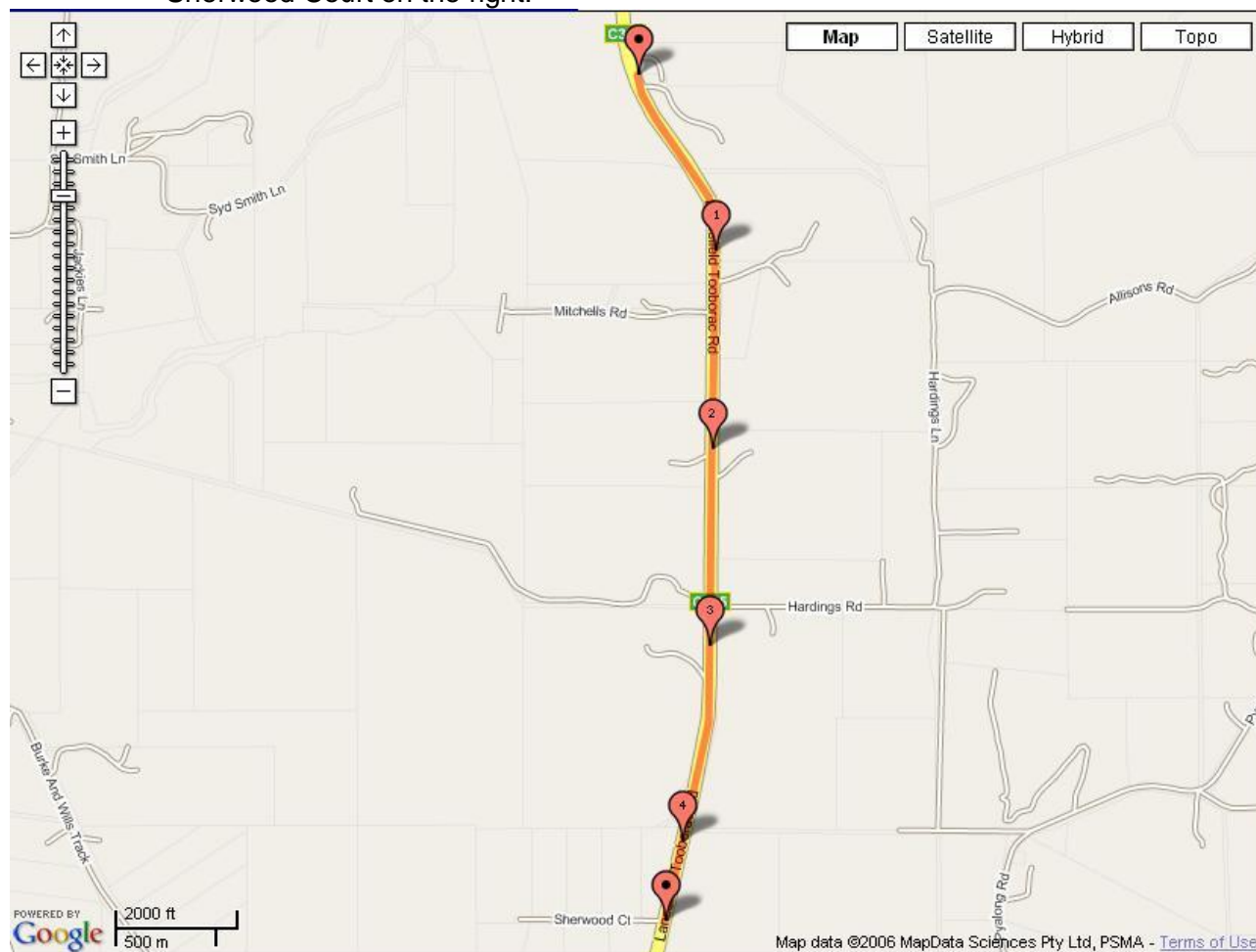
**Distance:** 4.5km

**Record:** 14:50 (Dan Hornery – The Asthmatics + Dan, 2007)

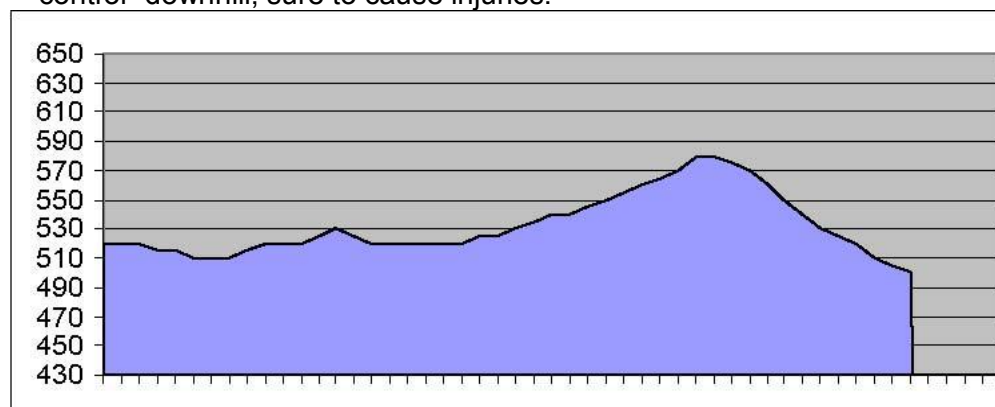
**Average:** 16:30

**Surface:** Bitumen

**Description:** Continue along Lancefield – Tooboorac Rd until the finish at the intersection with Sherwood Court on the right.



**Topography:** Undulates on the open road before hitting a nice steady rise. Finishes with an “out of control” downhill, sure to cause injuries.



## Stage 14 - Meet me at the Weighbridge

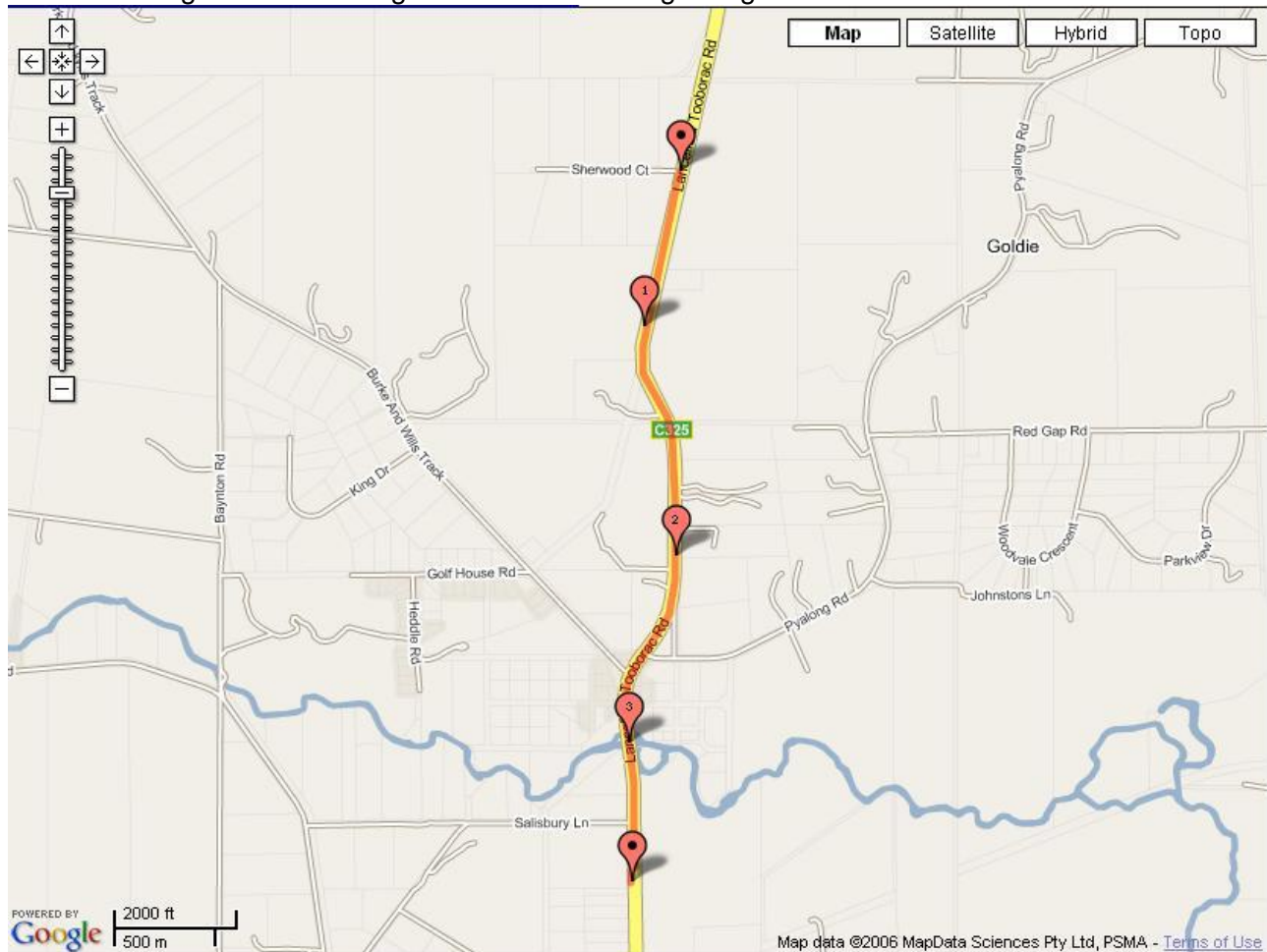
**Distance:** 3.7km

**Record:** 11:20 (Troy Williams – Santas Little Helpers, 2010)

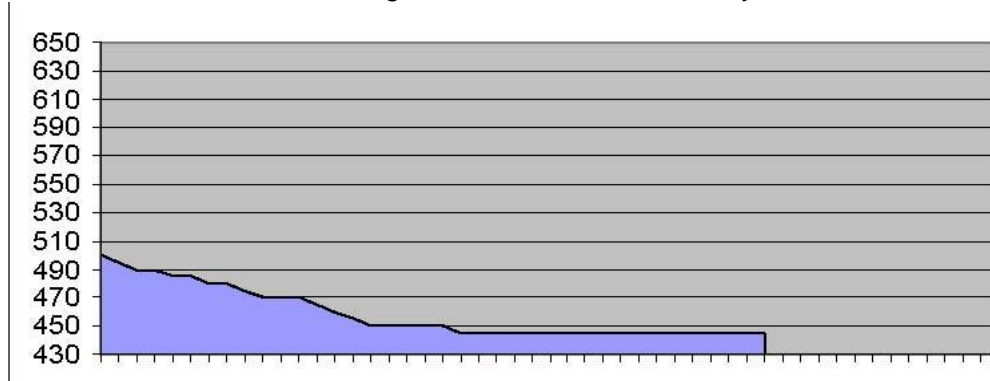
**Average:** 14:02

**Surface:** Bitumen

**Description:** Continue along Lancefield – Tooboorac Rd. Cross Musteys Bridge then shortly after veer right into the siding to finish on the Weighbridge.



**Topography:** Downhill start before flattening out after 2km. A nice easy one to finish the days running.



**Distance stages 8 to 14: 30.25km**

**Overall distance: 59.60km**