



5M's Relay – Nigel Aylott Romsey course – 2016

Seeding/Name	Photo	Comments	Performances
<p>No. 1 Simon Bevege</p> <p>Species: Coachus Stableus</p> <p>Nickname: Bevo</p>		<p>Fastest man in the field. Quads of steel. Head coach of a growing stable of marathoners. Can he select a team, put them on the right stages and coach them to victory?</p>	<p>Parkrun: 15:22 Launy 10km: 32:09 GC half mara: 70:01</p>
<p>No. 2 Nigel Preston</p> <p>Species: Pullarabbit Outofhishatus</p> <p>Nickname: #presto16</p>		<p>Like a great magician, Presto has made himself disappear over the last 6 months, rarely sighted on the track. Recent racing form suggests he's in reasonable good form, but as it's his first 5Ms will he disappear on course?</p>	<p>Parkrun: 16:54 10km Ocean Grove Rip To River 36:47</p>
<p>No. 3 Dave Alcock</p> <p>Species: Marathonus Regulaarrus</p> <p>Nickname: Cocky</p>		<p>A good runner but can't read a map so the team car will need to keep a close eye on him. Trains hard and been on a big improvement curve since joining the Milers and coming under the influence of Guru Bevo. Been knocking out PBs regularly in the lead up to another marathon at Wangaratta in a few weeks. Only query will be if the tough Bevo program has worn him out. Unlikely though so should push Dozer and Preston.</p>	<p>Melb Mara: 2:45:10 10 km TT: 35:03</p>
<p>No. 4 Richard Does</p> <p>Species: Cantrunnus Downhillus</p> <p>Nickname: Dozer</p>		<p>Big Bird has taken a while to get over his 100 mile You Yangs run, mainly because he only recently got released from the padded cell. A solid 10km on Australia Day shows that the speed is returning so he will perform well on the day, especially on the tough up-hilly legs after lunch. If you're #2, #3 or #4 in Dozer's team, expect to run all downhill legs.</p>	<p>10k 26/01: 35:40 5000m 14/11: 17:00 3000m 24/10: 10.12</p>


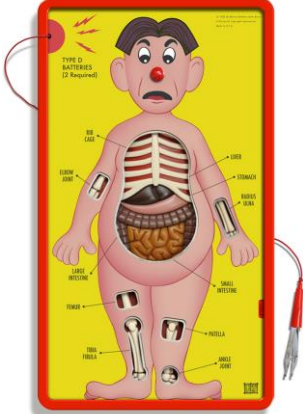



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<p>No. 5 Nick Turner</p> <p>Species: Canis Lupus Familiaris (ie Greyhound)</p> <p>Nickname: Fitter</p>		<p>Known to run like a greyhound on a course. Can be less fast when there is no hare to chase or no boundary fence to guide him.</p> <p>As per the nickname, he is Fitter than ever and running at maximum RPMs. The Tan PB (see across) was on a windy day in high 30's so he can handle the heat.</p>	<p>Parkrun: 17:08 Melb Mara: 2:49:10</p>
<p>No. 6 David Hartley</p> <p>Species: Someonecheckhis DuffforEPOatus</p> <p>Nickname: Duff</p>		<p>Has improved dramatically over the last year, which is shown from his ranking of 16 in last year's 5Ms but has been known to take the foot off the pedal at certain times, mainly a longer interval session cough cough.</p> <p>Saturday nights are Duff's favourite, so there is a risk you might get a rusty drunk Duff instead of a flying one.</p>	<p>Parkrun: 17:27 Melb Marathon 2:49</p>
<p>No. 7 Dan Langelaan</p> <p>Species: Ultrarunnus Spectacularis</p> <p>Nickname: Dutchy</p>		<p>A relative newcomer to the Milers but a regular on the marathon and ultra-marathoning scene.</p> <p>Ran a very steady and even Melbourne marathon and smashed out a great time in the 2 Bays.</p> <p>Might not be the fastest in the morning time trial but expect him to come into his own on the tough hilly legs in the afternoon. Should pick up a handy number 2 so his team could challenge.</p>	<p>Two Bays 56km: 4:58:33 Melb Mara: 2:47 Parkrun 30/01: 18:47</p>



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<p>No. 8 Chris Wright</p> <p>Species: Doctorus Supplementus</p> <p>Nickname: Doc</p>		<p>Has a long association with the Milers, but only recently started training with the Milers regularly. reigning MMM relay champion and runner of the day.</p> <p>His other love, AFL, makes sure that he will always be quick out of the blocks. No-one knows what field the "Doc" is a Doc in but he seems pretty ageless. May be able to prescribe.</p> <p>Has previous form for hill climbing on the peninsula, including the Arthurs Seat climb.</p>	<p>Tan: 13:54 1500m: 4:56</p>
<p>No. 9 Shane Fielding</p> <p>Species: Brokendownus Oldhackusbutshown Somegoodrecentus Parkrunatus</p> <p>Nickname: Slips</p>		<p>Mid 2015 looked to be on the Milers scrapheap, injuries galore like so many older broken-down former running mates.</p> <p>2016 has brought a new step in the Pres, as shown in a couple of recent Parkrun's.</p> <p>Very solid no 2...if his body can hold together in one piece.</p> <p>Holds the current Milers record for the most number of relays (10) without a win.</p>	<p>Parkrun 23/01: 17:38</p>
<p>No. 10 Bruce Arthur</p> <p>Species: Canreadus Amapus</p> <p>Nickname: ATB</p>		<p>A quality pick at 10 and may well end up the best #2 runner on the day.</p> <p>As a gun orienteerer at the national level, this man is used to running on all terrains and runs the shortest line on any course like no other. He won't get lost (has map, has compass) and his 5M's experience means he won't go too hard too early, so expect him to run the day out strongly.</p> <p>Currently 2nd on the winless list after 9 relays so will be fighting with Slips all day to register his first.</p>	<p>Parkrun: 18:21 Two Jetties 8.2 km 31:50 Two Bays 28 km 2:06:29</p>



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<p>No. 11 Scott Stacey</p> <p>Species: Longus Sockus</p> <p>Nickname: Malibu</p>		<p>Another massive improver in the last year with the Milers. Looking the goods for his first sub 3 hour marathon @ Tokyo, but can he handle the pressure and expectation?</p> <p>He survives on a glorified Atkins diet (how, why?), so if he's in your team, look for your carbs elsewhere.</p>	<p>Tan TT: 13:55</p>
<p>No. 12 Simon Tu</p> <p>Species: Bonnus Appetitus</p> <p>Nickname: STu</p>		<p>He is set for good things this year marathon-wise. His form over the shorter distances is looking solid (the Parkrun being more recent than the Half mara time, the latter being at Melbourne Marathon).</p> <p>It may be one of the UK's gifts to world cuisine (the other being fish and chips), but STu is definitely not in the slow cooker.</p>	<p>Parkrun 30/01: 18:09 Half mara: 1:25</p>
<p>No. 13 Peter Larsen</p> <p>Species: Heronius Actuarius</p> <p>Nickname: Larso</p>		<p>His actuarial background means he'll have crunched the numbers, reviewed the historical data, modelled the outcomes, assessed the risks, worked out how much he needs in reserve and based on the results will have worked out which team he needs to be on to win.</p> <p>Currently training the house down and the recent Parkrun result shows he's in fine form.</p>	<p>Melb Marathon 2015 3:16 Parkrun 23/01: 18:13 Tan: 13:45</p>
<p>No. 14 Thai Phan</p> <p>Species: Massivus Calveus</p> <p>Nickname: Taipan</p>		<p>Coming off a solid 2015 where he just missed a marathon PB and ran very solid Half mara and 15km.</p> <p>His recent 5km parkrun shows he's got some good pace over the distance.</p> <p>Although this relay stalwart is running his 15th MMM relay and 7th time on the Romsey course, he's only managed one win, so will be looking to get number two on the board.</p>	<p>Parkrun 23/01: 18:41 City2Sea 15km: 57:21 Half mara: 1:21</p>



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No. 15 John Dixon Species: Littleus Johnus Nickname: JD		<p>Little John made his 5M's debut last year and walked away with a win. He knows how to win, he's a winner.</p> <p>Has been struggling with injury since his Boston marathon last year but a solid hilly Two Bays recently shows he's got some fitness and form back and can run hills, which will come in handy in the second half of the day.</p>	Two Bays 28 KM 2:27:36 Boston Mara: 3:08 Half mara: 1:23
No. 16 Chris Osborne Species: CanTalkus YourEaroffus Nickname: CC		<p>This guy is as tough as old boots and will keep on running, irrespective of what's thrown at him. You just need to watch the video of the closing stages of his 2015 MM to see what he'll put himself through to get to the finish line.</p> <p>Has run this course three times so a good pick up for any team that's light on course knowledge.</p>	Melb Mara 2015 3:07
No. 17 James Chiriano Species: Headphoneus AndSkinus Nickname: JC		<p>In career best form as he closes in on Wangaratta marathon. A stayer with a sting in his tail for the final dash. Separately talented as a morale raiser, a "fixer" (with contacts everywhere, including in the news media) and the Miler most likely to know some (i.e. probably all) of the public out on the trail.</p> <p>May be able to "arrange" for "the public" to "fix" opposing runners.</p>	10km: 37:46 Parkrun 10/10: 19:17
No. 18 Selim Ahmed Species: Lycrus Loverus Nickname: Dusty		<p>Long-time Miler but surprisingly only his second relay and first time at the Romsey course. May have been burnt from his last relay appearance in 2011 when his team was relegated to last after he popped by his holiday house to put the bins out and missed the next handover.</p> <p>Currently has some good fitness and speed with plenty of running and cycling under the belt in recent months.</p>	Parkrun 16/01: 18.58 10km Ocean Grove Rip to River: 42:27


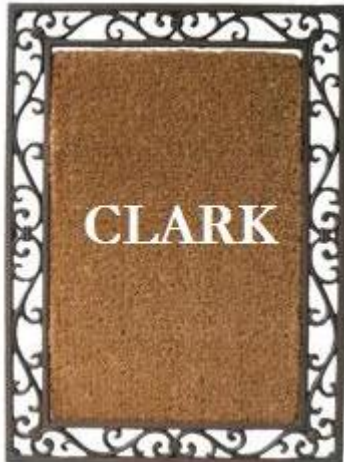
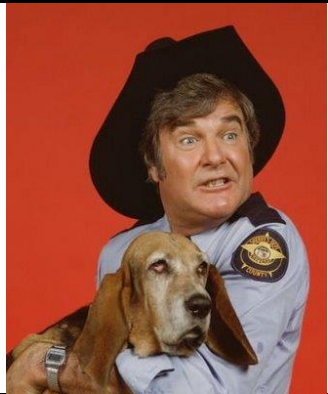



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No. 19 Freya Poynton Species: Yogamasterus Flexiramus Nickname: Yogini		The Yogamaster! Relay debut so interesting to see how she goes running 4 times in a day. Her strong Two Bays performance shows she has good endurance and has been a regular at miler training sessions so should be a handy number 3. Should assist her team with some stretching exercises in the back of the team car.	Two Bays 28 KM 2:38:32, Tan TT 15:20
No. 20 Dale Nardella Species: Doreenus Residentus Nickname: Rafa		Plenty of quality runs on the board. Needs to be drug tested after each leg as being an obsessive Essendon supporter is cause for suspicion. You can depend on him, like death and taxes. A quality time-piece for his pacing, hence him pacing for the Sydney Marathon this year.	Sydney Marathon 2015 Pacing 3:30
No. 21 Simon Moore Species: Justfixthedamn Computerus Nickname: S'more		Simon is an IT specialist which means his job involves him saying "Have you tried shutting down and restarting your computer", about 100 times a day. Once ran low 34 for 10kms, but that was a bloody long time ago! Another contender for the top Sweating Miler award currently held by the Undertaker.	Parkrun 09/01: 19:51 Melb Mara 2015: 3:21 Burnley half: 1:29
No. 22 Fiona Hobbs Species: Africanus Adelaidean Nickname: Hobbsy		A member of the Team Turney training group with Katie, Freya and KJ. Some recent slick times on the track and around the tan show she's got some good current speed. If she's inherited any of her mum's ultra-marathon genes, she could be a huge asset in the later stages of the day. Currently completing a masters in engineering so should be an asset in helping her team design and construct a win.	Melb Mara: 3:36 1500m: 5:03 Tan: 15:05





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<p>No. 23 Chris Wade</p> <p>Species: Bookwormius Kickyourheadinius</p> <p>Nickname: Punchy</p>		<p>By day Chris is a mild mannered Librarian at the state Library, but by night he turns into an ultimate fighting machine.</p> <p>Should be suited to punching out the hills with his 50+ Westerfolds Parkrun's, but how will he hold up over the distance?</p>	<p>Summer Tan TT: 15:12 Parkrun 28/11: 19:45 10km Run for the Furies 8/11: 42:50</p>
<p>No. 24 Matt Clark</p> <p>Species: Clarkus Onwaybackus</p> <p>Nickname: Clarky</p>		<p>Started training with the Milers recently in an effort to get back to running form of a few years ago. Did run a 5M's relay in 2011 so knows the format.</p> <p>His enthusiasm definitely does not outweigh his fitness. His debut at the Melbourne Marathon, was technically an Ultra due to some signage issues.</p> <p>Some really solid times under his belt in the past but the jury is out on his current form.</p>	<p>No recent form running 4:20-4:30 min kms. 13:26 Tan and 38 flat for 10km back in 2010. Currently at 'Racer' weight 87kgs</p>
<p>No. 25 Ross Prickett</p> <p>Species: Liveus InBushus</p> <p>Nickname: Rosco</p>		<p>Currently trying to cross off a marathon in every state, so what will be the next thing for Rosco, seeing the Pies win another flag...unlikely!</p> <p>Great bloke, but injuries have hampered him of late, so recent form isn't there.</p>	<p>Parkrun 02/01: 20:33</p>
<p>No. 26 Colin Bruhn</p> <p>Species: Localus Residentus</p> <p>Nickname: Razor</p>		<p>A late call up for the relays and he only lives 10 minutes from the course which means he could have some great local knowledge of the stages....or not.</p> <p>The bad news....in an interpretation of his own words, he's done stuff all training and racing for years and he literally hasn't run for a month.</p> <p>On a positive note, Colin has tapered very well for the event.</p>	<p>2015 DeCastella 15km: 1:14:28 (4:58 pace) 2015 Run The Rock 19km: 1:37:32 (5:08 pace)</p>



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<p>No. 27 Nick Tobin</p> <p>Species: Seriousweatafter Arunus</p> <p>Nickname: Undertaker</p>		<p>Value pick, won the over 40's award at the Club Championship last year, so clearly runs above his seed on a regular basis.</p> <p>The only risk of having him in your team is the team being washed away by his sea of sweat.</p>	<p>Parkrun 01/01: 22:05</p>
<p>No. 28 Gary O'Dwyer</p> <p>Species: Toeus Runnerus</p> <p>Nickname: GGO</p>		<p>Rarely sighted over the last few years, this MMM stalwart is coming out of 5M's retirement to run at his favourite relay course.</p> <p>He was hoping to be an emergency on the day and fears his slow pace will see him picking up the cones in the dark as course sweeper by the end of the day.</p> <p>However, he knows the course very well and will not get lost, so based on recent 5M's history, will it be a case of 'slow and steady wins the race'?</p>	<p>Parkrun 30/01: 22:47</p>