



2017 Mornington Peninsula 5M's Race Details

We will meet at 8.00 am on Sunday 12th February 2017 at Geoff Nicholson's (Nicho) house, 101 Stanleys Road, Red Hill South, Melways ref 191 G7. Park in 'Bogged Porsche' paddock just inside the main gate.

Once we are all assembled - please don't be late – there'll 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 round. 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.

Please note, there are no toilets at the start at Geoff's place (apart from bushes for a pee). If you need a pre-race toilet stop you can use toilets in Balnarring (opposite Balnarring & Frankston Flinders Rd) or Red Hill (close to cnr Red Hill Rd & Pt Leo Rd) before you arrive.

All runners will then go for a warm up over stage 1, giving teams time to strategise.

The race proper will start at 9.00 am sharp.

The first 4 stages are run as a relay, i.e. one runner at a time from each team in any order that you choose. Each team member must run once and as soon as each team completes the fourth leg they will send a runner off on the fifth stage (i.e. no massed restart) with the team car heading to the stage 5/6 changeover point.

Each team member completes one leg out of stages 5 to 8.

Stage 8 should finish at about 11am and we'll then have a 30-60 minute break at the Shoreham Tennis Club grounds where there is plenty of parking and toilet facilities. BYO food and drinks as there are limited shops in the immediate vicinity.

It's a short drive to stage 9 where a mass re-start will occur, with cars following. Each runner must complete two of stages 9 to 16 and cannot complete consecutive stages. The finish line is in Flinders and we should arrive there at approximately 2:15pm.

We will then drive back Geoff's house for a BBQ and presentations. The club will provide sausages, bread, beer and soft drink. If you want or need anything different then BYO (eg: gluten free, vegetarian, etc.). Your family is welcome to join us, though please let us know in advance so we can cater (or BYO extra few snags). Geoff's property is on tank water so BYO drinking water. Geoff has a totally awesome pool so plan for a swim too!



Please note, there are a few major road crossing during the event. We will do what we can to help you across safely, but ultimately it is your responsibility. Please take care. If necessary, times will be adjusted to compensate for being held up by traffic.

The prestigious Alan Barkauskas Runner of the Day Award will be selected as follows:

1. 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.
2. 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.



Given the healthy financial position of the club, we are waiving the entry fee this year.

For insurance reasons, only fully paid up members can participate.

In appreciation of Geoff hosting us, we will pass the hat around and ask for donations to Launch Housing. Geoff is a director of Launch Housing which is a Melbourne based community that provides a range of services to Victorians experiencing housing crisis or homelessness. Donations are entirely voluntary, but thinking about what you pay for a 10km fun run compared to the value this relay delivers, please be generous! Further details re Launch Housing can be found at www.launchhousing.org.au

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 set to 0:00 for the start of stage 1 and stage 9.
- It is the responsibility of each runner to ensure they complete the course accurately. Team cars should meet up with their runner at tricky intersections to point them in the right direction. Failure to complete any stage accurately will result in time penalties. We have learned over the years that it impossible to have a single rule regarding time penalties. Therefore the captains will negotiate and agree a penalty that will apply in any such circumstances. Penalties are generally severe enough to make it unlikely your team will team (for example: slowest time for stage + 2 mins).
- It is the responsibility of the team to ensure their runner is ready at each handover point. Time wasted by not being ready is included in the time of the arriving runner. (i.e. your stage is not complete until you tag your team member).



Short history of the MMM 5M's relay

Back in the 80's, the Midday Milers (who were the Reserve Bank Midday Milers then) used to go 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 is teams of four runners competing 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, seeded 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.

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. 5M's have been won and lost as a result of team selection.

A feature of the 5Ms is 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 Alan footed the bill. In recognition of Alan's contribution, since 2009 the runner of the day has been awarded the Alan Barkauskas award. Sadly we lost AB to cancer during 2013 – to give you an idea of how important AB and the Milers were to each other, his family placed a Miler singlet above his coffin.

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. This year is our 5th time over the Mornington Peninsula course which is testament to Nicho's awesome hosting! We made a few changes to the course in 2015 to avoid people from racing across the major highways in the area. As you will see in the following pages, there are a couple of instances where a stage will finish on one side of the road, and the next stage will start on the other side via a wave. Please be careful and remember we're not racing for sheep stations.

Comprehensive maps, seeding lists and results from previous 5M's are available from the results section of the MMM web site.

And in case you didn't know, 5M's stands for '**M**elbourne **M**idday **M**ilers **M**arch **M**adness' – even though this year we're running it in February.



Sample Timesheet

Team Name: *Record Breakers*

Stage	Runner	Distance (km)	Start time	Finish time	Net time
1	<i>Simon Bevege</i>	3.39	<i>00:00</i>	<i>11:09</i>	<i>11:09</i>
2	<i>Stephen Paine</i>	3.39	<i>11:09</i>	<i>22:28</i>	<i>11:19</i>
3	<i>Jay Phillpotts</i>	3.39	<i>22:28</i>	<i>33:48</i>	<i>11:20</i>
4	<i>Luke Yeatman</i>	3.39	<i>33:48</i>	<i>45:09</i>	<i>11:21</i>
5	<i>Simon Bevege</i>	4.00	<i>45:09</i>	<i>59:33</i>	<i>14:24</i>
6	<i>Richard Does</i>	4.27	<i>59:33</i>	<i>1:13:14</i>	<i>13:41</i>
7	<i>John Dixon</i>	3.20	<i>1:13:14</i>	<i>1:23:56</i>	<i>10:42</i>
8	<i>Simon Bevege</i>	5.13	<i>1:23:56</i>	<i>1:43:03</i>	<i>19:07</i>
		30.16	Lunch time total	A	<i>1:43:03</i>
Stage	Runner	Distance (km)	Start time	Finish time	Net time
9	<i>Dan Hornery</i>	3.66	<i>00:00</i>	<i>12:40</i>	<i>12:40</i>
10	<i>David Hartley</i>	3.70	<i>12:40</i>	<i>28:40</i>	<i>16:00</i>
11	<i>Simon Bevege</i>	5.30	<i>28:40</i>	<i>48:12</i>	<i>19:32</i>
12	<i>Joji Mori</i>	4.50	<i>48:12</i>	<i>1:03:11</i>	<i>14:59</i>
13	<i>Simon Bevege</i>	4.50	<i>1:03:11</i>	<i>1:18:16</i>	<i>15:05</i>
14	<i>Colin Thornton</i>	4.21	<i>1:18:16</i>	<i>1:32:05</i>	<i>13:49</i>
15	<i>Simon Bevege</i>	4.49	<i>1:32:05</i>	<i>1:45:31</i>	<i>13:26</i>
16	<i>Glenn Goodman</i>	3.66	<i>1:45:31</i>	<i>1:59:38</i>	<i>14:07</i>
		34.02	Afternoon total	B	<i>1:59:38</i>
		30.16	Lunch time total	A	<i>1:43:03</i>
		64.18	Total race time	Add A + B	<i>3:42:41</i>

Legend: *Black & shaded areas* - these will already be complete when you are given the form
Blue print - these are the bits that YOU must complete accurately
Red print - you can fill these out if you like, but the officials will check them

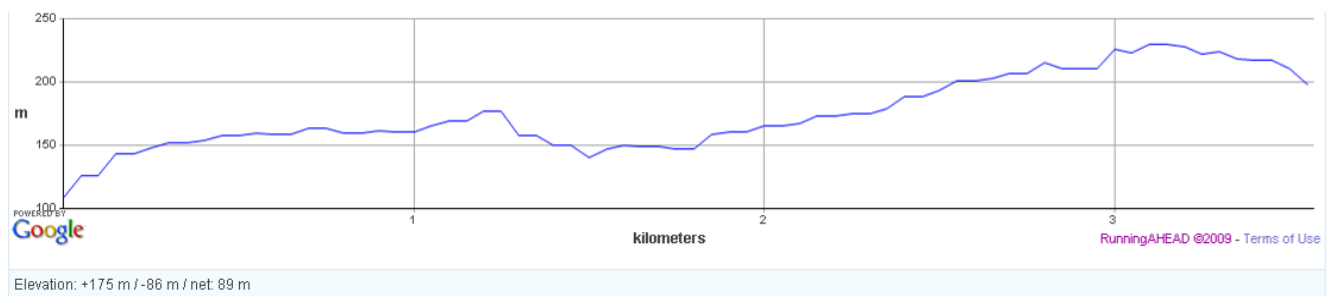
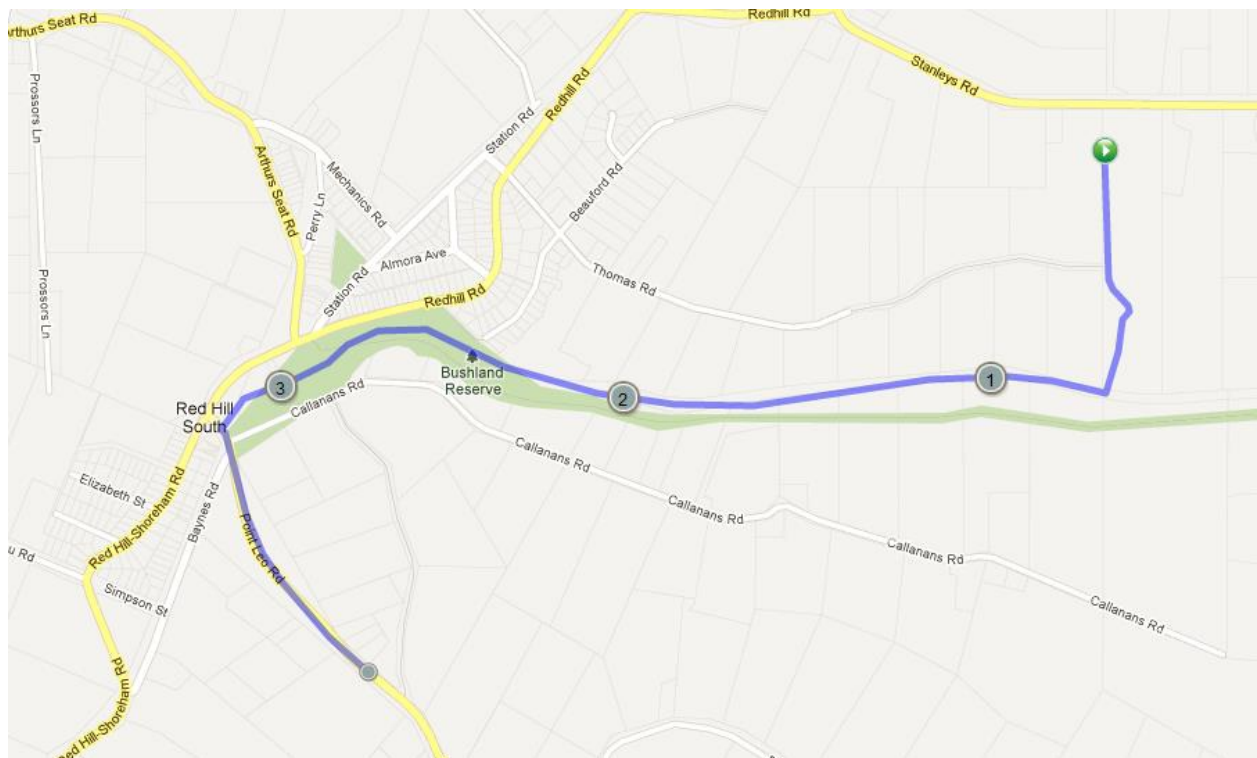
Stage 5 – Giddy up

Melways Ref: Start 191 G6 End 191 B9

Distance: 4.0 km

Description: Start at Nicho's middle gate (where the first leg finished), proceed the same way as the first leg up to the horse riding trail. Turn right onto Merricks Red Hill Horse Riding Trail. It's a steady climb all the way to Point Leo Rd. Left onto Point Leo Rd. Change over is at "Ambrosia Ridge" (199 Pt Leo Rd).

Course record: 14:24 – Simon Bevege - 2012



Stage 6 – The Fast and the Franga

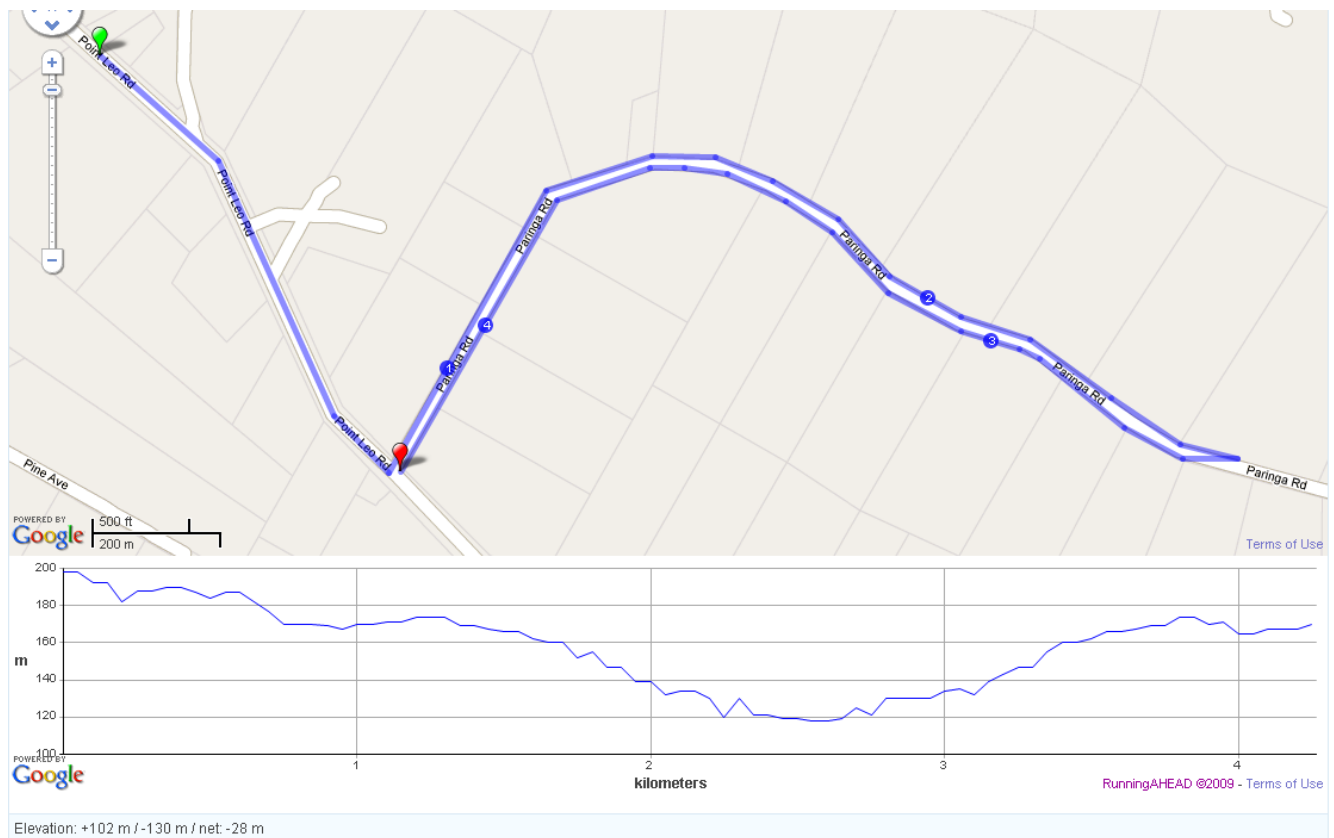
Melways Ref: Start 191 B9 End 191 C10

Distance: 4.27 km

Description: Down Point Leo Rd, left onto Paringa Rd for an out and back run. Turnaround after approx. 1.75km at Kondoparinga. Change over is back at Point Leo Rd

Course record: 13:41 – Richard Does - 2010

Organiser notes: Need turnaround marker at Kondoparinga (I think Kondoparinga is at 12 Paringa Road, need to confirm)



Stage 7 – The Patrick Swayze

Melways Ref: Start 191 C10 End 257 A2

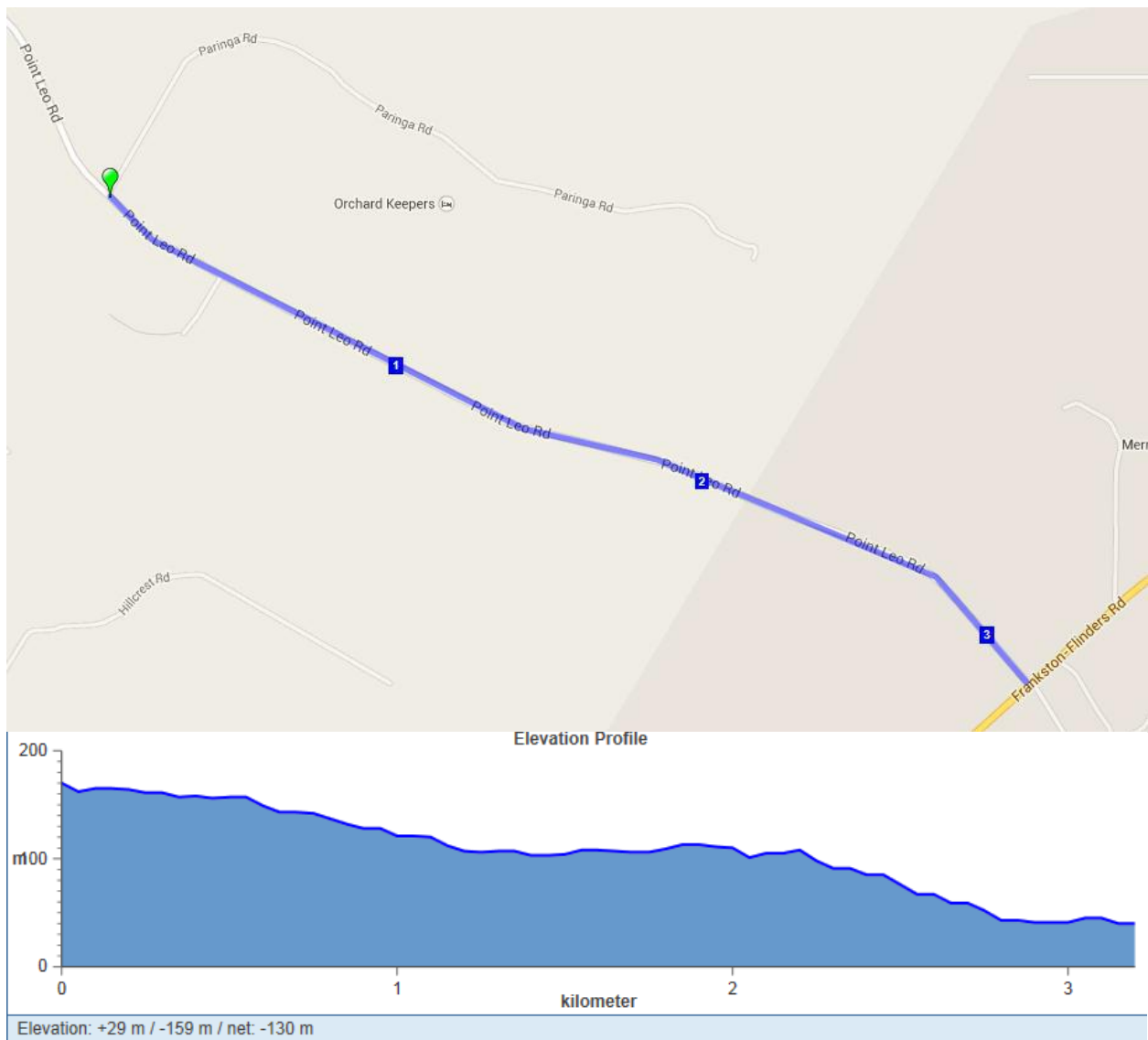
Distance: 3.2 km

Description: Down Point Leo Rd, finish at Keep Left sign on the traffic island situated just before crossing Frankston-Flinders Rd.

Once past the sign, wave to release runner who is waiting by the Keep Left sign on the other side of Frankston-Flinders Rd.

DO NOT RUN ACROSS FRANKSTON-FLINDERS ROAD, THIS IS A MAJOR HIGHWAY.

Course record: 10:42 – John Dixon - 2015



Stage 8 – Fury’s Delight

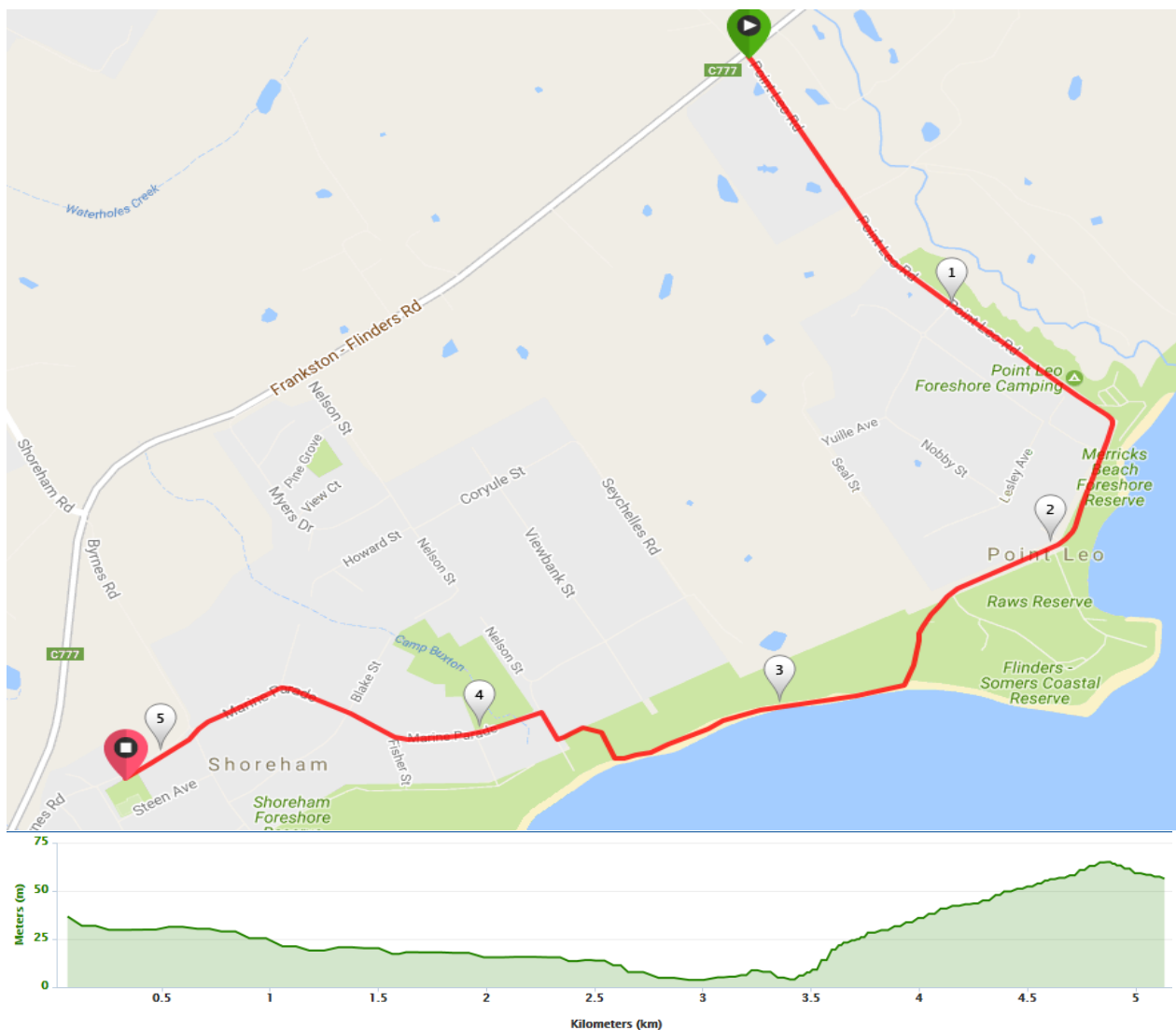
Melways Ref: Start 257 A2 End 256 E9

Distance: 5.13 km

Description: Continue along Point Leo Road and right into Western Parade. From the boom gate it's just over 1 km to the beach. Turn right onto beach & follow water line. Exit beach after approx. 900m at the marker & onto a track, heading up a number of flights of stairs. Once on the grass head left and follow the trail. Turn left when you reach a gate and enter Marine Parade which is gravel. Up the hill until it ends (no turns). Head straight at a multi-way intersection, running towards the yellow poles and commence running on a grass track along a front fence line. The stage finishes in front of the Shoreham Tennis Club at the public telephone.

Course record: 19:07 – Simon Bevege - 2015

Organiser notes: Markers at beach exit, grass section at top of steps, gate and Marine Pde/Byrnes Rd intersection.



Stage 10 – The Step Off

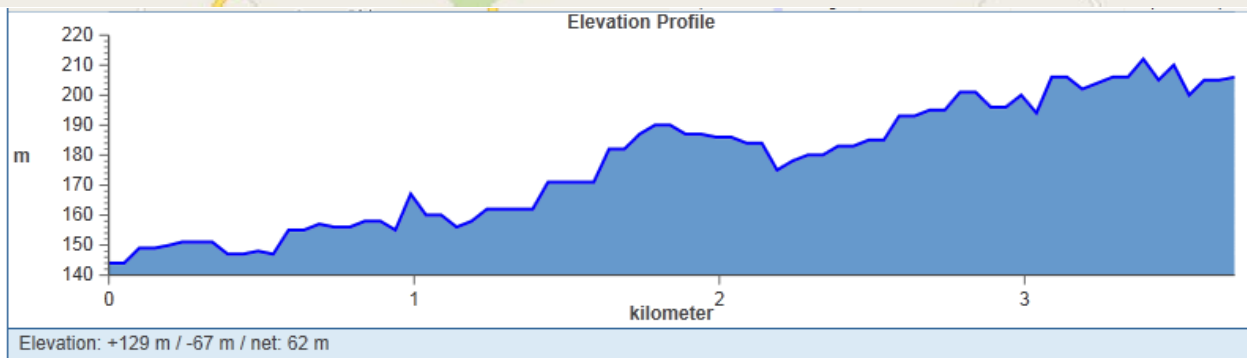
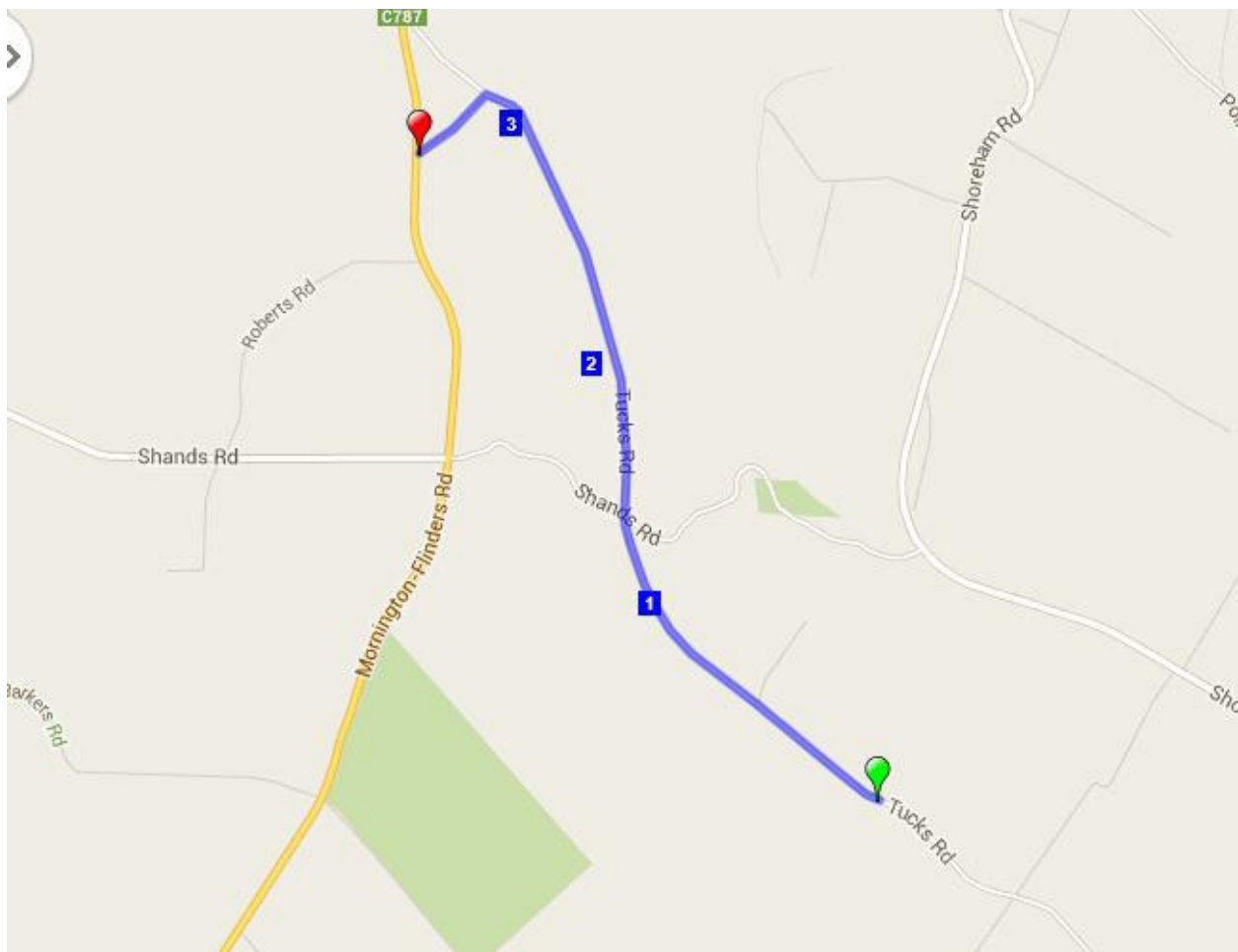
Melways Ref: Start 255 J4 End 190 D9

Distance: 3.7 km

Description: Continue along Tucks Road, after 3.3km turn left into Orchard Way. Finish 10 metres before Mornington-Flinders Rd and wave to release runner who is waiting on other side of road.

DO NOT RUN ACROSS MORNINGTON-FLINDERS ROAD, THIS IS A MAJOR HIGHWAY.

Course record: 16:00 – David Hartley – 2015



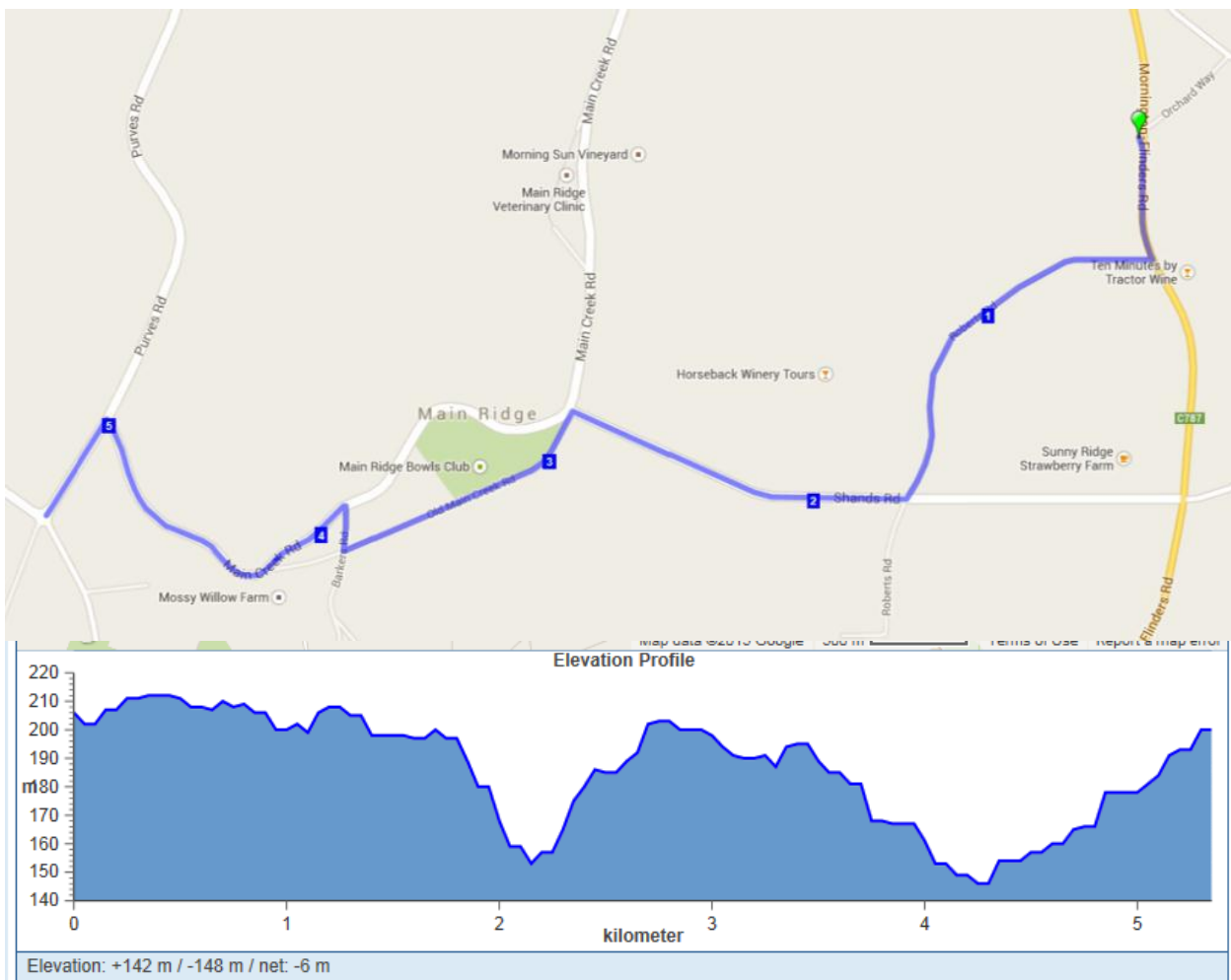
Stage 11 – Wineview Lane

Melways Ref: Start 190 D9 End 254 E1

Distance: 5.3 km

Description: Head south along right hand shoulder of Mornington-Flinders Road for 400 metres, turn right into Roberts Road, right into Shands Road, sharp left onto Old Main Creek Road (gravel). At the T-intersection turn right onto Barkers Road then left onto Main Creek Road. At end of Main Creek Road turn left on to Purves Road carefully go through the roundabout to the handover.

Course record: 19:32 – Simon Bevege – 2015



Stage 12 – Bora Bora

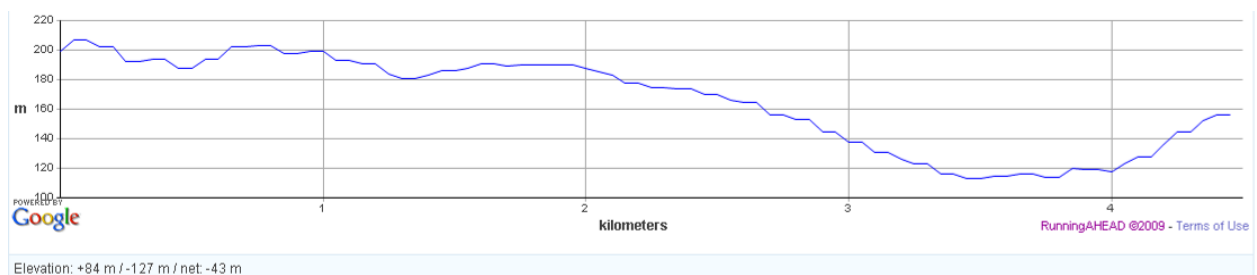
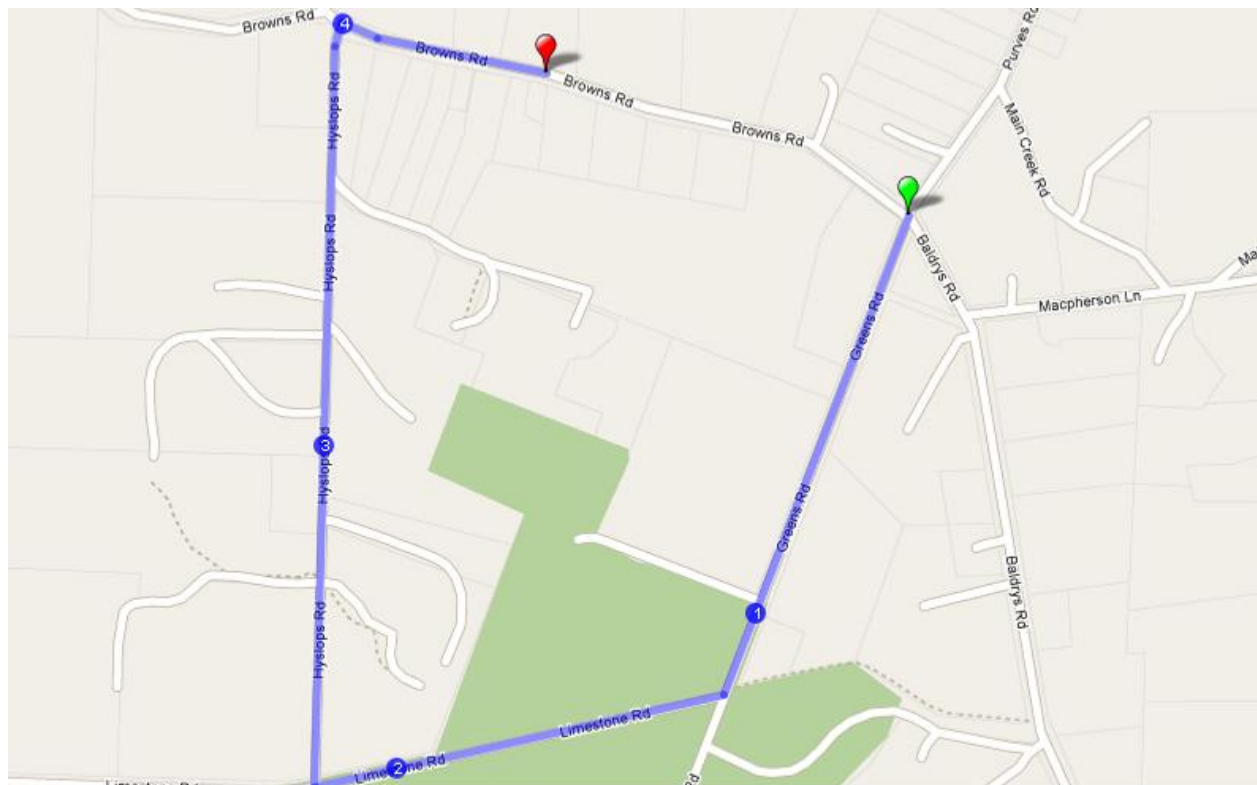
Melways Ref: Start 254 E1 End 171 C12

Distance: 4.5 km

Description: Down Greens Road (gravel), right after 1.2km onto a horse track, running over cattle type grate as you enter (there will be a marker). Follow the sandy trail then **after 1 km turn right** at the clearing where the sign says Browns Road. Follow this all the way. Right onto Browns Road heading up the hill & towards the change over point at a business called "B'tween Bays". Runners stay on **right** side of road for changeover.

Course record: 14:59 – Joji Mori – 2014

Organiser notes: Need markers at turn onto horse track through to trail. "B'tween Bays" is at 25 Browns Road, need to check.



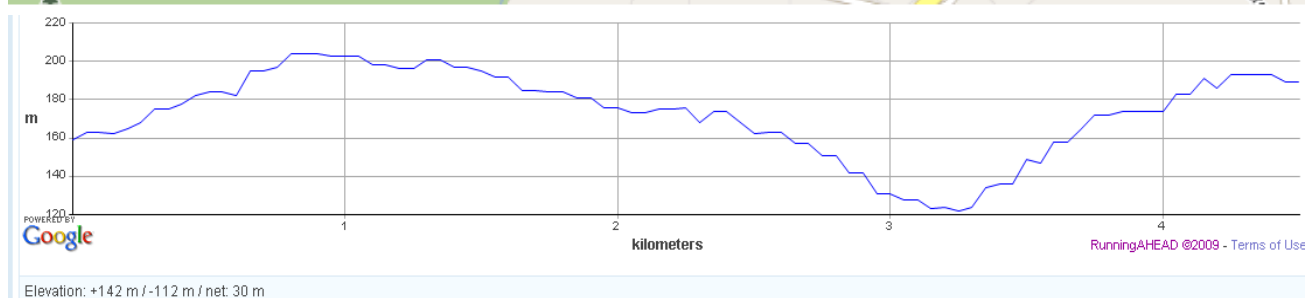
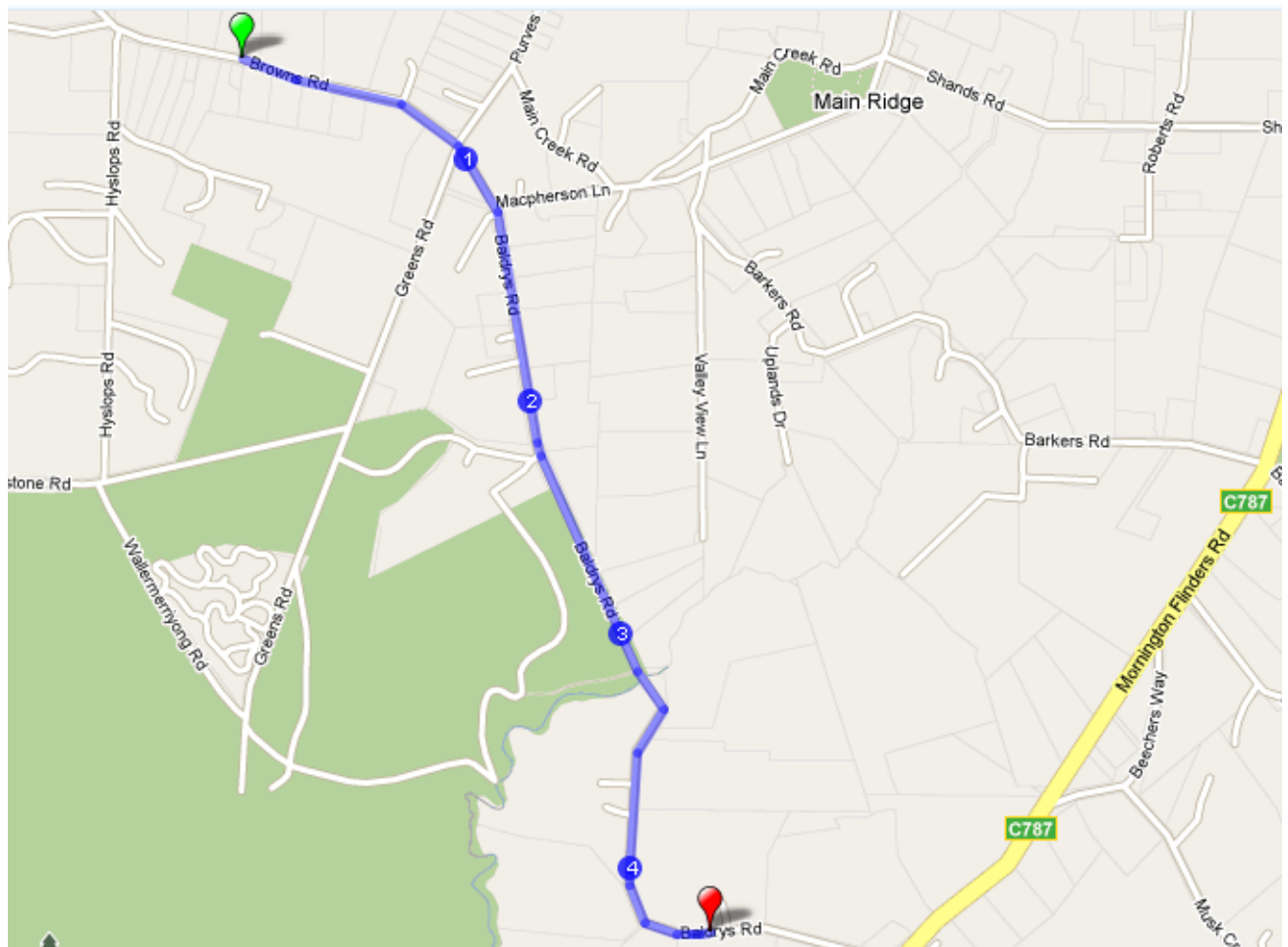
Stage 13 – Crossing Baldry

Melways Ref: Start 171 C12 End 254 H8

Distance: 4.5 km

Description: Continue along Browns Road and straight through roundabout onto Baldrys Road. There is a track on the left hand side of the road for the first couple of kms. Use it for as long as you can to avoid running near cars. At approx 3.2km mark, when you reach the car park at the bottom of the hill, keep left on the track just prior to the hill climb. Stay on the track as long as you can. The change over point is just after a left hand bend where there is a yellow horse riding sign on a lamp post.

Course record: 15:05 – Simon Bevege – 2012



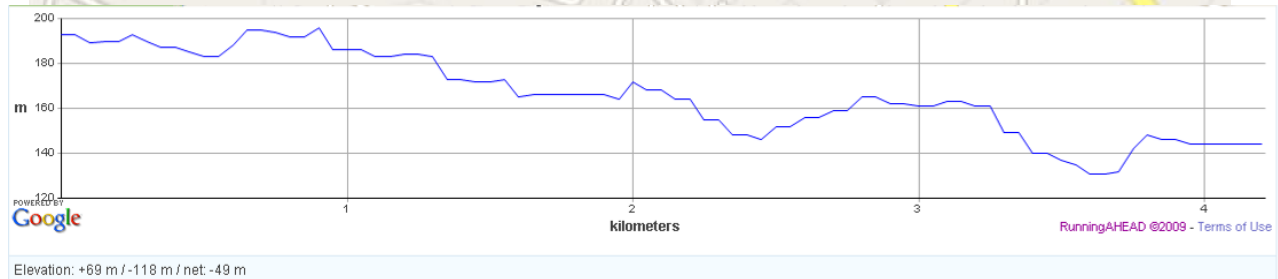
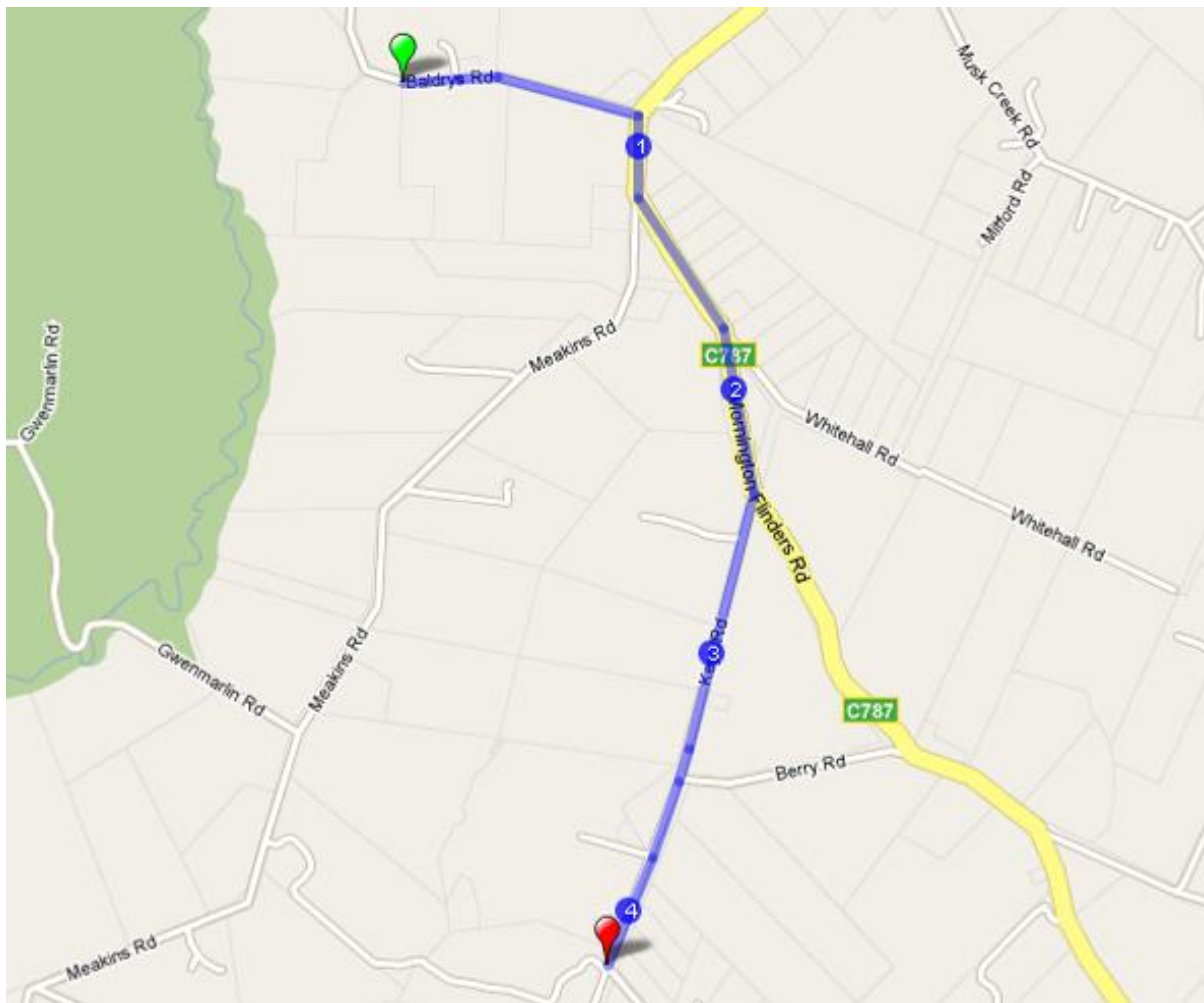
Stage 14 – M1

Melways Ref: Start 254 H8 End 260 J4

Distance: 4.21km

Description: At the end of Baldrys Road turn right onto Mornington-Flinders Rd staying on the right hand side of the side. ***** CAUTION - THIS IS A MAJOR ROAD*****. Turn right after approx 2.3km onto Keys Road. Do not make any turns. Change over is at the Punchbowl Road corner.

Course record: 13:49 – Colin Thornton – 2010



Stage 15 – Keys into the punch bowl

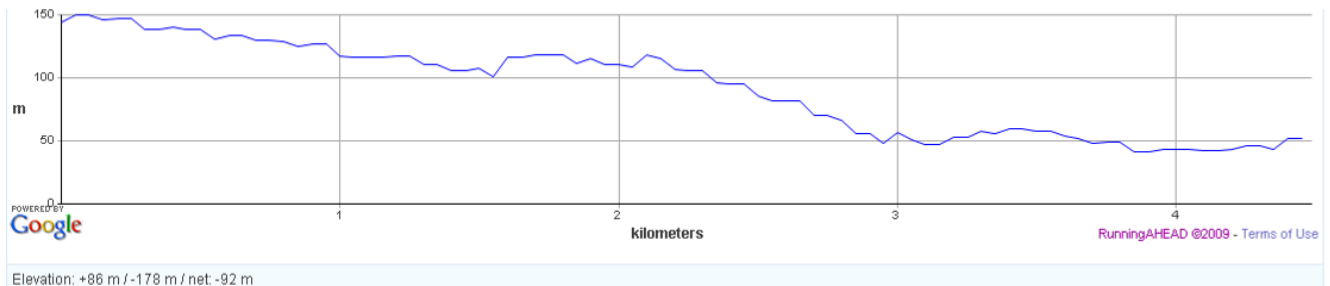
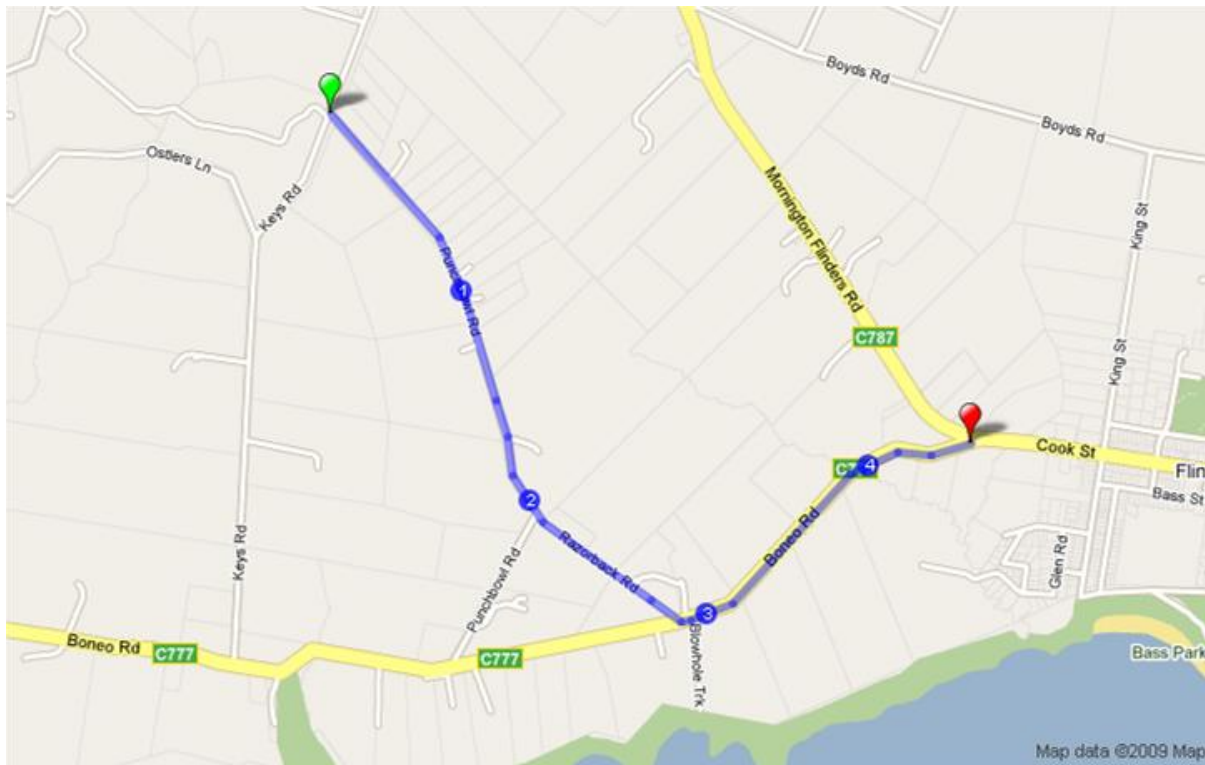
Melways Ref: Start 260 J4 End 261 G8

Distance: 4.49km

Description: Left onto Punchbowl Road and keep left after approx 2km onto Razorback Road. Cut the corner just before Boneo Road & then enter Boneo Road. *****CAUTION - THIS IS A MAJOR ROAD*****. Change over to right hand side of road when safely possible. Run on the right hand side of the road towards the change over point which is at a gravel cut out just before a major T-intersection.

Course record: 13:26 – Simon Bevege – 2012

Organiser notes: Need a spotter to assist with entering Boneo Road.



Stage 16 – Run Tiger Run

Melways Ref: Start 261 G8 End 262 A9

Distance: 3.66 km

Description: Start at gravel just before turning right onto Cook Street, heading towards Flinders. Turn right at King Street and at end turn left onto Golf Links Road. Following the winding coast line road continue straight onto The Esplanade & up the hill at the only 4-way intersection. The finish is at Monument Car Park in approx 400m. Cutting the corner at the Monument car park is legal. The finish line is the line between the monument and the tree on the beach side.

Driver notes: There is no car access through the golf course. Head straight to the finish line directly down Cook Street (entrance to parking is off The Esplanade).

Course record: 14:07 – Glenn Goodman – 2012

Organiser notes: Place a finish line on the grass between the monument and the tree.

