

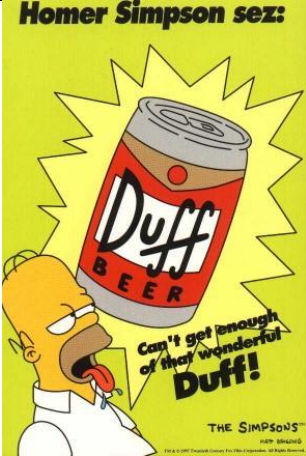








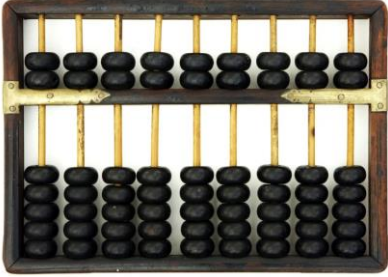
5M's Relay – Mornington Peninsula – 2017

Seeding/Name	Photo	Comments	Performances
<p>No. 1 Simon Bevege</p> <p>Species: Coachus Legendarus</p> <p>Nickname: Bevo</p>		<p>Holds most of the records on this course and in red hot form training for Tokyo Marathon in a couple of weeks. Some believe he walks on water, others believe he is God.</p> <p>Quintessentially, he is the SuperCoach of the Milers and reigning 5M's champion with the all-conquering Bevo's Bumblebees.</p>	<p>Burnley half: 70.11</p> <p>Melb Mara 16: 2.34.49</p>
<p>No. 2 Andrew Coles</p> <p>Species: Wearus Calfus Compressionus</p> <p>Nickname: Woolies</p>		<p>One of the Alpha Milers.</p> <p>Training the house down at the moment. Hasn't done much racing of late other than the City to Sea in November where he finished in 16th place.</p> <p>Has run this course three times previously so if you're on Woolies team, you should not get lost.</p> <p>Will be looking to snatch some course records on the day. Will he sacrifice one of his lower ranked team members to ensure it's a leg that Bevo's not running?</p>	<p>Tan: 12:28</p> <p>City to Sea 15km: 52:30</p>
<p>No. 3 Stevie Williams</p> <p>Species: Wearus Sockus</p> <p>Nickname: Wonder</p>		<p>Oozes talent and is clearly one of few remaining Alphas in the Miler group. Wonder has reported some solid results over recent months for 1) someone of his vintage and 2) someone whose body has made it difficult to train consistently.</p> <p>It's not often you would suggest that someone of Wonder's age may still have several PBs ahead of him but this may well be the case. But even if his body does hold up, will his ticker come along for the ride?</p>	<p>Tan: 12:43</p> <p>parkrun: 16:42</p> <p>Marathon: Perhaps one day he'll run a good one</p>




5M's Relay – Mornington Peninsula – 2017

Seeding/Name	Photo	Comments	Performances
<p>No. 4 Dave Munro</p> <p>Species: Littleknowus Alphawannabeus</p> <p>Nickname: TMD</p>		<p>An unknown quantity amongst the captains and first time at this format. Obviously a big talent based on Marathon time and training form but will be up against plenty of experienced captains. Could do with an experienced team in the car to let him just run. Not unknown for first timers to win this one but tough to win as a first time captain.</p>	<p>Melb Mara 16: 2.46.07</p>
<p>No. 5 Dave Alcock</p> <p>Species: Cantreadamapus Tosavehislifeus</p> <p>Nickname: Bermuda</p>		<p>Runs like the wind although not usually in the right direction. Despite being navigationally challenged is in great form and due to smash London Marathon in April. Will 2017 be the year that Bermuda finds his way out of the triangle?</p> <p>Quality runner, better for having run a couple of relays, and well placed as a captain to pick up a strong No 2. In his role as seeder, he will have a good idea of runners form.</p>	<p>parkrun: 17.12</p> <p>Melb Mara 16: 2.57.26</p>
<p>No. 6 David Hartley</p> <p>Species: Someonecheckhis DuffForEPOatus</p> <p>Nickname: Duff</p>		<p>A vastly improved runner since joining the Bevo stables. In peak form with Tokyo just a few weeks away – will run out the day comfortably.</p> <p>Don't let his recent soft Tan Handicap result worry you – he stopped for a beer and a chat with JessieJ on the way.</p>	<p>Tan Summer: 13:14</p> <p>Parkrun: 17:19</p>
<p>No. 7 Simon Tu</p> <p>Species: Bonnus Appetitus</p> <p>Nickname: Desi</p>		<p>Always in good touch and this time of year is no exception. Loves a parkrun so much that he recently notched up his 100th outing.</p> <p>Curiously, his nickname changed from boring old Stu to the humbled Desi. Don't let his religious beliefs and practices fool you, Desi has the gift of giving and then giving some more when it counts.</p>	<p>Tan Summer: 13.01</p> <p>parkrun: 17.15</p>




5M's Relay – Mornington Peninsula – 2017

Seeding/Name	Photo	Comments	Performances
<p>No. 8 Richard Does</p> <p>Species: Cantrunus Downhillus</p> <p>Nickname: Dozer</p>		<p>"I'm retiring from marathons – body's not holding up. Will just do the odd 100-mile race." WTF???</p> <p>Like most of us, not currently at his best but a competitive beast who doesn't like to lose (but is starting to get used to it).</p> <p>Don't underestimate his ability to run while hurting. Don't overestimate his ability to run while cramping.</p>	<p>Tan: 13:42</p> <p>parkrun: 18:14</p> <p>10km: 36:32</p>
<p>No. 9 Rob Dalton</p> <p>Species: Trailus Runnerus</p> <p>Nickname: 700</p>		<p>After a big focus on the Bogong to Hotham 64km run in January, 700 has now had a reasonable recovery and is starting to get some pace back in his legs.</p> <p>Recent sessions and his Summer tan time trial show that he's not far off and with his massive endurance tank, he'll be still running strong when some of the higher ranked captains have emptied their fuel tanks.</p>	<p>Tan: 13:44</p> <p>parkrun: 17:46</p> <p>MM 16: 2:58</p> <p>Bogong to Hotham 64km: 9:17</p>
<p>No. 10 Andrew Compson</p> <p>Species: Ironmanus Specialistus</p> <p>Nickname: Compo</p>		<p>In peak form with a sub 2:50 Marathon at Wangaratta in two weeks cherry ripe for the taking.</p> <p>Is a triathlon machine and surely will be the prized number 1 draft pick on the day. No pressure!</p>	<p>parkrun: 17.58</p>
<p>No. 11 Peter Larsen</p> <p>Species: NABus Actuarisus</p> <p>Nickname: Larso</p>		<p>Another Miler from the NAB stable. Showing strong recent form on the track and around the Tan. Followed up a solid 6 x 1K session with a decent, if not spectacular, Tan. May not be in the form he showed around Marathon time last year. New to the format so slight query here. Marathon background and recent parkrun PB suggests he will run out the day comfortably.</p>	<p>Tan Dec: 13:19</p> <p>Marathon 16: 2.58.06</p> <p>parkrun: 18.12</p>





5M's Relay – Mornington Peninsula – 2017

Seeding/Name	Photo	Comments	Performances
<p>No. 12 Bruce Arthur</p> <p>Species: Wontus Getlostus</p> <p>Nickname: ATB</p>		<p>A late call up for this event, all of a sudden team captains have someone who definitely won't get lost out on the course. Bruce's only problem will be ensuring his team car doesn't get lost, ala 5M's 2016.</p> <p>An orienteering specialist who's been churning out regular parkrun's at the tough Studley course, he'll love the hills and will run hard all day.</p> <p>Currently has the unenviable record of 10 MMM relays for zero wins, only behind Slips record of 11/zero and will be looking to notch up his first win....or ensuring Slips doesn't!</p>	<p>parkrun: 17:33</p>
<p>No. 13 Alex Kimp</p> <p>Species: Yankeeus Doodledandyus</p> <p>Nickname: Tex</p>		<p>Recent Oz residency status and a new job as a physio means Tex hasn't done much serious running in recent months.</p> <p>He ran cross country and track in college athletics in Texas and was named the 2013 Lone Star Conference Men's Track and Field Academic Athlete of the Year.</p> <p>Is a quality runner but will lack of kms (or miles in Tex's language) and racing be a factor?</p>	<p>City to Sea 15km: 57:14</p> <p>Run Melb Half: 78:34</p>
<p>No. 14 Anthony Mithen</p> <p>Species: Pinkus Frillyus Knickerus</p> <p>Nickname: Mitho</p>		<p>A Milers stalwart and relay regular for so long that this writer can't remember from where the 'frilly knicker' moniker was derived.</p> <p>Was it because he doesn't like hills? Was his intestinal fortitude being questioned? Or was it one of those 'ironic' nicknames because he's actually tough as nails?</p> <p>Dabbled briefly in ultras but now going pretty well again over the short stuff. Overlook at your peril but put him on an uphill leg at your peril.</p>	<p>Tan: 13:38</p> <p>parkrun: 18:04</p> <p>Marathon: 3:00</p>

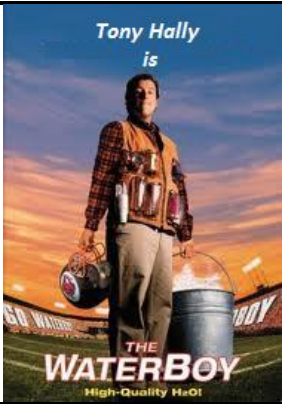



5M's Relay – Mornington Peninsula – 2017

Seeding/Name	Photo	Comments	Performances
<p>No. 15 Stephen Paine</p> <p>Species: MarathonPacerus Specialistus</p> <p>Nickname: House</p>		<p>Though once a MMM Alpha, captains would be wise to carefully consider the decrease to House's mileage since Melbourne Marathon along with the subsequent increase to House's bodyweight. Potential inability to get through multiple efforts is a huge risk. Probably a slow number 3 or a quick number 4. Caveat emptor!</p> <p>Note: the above may have been written by House!</p>	<p>Melb Mara 16: 2:54</p> <p>Burnley half: 81:37</p> <p>AV 10km: 35:56</p> <p>2 tans: 29:43</p>
<p>No. 16 Clem Scott</p> <p>Species: AnotherIronmanus Expertitus</p> <p>Nickname: Scotty</p>		<p>Formerly chief engineer on the Star Trek Enterprise before turning his attention to triathlons.</p> <p>An unknown and could be the bargain pick of the day.</p>	<p>Summer Tan: 13.33</p>
<p>No. 17 Shane Fielding</p> <p>Species: Brokendownus Oldhackusbutshown Somegoodrecentus Parkrunatus</p> <p>Nickname: Slips</p>		<p>With GG absent, Slips may assume the mantle of 'wily campaigner'. We hear about numerous injuries and possible retirements but all we see are solid results (and lots of selfies).</p> <p>Lightning quick in a sprint finish but will his aging body make it to the finish? Personally I like the cut of his jib and would pick him pretty early but then again I'm not a captain so what would I know?</p>	<p>Tan: 13:59</p> <p>parkrun: 17:59</p> <p>10km: 35:52 (more than 6 month ago)</p>
<p>No. 18 Katie Seibold</p> <p>Species: Kleptomaniacus Gloveus</p> <p>Nickname: Pocari</p>		<p>Pocari has speed to burn and in the midst of a solid training block with Nagano Marathon on the agenda in April.</p> <p>Not to be trusted with branded running apparel which tends to go missing when she is nearby.</p> <p>Loves hills so could be thrown a few of those in the afternoon.</p> <p>Will ensure plenty of photos of her team make their way to Facebook.</p>	<p>parkrun: 18:30</p>





5M's Relay – Mornington Peninsula – 2017

Seeding/Name	Photo	Comments	Performances
<p>No. 19 Dan Langelaan</p> <p>Species: Ultrarunus Spectacularis</p> <p>Nickname: Alfie</p>		<p>An ultra-marathoner and previous winner of Oxfam, this time twelve months ago, Dan was captaining a team at 5M's at Romsey, ran the day out well, but within a few days was diagnosed with OP which pretty much knocked out running for about 6 months.</p> <p>His parkrun times are improving by the week and training kms are increasing around the hills of Lysterfield lake but will he have the endurance back yet to run out the day?</p>	<p>parkrun: 18:41</p>
<p>No. 20 Garth Calder</p> <p>Species: Mountainus Goatus</p> <p>Nickname: Licka</p>		<p>Put in one of the best runs in recent memory at Two Bays 2017, we're still waiting to see his birth certificate as there's no way a 50+ year old should do so well.</p> <p>Put him on the hardest, hilliest stages and you won't be disappointed.</p>	<p>Two Bays: 4:52 (First Miler)</p> <p>Tan December: 13:48</p>
<p>No. 21 Mark Symes</p> <p>Species: Fireus Combustibleus</p> <p>Nickname: Firestorm</p>		<p>A Marathon maestro who excels when the heat is on. Recently completed New York Marathon and is set to take on Gold Coast Marathon in 2017.</p> <p>On an upward curve and one of the big improvers in the Bevo Stables.</p>	<p>10km: 39.41</p> <p>Half: 1.23.27</p> <p>NY Mara: 3:21</p>
<p>No. 22 Joe Vaughan</p> <p>Species: Gaelicus Originus</p> <p>Nickname: Irish</p>		<p>Impressive Melbourne Marathon result and can run all day...if supplied intravenously with Guinness all day.</p> <p>Will the luck of the Irish win the day?</p>	<p>Melb Mara 16: 2:56</p>


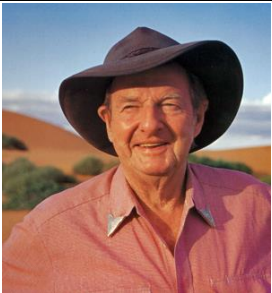



5M's Relay – Mornington Peninsula – 2017

Seeding/Name	Photo	Comments	Performances
<p>No. 23 Tony Hally</p> <p>Species: Onepaceus Alldayus</p> <p>Nickname: Waterboy</p>		<p>Always a quality pick for the 5Ms format. Will run the exact same pace (2hr50 Marathon pace) for every stage.</p> <p>May frustrate team mates by being able to talk and function at the end of each of his stages, but that's just because he doesn't have a red zone.</p>	<p>Tan Summer: 14:53</p> <p>Tan December:; 14:16</p>
<p>No. 24 Ewen Vowels</p> <p>Species: Hipbonus Fragilius</p> <p>Nickname: Smurf</p>		<p>A dangerous floater down the order- should really be seeded higher. Looks to be out of shape based on a very poor Tan time trial but team captains take note – this man will run his guts out on the day. Claims he has only run for the bus since a top marathon in October.</p> <p>A quality pedigree but is he worth the risk of an earlier pick? Knows the course and the format so that may help his team.</p>	<p>Tan: 15.52</p> <p>Marathon 16: 2.53.14</p> <p>Burnley Half: 1.19.17</p>
<p>No. 25 Glenn Carroll</p> <p>Species: TrackusTo Trailwalkus</p> <p>Nickname: RunGMC</p>		<p>Very quick. If the legs for 5Ms were 200m each he'd be a captain. They're not though.</p> <p>If the legs involved kicking a footy, he'd be a captain. They don't though. If the legs involved hitting a golf ball...he wouldn't be a captain.</p> <p>Little available form but will have a crack and should have a big finish if it comes down to a sprint.</p>	<p>15km (City to Sea): 61:05</p>
<p>No. 26 Greg Roche</p> <p>Species: Ferreros Rocherus</p> <p>Nickname: Rocket</p>		<p>Coming off a hard fought MM in tough conditions, he has the base behind him to excel when the going gets tough.</p> <p>Quick underfoot, Rocket's not one to leave any spare gaskets out there.</p> <p>Enjoys sharing the Italian chocolates and that isn't a bad thing if your team is in need of extra sustenance. Recent form suggests he's in good nick.</p>	<p>parkrun: 19:34 (more than 6 months ago)</p> <p>Tan Dec: 14:00</p> <p>10k: 39:57 (more than 6 months ago)</p> <p>MM 16': 3:19</p>

5M's Relay – Mornington Peninsula – 2017

Seeding/Name	Photo	Comments	Performances
<p>No. 27 Janice De Vries</p> <p>Species: Taekwondous Kidus</p> <p>Nickname: Dutchy</p>		<p>She trains hard, she races hard, she kicks and punches hard and at the end of the day, she knows how to party hard with a champers or fine cocktail or two.</p> <p>Janice has punched out some very good race times over the last 6 months over a range of distances and will be a great pick up for any team.</p>	<p>Tan: 14:32</p> <p>parkrun: 19:10</p> <p>Rip to river 5km (sand): 19:39</p> <p>Zatopek 10km: 39:50</p> <p>Burnley half: 89:10</p>
<p>No. 28 Simon Moore</p> <p>Species: Cannus Sweatalotus</p> <p>Nickname: S'moore</p>		<p>What he loses in sweat he makes up for in class and effort. Had a solid 2016 with a pleasing 10k (sub 39) but struggled with a few niggles after that.</p> <p>Still, he has been putting in the miles and working up another solid sweat in 2017. Won't disappoint.</p>	<p>Tan: 14:46</p> <p>Sri Chinmoy 10K 16:38:59</p> <p>MM 16: 3:13</p> <p>Burnley Half: 86:39</p>
<p>No. 29 Chris Osborne</p> <p>Species: CanTalkus YourEaroffus</p> <p>Nickname: CC</p>		<p>An old hand at these relay events sees CC placed well among a strong field even after limited miles though has been training more consistently as he builds towards Geelong half in April. Beware, CC does talk and complain a lot but if you don't mind that, he's a solid pick.</p>	<p>Recent tan: 14:30</p>
<p>No. 30 James Chiriano</p> <p>Species: Headphoneus AndSkinus</p> <p>Nickname: JC</p>		<p>The Milers Energizer Bunny. Expect team morale in his team car to be through the roof – even if they are coming last.</p> <p>Unfortunately form has been a bit thin on the ground for JC over the past year as he has been plagued by injuries. If his body is in shape he is a good pick up this low down in the seeding but question marks remain. Is building for a marathon in March in Japan so likely to have done plenty of endurance work, helping him to run out the day. Better than his recent performances indicate.</p>	<p>parkrun: 21.56</p> <p>City2Sea: 72.09</p>



5M's Relay – Mornington Peninsula – 2017

Seeding/Name	Photo	Comments	Performances
<p>No. 31 Dale Nardella</p> <p>Species: Doreenus Residentus</p> <p>Nickname: Rafa</p>		<p>Coming off a recent runner-up finish at the Australian Open, only going down to the G.O.A.T. in a final for the ages, Rafa is back in running form and ready to tear 5M's a new one.</p> <p>Was bumped up the seeding list a few places after he expressed surprise at how low he was positioned. Missed the recent time-trial but he thinks he's in about 14:30 Tan form.</p>	<p>parkrun: 20:06</p> <p>Lorne Mt to Surf 8 km: 31:59</p> <p>MM 16 half: 89:17</p>
<p>No. 32 Selim Ahmed</p> <p>Species: Lycrus Loverus</p> <p>Nickname: Dusty</p>		<p>Has been riding a bit recently, but don't hold that against him.</p> <p>Recent running form is a little unknown, but he can always boost morale in the car with some stunning country and western songs.</p>	<p>parkrun: 19:01</p>
<p>No. 33 Chris Wade</p> <p>Species: parkrunlegendus +karaokecroonerus</p> <p>Nickname: Doug</p>		<p>Westerfolds parkrun legend, race director and hills master. Doug recently clocked up his 100th parkrun to earn the fabled black shirt.</p> <p>No team is complete without his dancing and crooning skills on display from many a karaoke session.</p>	<p>parkrun: 22:56</p>
<p>No. 34 Nick Tobin</p> <p>Species: Seriousweatus AfterArunus</p> <p>Nickname: Undertaker</p>		<p>In red hot form and he's worked hard for it after completing the infamous 100 x 100 in December. Backed it up with a tan PB recently of 15:18.</p> <p>Gives a red hot go sometimes to his detriment as he has been known to fade.</p> <p>Built like a bull, gives 110%.</p>	<p>Tan Summer: 15:18 (PB)</p> <p>AV 10km: 45:35</p>
<p>No. 35 Elisa Mooren</p> <p>Species: parkrunus addictus</p> <p>Nickname: Elmo</p>		<p>Elmo is one of our newer members and a self-confessed Westerfolds parkrun addict. Only started running in early 2015 because of parkrun.</p> <p>Her recent 21:09 parkrun was a PB so she's in peak form at the moment.</p> <p>If we changed the stages to be exactly 5km long she'd be unstoppable.</p> <p>Another Miler who loves a group selfie so expect plenty of real-time Facebook updates.</p>	<p>parkrun: 21:09 (PB)</p> <p>Tan December: 16:52</p>

5M's Relay – Mornington Peninsula – 2017

Seeding/Name	Photo	Comments	Performances
<p>No. 36 Matt Clark</p> <p>Species: Clarkus Onwaybackus</p> <p>Nickname: Cougar</p>		<p>When he's not jet setting around Europe and eating the finest caviar and drinking more beer than you and I could ever handle, Clarky shapes up well and is great team player.</p> <p>Recent form suggests he's a renewed runner after is gallivanting efforts last year. Not your worst last pick Bevo.</p>	<p>Tan December: 16:50</p>

Scratchings

<p>No. 33 Kirsten Jackson</p> <p>Species: Painterus Brightcolourus</p> <p>Nickname: KJ</p>		<p>A recently crowned member of the prestigious Melbourne Marathon Spartan group and painter extraordinaire.</p> <p>Has been training well and running well with good parkrun form.</p>	<p>parkrun: 20:10</p> <p>Tan December: 14:58</p>
<p>No. 35 Rory Heddles</p> <p>Species: Leftwingus Argumentus</p> <p>Nickname: Racer</p>		<p>Scratched.</p> <p>Disgraceful.</p> <p>This is not the way to run a 2:36:50 marathon.</p>	<p>Little running form but:</p> <p>Golf: Can swing the club really hard. Sometimes hits the ball.</p> <p>Poker: Understands the fundamentals but is apparently the unluckiest player ever to grace the felt.</p>