
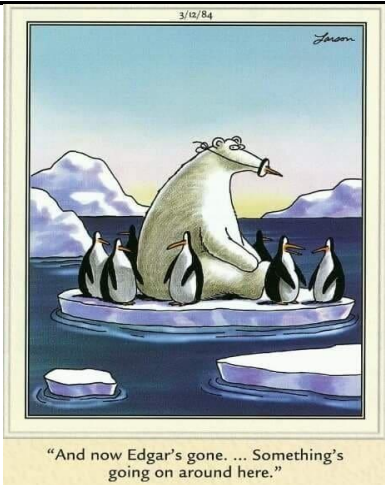









## 5M's Relay – Neerim Noojee – 2018

Seeding/Name	Photo	Comments	Performances
<b>No. 1</b> <b>David Venour</b>  Species: Smoothoneus  Nickname: <b>Smoothy</b>  MMM Relays/Wins: 21 / 5		Renowned for his coiffured locks and never looking like he has lost his cool, the Smooth one is a little greyer than his last 5M's (see photo).  Last did relay in 2014 and has been busy doing Triathlon stuff (including the Ironman). Has won plenty of Relays, but will complain about being seeded based on "past form".  Knows how to train!!	Tan TT 13:12  Parkrun: 17:32  Ironman in 2017  Burnley half 16: 76:01
<b>No. 2</b> <b>Corey Lawson</b>  Species: Curlius Headus  Nickname: <b>Lawso</b>  MMM Relays/Wins: 0 / 0		Is a skilled performer, been on the AV scene for ages, so knows how to race, and pull out effort when required. Has all the moves, but will we see them in Neerim on Sunday?	20/01/18 5km: 18:09,  2017 5km: 17:20  2017 3000m: 9:34  14/01/18, 2Bays 56km: 5:56:01,  MM 17: 3:15:27  Burnley half 17: 81:29
<b>No. 3</b> <b>Aaron Murphy</b>  Species: leprechaunicus  Nickname: <b>Dan</b>  MMM Relays/Wins: 0 / 0		Given his Irish brogue be prepared for the panic of having to choose between the nod, the laugh or the head shake in response to his utterances. One thing that you will understand though is that Aaron is a quality runner over a variety of distances. His recent sub 5min mile shows he has some speed to burn at the moment.  While he has clearly been in a good paddock since the birth of his child, don't let this put you off as he will deliver on the day.	Mile: 4:59  2017 5km: 17:45  Burnley half 17: 78:56

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<b>No. 4</b> <b>Mark Symes</b>  Species: Secondbestus infamilyus  Nickname: <b>Busta</b>  MMM Relays/Wins: 1 / 1		Loves a marathon this bloke, so you know he will be there at the end of the day and he's starting to come into some good form. Inside info suggests steep downhill are not his forte though so chuck him on anything going up or flat.  Quite possibly had a lead role in the Global Financial Crisis given where he works so we know he's likely low on ethics and will do anything for the win.	2018 5km: 17:39  Burnley half 17: 80:38
<b>No. 5</b> <b>Pater Larsen</b>  Species: Farsidatus Cartoonistus  Nickname: <b>Larso</b>  MMM Relays/Wins: 2 / 0		Has gone from strength to strength with his marathon performances in Melbourne Marathon over the last 2 years. Rarely sighted at sessions these days, and recent Parkrun results aren't mind-blowing but Larso knows the format well, and will run hard all day.	Mile: 5:16  Tan TT: 13:26  2017 5km: 18:12  MM 17: 2:52:59
<b>No. 6</b> <b>Shane Fielding</b>  Species: RelayNoSuckcess  Nickname: <b>Slips</b>  MMM Relays/Wins: 12 / 0		Club Pres and record holder – most starts (12) in the Relay format and yet to score a win. 5 x 2nd though.  Lots of Social outings and occasional session sightings.  Has been out scouring the Relay track to learn all the little nuances... Surely this time....	2018 Parkrun: 18:03  Mile: 5:08  10km: 38:15 (2017)  Burnley half 17: 81:32
<b>No. 7</b> <b>Daniel Hall</b>  Species: Coachus Femella  Nickname: <b>City</b>  MMM Relays/Wins: 0 / 0		So close to his sporting goal of running a sub 3hr marathon, Dan ran 2 sub 3:03 marathons in the space of 4 weeks @ the end of 2017. Expect big things from 'City' in 2018, and a sub 3hr marathon will be a given.	Tan TT: 13:38  Mile: 5:06  Half mara 17: 86:11  MM 17: 3:01:55,  Sydney Mara: 3:02:55

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<b>No. 8</b> <b>Scott Stacey</b>  Species: Bouffantus Apprentus  Nickname: <b>Malibu</b>  MMM Relays/Wins: 1 / 0		5Ms looks like a typical Malibu session so he is certainly well trained for it. Hard to say whether his recent Mile result indicates a drop off in form as he never had any speed to start with, captains should pay more attention to the Osaka Marathon result instead. Has an increasingly dramatic mop up top, however will likely be crushed when he comes up against the bouffant archetype in Smoothy this Sunday. Has descended pre-race form into high farce with a 5k 'practice race' at Melbourne Uni; the 'running hipster' equivalent of eating breakfast while seated in a skip.	Mile: 5:09  11/17 Osaka Mara: 2:48:06  27/02/18 5km: 18:12 (practice)  Burnley half 17: 86:12
<b>No. 9</b> <b>David Alcock</b>  Species: Cantreadamapus Tosavehislifeus  Nickname: <b>Bermuda</b>  MMM Relays/Wins: 3 / 0		Has no recent form this researcher is aware of so on to the character assassination. If Bermuda was a GPS he would be attached to a car under 3 feet of water wondering what went wrong. This former disciple of Bevo has more recently started his own cult, the main point of interest here is who joined Bermuda's fledgling stable and has it rubbed off onto them?	Tan TT: 13:47  2017 5km: 18:32  2017 London Mara: 2:39:28
<b>No. 10</b> <b>Anthony Mithen</b>  Species: Pinkus Frillyus Knickerus  Nickname: <b>Mitho</b>  MMM Relays/Wins: 15 / 2		I, for one, am going to keep referencing 'frilly knickers' until someone explains to me what it means. Mitho has been battling with his running form since his daily double at Mountain to Surf and Ridge to River in Jan. Issue being: he's older and slower and his body knows it or, as Captain Stinger might say, his ego is writing cheques his body can't cash. However he has been focusing on his speed in recent weeks for this event and can certainly go the distance. This 5Ms veteran adds lots of experience, ideal for a new course.	Tan TT: 13:48  Mile: 5:21  11/17 NY Mara: 3:02:36  01/18 Mountain to Surf: 30:43  2018 5km: 18:21  2017 5km: 18:04







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<b>No. 11</b> <b>Seb Payette</b>  Species: Mapleus Frogus  Nickname: <b>Maple</b>  MMM Relays/Wins: 0 / 0		<p>Always has a real crack at sessions and is starting to show some speed again. Has a good mix of speed and endurance as demonstrated by his strong sub 3 performance at MM17.</p> <p>As a non-car owner and frequent user of Car Next Door there is a fair chance he is good at driving unfamiliar cars and so can be relied upon to take on some of the driving duties on the day.</p>	<p>Mile: 5:12</p> <p>2017 5km: 18:13</p> <p>Burnley half 17: 81:54</p> <p>MM 17: 2:58:46</p>
<b>No. 12</b> <b>David Munro</b>  Species: Disappearus Offthemapatus  Nickname: <b>TMD</b>  MMM Relays/Wins: 1 / 0		<p>You can't question his running pedigree but Dave has been unsighted for close to a year with injuries and various excuses. Recently sighted @ the killer loops and it wasn't a pretty sight. Had his fair share of issues @ 5Ms last year as well, but he's generally great on hills &amp; can go deep into the hurt locker.</p>	<p>Tan TT: 14:04</p> <p>2017 GORM 44km – 2:55:06 (6th overall)</p>
<b>No. 13</b> <b>Dan Langelan</b>  Species: Hermajesties Representus  Nickname: <b>Alfie</b>  MMM Relays/Wins: 2 / 0		<p>Ramping up the training with Oxfam approaching where his team is unbeaten in a decade. Coming off a 55km training run last Sunday, so should be well rested. Needs a strong leadership team around him or he might go rogue and run all 16 stages.</p> <p>The most fertile Miler ever, Dan's got a day off from his 18 kids so probably not going to be the guy who tries to get the race over and done with as quickly as possible</p>	<ul style="list-style-type: none"> <li>• was running 18.25 parkrun this time last year, but lightly raced since then</li> <li>• Feb 18 - 250m Queens Baton Relay, no official time, but fast enough to escape Frankston without getting mugged</li> <li>• Sep 17 – Burnley Half 1:30:38</li> </ul>
<b>No. 14</b> <b>Katie Seibold</b>  Species: Kleptomaniacus Gloveus  Nickname: <b>Pocari</b>  MMM Relays/Wins: 10 / 1		<p>Another Miler on the comeback trail, albeit with a bit more pedigree than most. Seen at a few Airlie sessions recently and reportedly loves hills so could be thrown a few of those in the afternoon. Does love a group selfie, team mates will need to look their best all day!</p>	<p>Tan TT: 15:09</p> <p>Mile: 5:28</p> <p>Aus Day 5.3km: 20:18 (equiv. to 19:05 5km)</p> <p>2017 5km: 18:30</p>


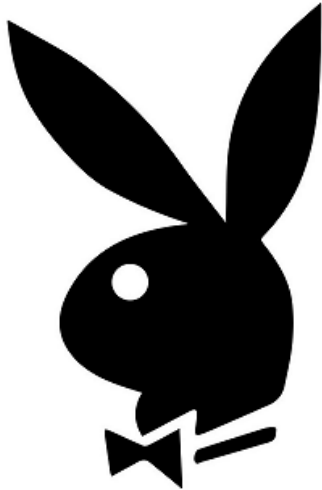

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Seeding/Name	Photo	Comments	Performances
<b>No. 15</b> <b>Tony Hally</b>  Species: Paceconsistentus  Nickname: <b>Waterboy</b>  MMM Relays/Wins: 6 / 1		<p>Training for Oxfam. Not keen on the shorter stuff but will run all day (including between legs, after legs, before legs, etc).</p> <p>Familiar with Relay format; quality pick to run consistent all day</p>	2017 5km: 18:02  Mile: 5:56  MM 17: 2:53:03  Burnley half 17: 81:13
<b>No. 16</b> <b>Ivan Deak</b>  Species: Biggus Deakus  Nickname: <b>Deaksy</b>  MMM Relays/Wins: 0 / 0		<p>The tallest of all Milers, Deaksy takes one stride for every other Milers two. In theory, this should mean that he'll get up and down the hills around Neerim and Noojee twice as fast as everyone else. He will also serve as a great lookout tower when J.C. and Bermuda go missing.</p> <p>Running into some really good form at the moment with solid Mile and Tan TT times, the big man could be a bargain pick at #16.</p>	Tan TT: 14:22  Mile: 5:22  2018 5km: 19:11  2017 5km: 18:52  2017 half: 91:58
<b>No. 17</b> <b>Chris Wade</b>  Species: deweydecimalus expertus  Nickname: <b>Dug</b>  MMM Relays/Wins: 2 / 0		<p>Contender for the in-form Miler of last year making massive improvements that were topped off with a fantastic debut at MM17. Showed in that race that he knows how to pace himself too so should still be going strong at the end of the day.</p> <p>Further, his song choices at Miler karaoke sessions suggests that Dug is a prudent decision maker and can be relied upon to assist with strategic decisions on the day.</p>	Tan TT: 14:26  Mile: 5:47  2018 5km: 19:37  2017 5km: 18:20

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Seeding/Name	Photo	Comments	Performances
<b>No. 18</b> <b>Rory Heddles</b>  Species: Triggerus Warningus  Nickname: <b>Racer</b>  MMM Relays/Wins: 7 / 1		Apparently, like every other year, this is the year of Racer. No evidence of that thus far though. Recommended that you enter any bet he has going as you're likely to walk away richer.	Tan TT: 14:32  Mile: 5:33  2018 5km: 19:22  2017 5km: 19:15
<b>No. 19</b> <b>Janice De Vries</b>  Species: Strugglus Garminus  Nickname: <b>Dutchy</b>  MMM Relays/Wins: 1 / 0		Janice's plate is always full, organising a job, 2 kids & running a household, supporting her 2 job/fire-fighting husband while squeezing in 80km p/w. You will see her banging out 20km while the birds are still counting sheep. Janice gives it her all & would be a great team member, and a great choice for any captain, just don't leave her in charge of any GPS timing device.	Tan TT: 14:35  Mile: 5:40  2018 5km: 19:38 (on sand)  2017 5km: 18:56  Run Geelong 12km: 49:29  Half 2017: 85:56
<b>No. 20</b> <b>Ewen Vowels</b>  Species: Nocompressus  Nickname: <b>Smurf</b>  MMM Relays/Wins: 5 / 1		On the upside, Smurf has been planning this course for 2 years, it's his backyard, he smashed MM after training on these trails. Never has there been a bigger home ground advantage at a 5M's. Surely Smurf's team cannot get lost, can they?  On the downside, since MM he's spent too much time out in the paddocks with his tax dodging cows. And he might spit the dummy if he's not in team blue.	Tan TT: 14:51  2018 5km: 19:30  2017 5km: 17:20  Burnley half 17: 77:46  MM 17: 2:48:24
<b>No. 21</b> <b>Gary Zuccala</b>  Species: gettingbetterwithageus likeagoodwineus  Nickname: <b>Tigger</b>  MMM Relays/Wins: 0 / 0		After an injury plagued 2016, Gary joined the ranks of gun age grade runners in the Milers last year. With strong PBs over all distances, Gary is set for a big running year in 2018. As another Miler working in IT, Gary is great in a crisis - he is your man if things go wrong. A great value pick, Gary lets his running do the talking and will be an asset to any team as long as he isn't still celebrating Richmond's premiership win.	Mile: 5:38  2018 5km: 19:45  2017 5km: 19:34  2017 half: 88:17  2017 mara: 3:23:10

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Seeding/Name	Photo	Comments	Performances
<b>No. 22</b> <b>Lucy Clark</b>  Species: blowus yournoseus  Nickname: <b>Luce / Clarky</b>  MMM Relays/Wins: 0 / 0		Clarky is backing up from a 50km ultra marathon last weekend at the Snowies Trail Run Festival near Thredbo. As long as she's recovered well during the week, the hills of the 5M's course will look like anthills compared to Thredbo so expect her to run strong all day.  Note to team mates: DO NOT CHEW WITH YOUR MOUTH OPEN OR SNIFF A LOT!	Parkrun 5km (Wilson Botanic hilly): 20:32 (equiv to 19:30ish on the flat)  2017 half: 1:32  2017 mara: 3:28:58  50km trail: 5:24:16
<b>No. 23</b> <b>Hugh Hunter</b>  Species: Kiltus Marathonus  Nickname: <b>Hef</b>  MMM Relays/Wins: 2 / 0		This writer can't be bothered looking up actual numbers, but Hef must be one of the Milers' most prolific marathoners. Certainly has run the most while wearing a kilt! Recently declared his current plan is to focus on speed and nail a quick marathon in October, his recent effort over the mile suggests he has started to steer the ship in that direction. On a day when many runners go out too hard and blow up in the afternoon prospective captains can rest assured the Flying Scotsman will finish the days as strongly as he starts.	Mile: 5:57  2018 5km: 20:13  2017 5km: 20:44  2017 half: 96:09  MM 17: 3:20:43
<b>No. 24</b> <b>Nick Tobin</b>  Species: Seriousweatus AfterArunus  Nickname: <b>Undertaker</b>  MMM Relays/Wins: 3 / 0		Hides his form through various Parkrun aliases. When I punched UT's name into Google the top links were all for horse racing which in my opinion gives him too much credit if you catch my drift. Generates so much moisture the BOM factors in his training schedule when forecasting the weather. Captains should also consider the size of their team car before picking UT, he could drown someone in a Barina. Recent results in the 5:50 mile and 15:28 Tan are at odds with recent 21 minute parkruns, which UT will show up on the day?	Tan TT: 15:28  Mile: 5:50  2018 5km: 20:51  2017 5km: 19:31  Burnley half 17: 97:11  MM 17: 3:50:42




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Seeding/Name	Photo	Comments	Performances
<b>No. 25</b> <b>Nigel Dunn</b>  Species: Spitingus Kamelus  Nickname: <b>Toey</b>  MMM Relays/Wins: 0 / 0		Nige or Toey as known by some of his customers at his middle eastern restaurant, Kamel in Albert Park, is an experienced business proprietor who knows a thing or two about being quick on your feet under pressure. Except he's not that quick based on his recent 15:25 tan time trial. However, this restaurateur, marathoner and ironman can cook up a storm in the kitchen and on the trails as shown by his win in the 2018 ridge to river handicap. If not, Toey will be solid pick for providing delicious team baklava if anything.	Tan TT: 15:25  2015 Melb ironman 12:09  2018 5km: 21:05  2017 5km: 20:20  2017 half: 87:49  2018 ridge to river handicap 39:30 (1st place)
<b>No. 26</b> <b>Luke Pengelly</b>  Species: Greyus Templeus  Nickname: <b>Pengers</b>  MMM Relays/Wins: 0 / 0		On the rebuild after a few lean months, Luke's been training and racing regularly to try and get back to his strong 2017 form. Still a way to go so may find the going tough in the second half of the day (he won't be the only one), but will compete well against the other number 4's around him.	Tan TT: 16:24  Mile: 6:20  2017 5km: 20:00  2017 half: 94:05
<b>No. 27</b> <b>Elisa Mooren</b>  Species: BertnErnie cangetstuffedus  Nickname: <b>Elmo</b>  MMM Relays/Wins: 1 / 0		This time last year Elmo was a parkrun junkie lining up for her first 5M's. We're now up to 140 parkruns, but a whole bunch of much more challenging events have also been added to her CV. Barely a week goes by where Elmo isn't racing somewhere. Arguably the most consistent Miler at the moment. Elmo's team will have the added bonus of a thoroughly photographed day, and plenty of tanning tips too.	Tan TT: 16:21  2018 5km: 20:54  2017 5km: 20:44  2018 8km: 38:34  Jan 2018 Two Bays 28km: 2:46:48  Burnley half 17: 93:56  MM 17: 3:26:41



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Seeding/Name	Photo	Comments	Performances
<b>No. 28</b> <b>Scott Trickett</b>  Species: parkrunus adventurus  Nickname: <b>Doughboy</b>		Recovering triathlete and aspiring gangsta, this new Miller has unfinished business with running. A New York Jets tragic, he can be relied upon for consistent running across all stages, as long as he doesn't go out too hard. A member of the Dinneen stable and parkrun supremo, he has trained strongly over summer and is knocking on the door of a 5km PB so will be a handy pick up for any team. Coming from Westerfolds parkrun he is very familiar with running up and down hills.  As the host of the parkrun adventurers podcast Scott will be a great addition for when the teams are outside of radio signal (but only if you're interested in parkrun, and only parkrun).	2018 5km: 22:37  2017 5km: 21:05  2017 half: 98:34

### Scratchings

<b>Stephen Paine</b>  Species: Dilapidated Structureus  Nickname: House		DNS Disgraceful This is not the way to remain ahead of a rampaging Racer	Little recent running form but:  Golf: Hits the ball very consistently, sometimes even out past 200 meters.  Poker: Lacks a basic understanding of the fundamentals. Was lucky to limit recent losses to under \$1K as he funded the entire table.
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