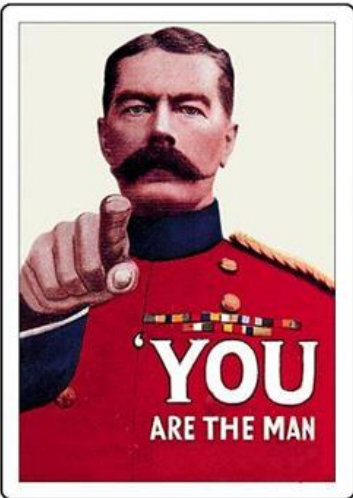









## 5M's Relay – Mornington Peninsula – 2019

Seeding/Name	Photo	Comments	Performances
<b>No. 1</b> <b>Daniel Hall</b>  Species: Jacksparrowatus  Nickname: City  Relay form: 1 starts, 0 wins		2018 was a breakthrough year for young City, managed to get that sub 3 monkey off the back in a massive way, and showed that he's lightening quick over the short stuff. Doesn't mind being on his feet, as shown by Two Bays. He did have a horrendous 5Ms in 2018 even leaving captain stages to other runners, so be wary if you get selected by him on the day	2019 2K Bridges Relay: 6:11  2018 Parkrun: 16.49  2018 GC Marathon 2018: 2:53.18
<b>No. 2</b> <b>Dave Alcock</b>  Species: Oftenlostus  Nickname: Bermuda  Relay form: 4 starts, 1 win		Has been flying in recent years – and mostly in the right direction. Will be a strong captain as long as he stays on course!	2019 2K Bridges Relay: 6:22  2018 Melb mara: 2:41:48  2018 Burnley half: 1:16:26
<b>No. 3</b> <b>Simon Tu</b>  Species: Decksaspinitus  Nickname: Desi  Relay form: 2 starts, 1 win		The resident DJ in the Milers fraternity, he can spin his wheels on all surfaces & especially loves a hill or two. Has had some injury problems in 2018, mainly due to a certain expensive shoe. Hopefully these shoes don't make an appearance @ 5Ms and he continues his great comeback.	2019 2K Bridges Relay: 6:25  2019 parkrun: 17:21  2018 Half Marathon: 76:38  2018 XCR 10k: 35:24
<b>No. 4</b> <b>Darren Bowden</b>  Species: Maximusbicepatus  Nickname: Dirk  Relay form: Debut		A cross between Chuck Norris and Mark Wahlberg in Boogie Nights, Dirk cuts an ominous look. He's Mr consistency when it comes to his running though, so you'll know that he'll be strong as an Ox throughout the day	2019 Parkrun: 17:27  2019 Marathon: 2:52:58  2018 Half Marathon : 79:46

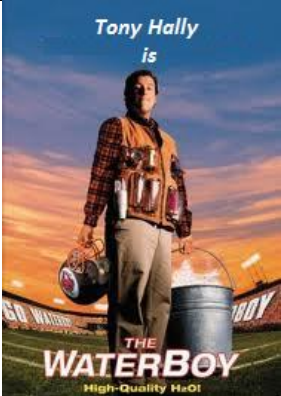



## 5M's Relay – Mornington Peninsula – 2019

Seeding/Name	Photo	Comments	Performances
<p><b>No. 5</b> <b>Stan Karanasios</b></p> <p>Species: Gruntalotus</p> <p>Nickname: 'The Man'</p> <p>Relay form: Debut</p>		<p>The younger 'older' brother of AK47, is like a cross between a steam train and Maria Sharapova at the end of session, but don't let these sounds deceive you, he always have an extra gear &amp; grunt to come as he passes you.</p>	<p>2018 Parkrun: 17:29</p> <p>2018 Half Marathon: 79:41</p>
<p><b>No. 6</b> <b>Mark Buyck</b></p> <p>Species: Iridemybikeatus</p> <p>Nickname: Cadillac</p> <p>Relay form: Debut</p>		<p>Buyck (pronounced as Bike) is an unincorporated community in Portage Township, Saint Louis County, Minnesota, United States. It is also Mark that loves to run in major city overseas marathons, noting trips to Tokyo, Boston &amp; NY that have come in the last 2 years.</p>	<p>2018 Marathon : 3:01:22</p> <p>2018 Half Marathon : 81:31</p>
<p><b>No. 7</b> <b>Justin Tilley</b></p> <p>Species: Iruncauseicanitus</p> <p>Nickname: Digger</p> <p>Relay form: Debut</p>		<p>The background of this runner is sketchy at best; rumours are that he works at NAB, was schooled at Xavier &amp; has 2 children and was born on ANZAC day. Was a basketball version of Andrew Gaze in his youth and can write poetry like Shakespeare. JC says that he can run a bit too. Looks perfectly suited for 5Ms based on current form.</p>	<p>2019 Half Marathon: 82:29</p> <p>2019 2K Bridges Relay: 6:28</p> <p>2018 R4TK: 58:20</p>
<p><b>No. 8</b> <b>Chris Wright</b></p> <p>Species: Laidbackasus</p> <p>Nickname: Doc</p> <p>Relay form: 3 starts, 1 win</p>		<p>If this man was any more laid back he'd be running backwards. Beating his dad's marathon time is his goal; will 5Ms be the kick start to this being achieved in 2019? Has started the year well, as shown in recent 2 Bridges Relay.</p>	<p>2019 2K Bridges Relay: 6:33</p> <p>2018 10k: 37:32</p>





## 5M's Relay – Mornington Peninsula – 2019

Seeding/Name	Photo	Comments	Performances
<p><b>No. 9</b> <b>Stephen Paine</b></p> <p>Species: Wooly Mammoth</p> <p>Nickname: House</p> <p>Relay form: 15 starts, 4 wins</p>		<p>One of the most decorated and celebrated runners in Milers history. He has been seen actually training recently and put in a solid 2k at the Two Bridges. Can he add another relay win to the trophy cabinet?</p>	<p>2019 parkrun: 18:23</p> <p>2019 2K Bridges Relay: 6:43</p>
<p><b>No. 10</b> <b>Glenn Carroll</b></p> <p>Species Goodkingwenceslasus</p> <p>Nickname: Xmas / Run GMC</p> <p>Relay form: 4 starts, 1 win</p>		<p>Races sparingly, but for a guy that does a lot of training around the Dandenongs, Xmas is lightening quick on the track. 5M's might be right in his sweet spot.</p> <p>Has two Strava profiles, just the type of shady character you want in your team. But which Xmas will show up, hopefully not the guy that hasn't run since 2017.</p>	<p>2019 Sri Chinmoy half: 1:30:28</p> <p>Recent training runs: 3 x 4km (12:36, 12:31, 12:26, 12:07) 'Controlled' Mona, 4.9km</p>
<p><b>No. 11</b> <b>Dashiell Gantner</b></p> <p>Species: Dash-hounds r us</p> <p>Nickname: Dash</p> <p>Relay form: Debut</p>		<p>Dashiellus Intensivus, a determined character who has jumped straight back in the water after being smacked by last years' Melbourne Marathon.</p> <p>Has been smashing out Bevos training sessions of late and is showing excellent sub 3hr form for Canberra Marathon in April with an exceptional training run at the Sri Chinmoy half.</p>	<p>2019 Sri Chinmoy half: 1:26:38</p> <p>2018 parkrun: 18:33</p>
<p><b>No. 12</b> <b>Anthony Mithen</b></p> <p>Species: Pinkus Frillyus Knickerus</p> <p>Nickname: Mitho</p> <p>Relay form: 15 starts, 2 wins</p>		<p>A Milers stalwart and relay regular.</p> <p>Has been struggling with achilles issues for a while so not racing much, but training kms are still good.</p> <p>4<sup>th</sup> time at the Mornington Peninsula course so shouldn't get lost – a good pickup.</p>	<p>2018 parkrun: 18:48</p>



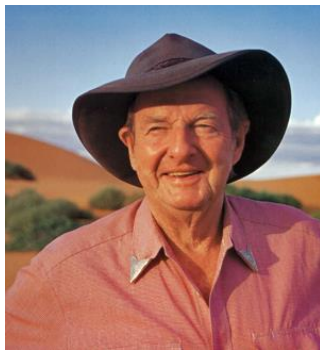

## 5M's Relay – Mornington Peninsula – 2019

Seeding/Name	Photo	Comments	Performances
<p><b>No. 13</b> <b>Tony Hally</b></p> <p>Species: Singlepacus Forallraces</p> <p>Nickname: Hally or Waterboy</p> <p>Relay form: 7 starts, 1 win</p>		<p>Looking to make amends for a tough 2018 Melbourne Marathon. Will run out the day at a good pace – and needs to make a flight to NZ so will be on time.</p>	<p>2019 2K Bridges Relay: 7:16</p>
<p><b>No. 14</b> <b>Andrew Pintar</b></p> <p>Species: Nomergerus</p> <p>Nickname: Iron Pintar</p> <p>Relay form: Debut</p>		<p>Has turned to triathlon, recently completing his first half ironman after signing up with only 48 hours notice. #freeentry</p> <p>So endurance won't be a problem, but will this relay rookie only turn up for 3 stages?</p> <p>Lightening quick on a bike, alas this is a running race.</p>	<p>2019 2K Bridges Relay: 6:50</p> <p>2019 Geelong half ironman 5:12, run leg 1:43</p> <p>2019 parkrun: 19:28</p>
<p><b>No. 15</b> <b>Katie Seibold</b></p> <p>Species: Nationalrepresentus</p> <p>Nickname: Pocari</p> <p>Relay form: 11 starts, 1 win</p>		<p>They don't come tougher or more experienced than Pocari, years of national representation on some gruelling courses against fierce competition.</p> <p>Born for 5M's and always a threat to run well above her seed.</p> <p>Can be a bit light fingered if the right opportunity presents!</p>	<p>2019 2K Bridges Relay: 7:00</p> <p>2019: Parkrun 19:01</p> <p>2019: Two Bays 28km 2:29</p>
<p><b>No. 16</b> <b>Chris Osborne</b></p> <p>Species: Beekeeperus</p> <p>Nickname: CC</p> <p>Relay form: 8 starts, 0 wins</p>		<p>Hard to get a form line on this Miler veteran given his lack of racing. Does love a chat and will bring much humour to the team car.</p> <p>If Slips is out, CC will start as the runner with the worst relay record. Surely this makes him hungry for honey flavoured success.</p> <p>Keep an eye on CC at road crossings.</p>	<p>Absolutely nothing detected since last 5M's.</p> <p>A genuine floater in the field, but after 15 years with the Milers we reckon we've got him pegged in the right spot. Then again, what would we know!</p>





## 5M's Relay – Mornington Peninsula – 2019

Seeding/Name	Photo	Comments	Performances
<p><b>No. 17</b> <b>James Chiriano</b></p> <p>Species: Comejoinus</p> <p>Nickname: JC</p> <p>Relay form: 4 starts, 2 wins</p>		<p>"I have a dream, that one day every man woman and child on earth will wear Miler red!"</p> <p>A wonderful ability to unite people, perhaps this is the secret behind JC's 50% strike rate at relays. Be wary though, if he loses concentration for just one moment you may find him on a recruiting drive in Rosebud.</p> <p>Probably has the world's best tan line, but you'll never see it.</p>	<p>2019 2K Bridges Relay: 7:08</p> <p>2019: Hobart half, 1:37</p>
<p><b>No. 18</b> <b>Dale Nardella</b></p> <p>Species: Ausopenfinalsuckedus</p> <p>Nickname: Rafa</p> <p>Relay form: 10 starts, 3 wins</p>		<p>Rafa loves a relay and as a last start winner over this course it's no surprise to see his form on the rise in recent weeks, he's clearly set himself for this one.</p> <p>Rafa has contacts in high places that just might tip the scales of justice in favour of his team, but then you better hope the opposition doesn't bring up his old FB photos!</p>	<p>2019 2K Bridges Relay: 7:15</p> <p>2019 parkrun: 19:35</p>
<p><b>No. 19</b> <b>Gary Zuccala</b></p> <p>Species: Hybridus Zucchini and Rucola</p> <p>Nickname: Zucchini</p> <p>Relay form: 1 starts, 1 win</p>		<p>Gary was the revelation of 2018. He won the inaugural Neerim 5Ms and collected the Runner of the Day award. Had a break out season last year – can he back it up?</p>	<p>2019 2K Bridges Relay: 7:22</p> <p>2019 parkrun: 19:57</p>
<p><b>No. 20</b> <b>Nick Tobin</b></p> <p>Species: Alotofsweatus</p> <p>Nickname: Undertaker</p> <p>Relay form: 14 starts, 0 wins</p>		<p>Has been training well and sweating even better. If you pick him, be sure to bring plenty of extra towels to keep the team car dry.</p>	<p>2019 2K Bridges Relay: 7:24</p> <p>5K: 19:40</p>

## 5M's Relay – Mornington Peninsula – 2019

Seeding/Name	Photo	Comments	Performances
<p><b>No. 21</b> <b>Julie-Ann Undrill</b></p> <p>Species: Onceus Triathletus</p> <p>Nickname: Jules</p> <p>Relay form: Debut</p>		<p>A serious triathlete/duathlete over 10 years ago with some amazing age-group results, Jules has found her passion in running again and is smashing training sessions of late.</p> <p>A fantastic time in the 2 bridges relay shows she's got some pace and her triathlete background means she's got the endurance. Running in the heat is not a strong point.</p>	<p>2019 parkrun: 20:09</p> <p>2019 2K Bridges Relay: 7:27</p> <p>2019 Two Bays 28km: 2:34:50</p>
<p><b>No. 22</b> <b>Emily Carrick</b></p> <p>Species: Sleepus Deprivus</p> <p>Nickname: Winnie</p> <p>Relay form: Debut</p>		<p>A sleep-deprived mum and apiarist who openly confesses she's never run longer than 15km in her life.</p> <p>Quick over 2km and 5km but there are some question marks. How will she fair running four legs in one day? Will she fall asleep before the day is out? Will she bring some home-brewed honey to share with her team?</p>	<p>2019 parkrun: 20:14</p> <p>2019 2K Bridges Relay: 7:21</p>
<p><b>No. 23</b> <b>Selim Ahmed</b></p> <p>Species: Bourneus Tobealiveus</p> <p>Nickname: Dusty</p> <p>Relay form: 3 starts, 0 wins</p>		<p>Dusty isn't seen out on the training track as often these days since his business started going gangbusters, so he's not as fast as he used to be.</p> <p>He did run this course in 2017 and may have got a bit lost on the last leg.</p> <p>If he tells you he needs to stop off at his holiday house to put the bins out, don't listen to him...it's in Ocean Grove.</p>	<p>2017 10km: 42:35</p> <p>2018 parkrun: 20:53</p>
<p><b>No. 24</b> <b>Luke Pengelly</b></p> <p>Species: Crestone</p> <p>Nickname: Pengers</p> <p>Relay form: 1 starts, 0 wins</p>		<p>Made his MMM relay debut at the Neerim-Noojee course last year....and he's coming back for more torture.</p> <p>A solid 5km time in the 2018 5000m handicap but may not be in that form at the moment.</p>	<p>2019 2K Bridges Relay: 7:50</p> <p>2017 Sri Chinmoy half: 1:34:05</p> <p>5km: 20:05</p>

## 5M's Relay – Mornington Peninsula – 2019

Seeding/Name	Photo	Comments	Performances
<p><b>No. 25</b> <b>Michael Phillips</b></p> <p>Species: Fiveems Virginus</p> <p>Nickname: Critic</p> <p>Relay form: Debut</p>		<p>This WKK regular has expressed his deep remorse at never competed in a 5Ms. He finally got the leave pass and is ready to conquer the hills of Mornington Peninsula.</p>	<p>2019 parkrun: 21:07 (Nov 2018 20:24)</p> <p>2019 2K Bridges Relay: 7:30</p>
<p><b>No. 26</b> <b>Rod Zlonzak</b></p> <p>Species: Pieus Supporterus</p> <p>Nickname: Rocket</p> <p>Relay form: Debut</p>		<p>Rocket Rod is stepping up for his first MMM relay in his fourth year as a member.</p> <p>Off the back of winning the 2018 tan handicap and 4th in the 5000m handicap, he ran a solid 2 bridges relay leg a few weeks ago.</p> <p>The unknown is how he'll back up for four legs on the day.</p> <p>Just hope he doesn't end up on House's team as the only car talk all day will be about the bloody Pies.</p>	<p>5km: 20:36 (2018)</p> <p>2019 2K Bridges Relay: 7:43</p>
<p><b>No. 27</b> <b>Ewen Vowels</b></p> <p>Species: Runnus Gutsoutus</p> <p>Nickname: Smurf</p> <p>Relay form: 6 starts, 1 wins</p>		<p>The MMM VP has spent more time in his cow paddocks and swanning around Europe than on the running track over recent months...but there is one thing you can be guaranteed of. The guy will run his guts out all day.</p> <p>Heat and Smurf don't mix well so running his guts out may mean also he's throwing his guts up.</p> <p>Buyer beware!</p>	<p>2019 2K Bridges Relay: 8:17</p> <p>2018 parkrun: 20:31</p>
<p><b>No. 28</b> <b>Ryan Hockin</b></p> <p>Species: Bikieus Orrunnerus</p> <p>Nickname: Hock</p> <p>Relay form: Debut</p>		<p>Resembling more a bikie than a runner, Hock has increased his speed in his short time with the Milers, reducing his parkrun to 23:29. Hock had a taste of Milers competition in his first event - the 2 Bridges relay. He's returned for more, but the gruelling requirements of 5M's will surely test his staying power!</p>	<p>2019 parkrun: 23:39</p> <p>2019 2K Bridges Relay: 8:40</p>

# 5M's Relay – Mornington Peninsula – 2019

## Emergency

<p><b>No. 10</b> <b>Shane Fielding</b></p> <p>Species:</p> <p>Nickname: Slips</p> <p>Relay form: <b>13 starts, 0 wins</b></p>		<p>Remember circa 1990 when every second swimming relay team would get disqualified – even those teams had better relay form than Slips.</p> <p>So desperate to win he once tried to get Winx and Black Caviar in his team, but they said 'neigh'.</p> <p>To be fair, he has come 2<sup>nd</sup> on 6 occasions,... always the bridesmaid never the bride.</p> <p>Will be coming off a 55km Oxfam training 36 hours prior to the start of the relay, so you can be sure he'll anxiously be awaiting everyone's timely arrival at Nicho's.</p>	<p>2019 2K Bridges Relay: 6:50</p> <p>2018 Nov parkrun: 18:24</p>
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