


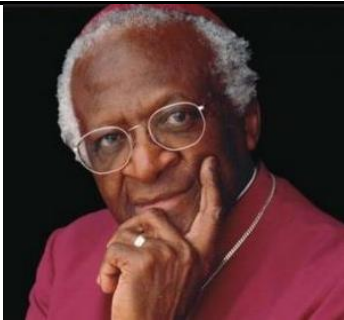








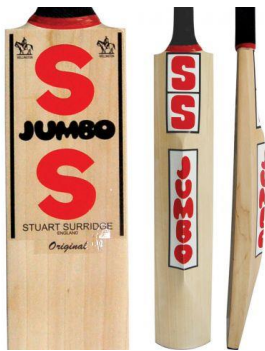


5M's Relay – Mornington Peninsula – 2020

Seeding/Name	Photo	Comments	Performances
<p>No. 1 Dion Finocchiaro</p> <p>Species: FlyingusFerrarius</p> <p>Nickname: Neon</p> <p>Relay form: Debut</p>		<p>If Pitbull is Mr Worldwide then this Miler is his lesser known brother Mr Consistency. Dion has carefully chiselled off the minutes from his marathon PB over the last few years, in the process building a reputation as one of Australia's most versatile runners. An absolute stud across all distances, you'd mortgage the house to be on this runner 5Ms team. He cooks, he massages, he runs, and he will offer invaluable advice to the team lucky enough to have him.</p>	<p>5k: 15:09 10k: 31:23 Half: 1:09:06 Mara: 2:21:07</p>
<p>No. 2 Tait Ovens</p> <p>Species: Kiteus Flyus</p> <p>Nickname: Dutchy</p> <p>Relay form: Debut</p>		<p>Like a Russian fighter jet in the Crimean Peninsula, Tait has flown under the radar for the last few months. The spotlight is now firmly on the young superstar after a mind blowing performance at Two Bays in January. A gutsy runner with speed to burn and a genuinely nice guy, you'll enjoy life on the racetrack and off it with this legend on your team.</p>	<p>2 Bridges 2km: 6:06 Half: 1:14 Mara: 2:42 TwoBays 56 4:35</p>
<p>No. 3 Darren Bowden</p> <p>Species: WhoLetusTheGunsO utus</p> <p>Nickname: Dirk</p> <p>Relay form: 1 start, 0 wins</p>		<p>One of the hardest, most calculated trainers at the Milers, Dirk has seen his stock rise dramatically over the last couple of years. Carries bigger guns than an American in the deep south with jeans and runners on, Dirk will be keen to use this event to keep his form building towards the Canberra Marathon.</p>	<p>5k: 16:14 Half: 1:15 Full: 2:38</p>




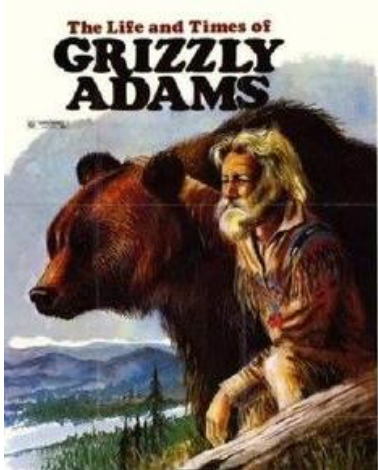
5M's Relay – Mornington Peninsula – 2020

Seeding/Name	Photo	Comments	Performances
<p>No. 4 Simon Tu</p> <p>Species: LoveusHeadbandus</p> <p>Nickname: Desi</p> <p>Relay form: 3 starts, 1 win</p>		<p>Whilst he may appear like a genuinely nice bloke, once that gun goes off at 5Ms it will be Simon Tu Fast Tu Furious...get this man on your team if you want to be on the podium.</p>	<p>2 Bridges 2km: 6:07 5k: 16:29 Half: 1:14 Full: 2:39</p>
<p>No. 5 David Hartley</p> <p>Species: RunusOnFumeus</p> <p>Nickname: Duff</p> <p>Relay form: 3 starts, 1 win</p>		<p>Races a lot, drinks a lot, sometimes races after drinking a lot.</p> <p>Always prepared to talk down his chances of running well but always turns up on the day and runs himself into the ground.</p> <p>Be prepared to listen to stories of the Hawks glory days</p>	<p>2 Bridges 2km: 6:18 Half: 1:14 2 bays 28: 2:10</p>
<p>No. 6 David Alcock</p> <p>Species: OftenLostus</p> <p>Nickname: Bermuda</p> <p>Relay form: 5 starts, 2 wins</p>		<p>5Ms, like life is full of twists and turns which means inevitably Bermuda will get lost at some point during this race. I heard that his favourite band was One Direction for the sole fact that you can't get lost if you follow them.</p>	<p>5k: 16:53 10k: 34:49 Half; 1:16:26 Full: 2:39:28</p>
<p>No. 7 Dan Hall</p> <p>Species: Jacksparrowatus</p> <p>Nickname: City</p> <p>Relay form: 2 starts, 0 wins</p>		<p>If there was a trophy for being a great guy at the Milers, then Dan Hall would be right there to congratulate Martin Edwards when he won that award. Returning to form with a consistent block of training, Dan is out there each weekend hitting big sessions with Tait, Compo, Dirk and Woodsy.</p>	<p>2 Bridges 2k: 6:12 5k: 16:48 Half: 1:19:19 Full: 2:53:18</p>





5M's Relay – Mornington Peninsula – 2020

Seeding/Name	Photo	Comments	Performances
<p>No. 8 Tony Langelaan</p> <p>Species: daddylonglegs</p> <p>Nickname: Baron</p> <p>Relay form: Debut</p>		<p>One of the rare breed of runners to have recorded his all time PB's in his mid 50's. A new Miler, rumoured to have joined for the sole purpose of regularly featuring in Grunter's parkrun reports. Also now the second tallest Miler behind Ivan. Currently running 140k per week and in a purple patch of form. Off that sort of mileage, should be able to go all day.</p>	<p>2020 3000m: 9:43 2020 parkrun: 16:44 10km: 36:34 Half: 1:20</p>
<p>No. 9 Scott Smith</p> <p>Species: Jumbus Sizeus Engineus</p> <p>Nickname: Jumbo</p> <p>Relay form: Debut</p>		<p>Has gone from strength to strength under Bevo's guidance since joining the Milers. A super tough runner and a very consistent performer over several years, Jumbo's debut is highly anticipated.</p> <p>Known for his meticulous preparation, how will Jumbo fare on the hills and trails of the Mornington Peninsula course?</p>	<p>5km: 17:24 10km: 36:11 Half: 1:16:37 Marathon: 2:42:01</p>
<p>No. 10 Richard Does</p> <p>Species: skinandboneus</p> <p>Nickname: Dozer</p> <p>Relay form: 10 starts, 2 wins</p>		<p>This longstanding Miler, although not as tall as Ivan or Tony, will be running on home turf on the peninsula. Wears the crown as the skinniest Miler, a major feat among such a large group of body conscious fanatics. Nicknamed "Dozer" because of his feared finishing speed on supposedly easy training runs, but will this anti-social skill be any use over four legs of the 5M's?</p>	<p>2020 parkrun: 17:31 10km: 36:53</p>
<p>No. 11 James Howe</p> <p>Species: Howlongus Apieceofstringus</p> <p>Nickname: Stringer</p> <p>Relay form: Debut</p>		<p>A long time runner, Stringer is now looking to convert his natural speed into new PBs in 2020, having smashed the sub 3 hour marathon barrier at Shepparton last year.</p> <p>A member of Bevo's stable, Stringer has speed to burn but how will he hold up in the afternoon stages over mixed terrain? Works in PR so well place to manage any dramas if team members get lost.</p>	<p>5km: 17:30 10km: 37:12 Half: 1:19:16 Marathon: 2:54:51</p>





5M's Relay – Mornington Peninsula – 2020

Seeding/Name	Photo	Comments	Performances
<p>No. 12 Chris Wright</p> <p>Species: SonusOfAgunus</p> <p>Nickname: Doc</p> <p>Relay form: 3 starts, 1 win</p>		<p>The last time Doc ran on this course in 2015 he took out the win.</p> <p>Didn't spend too much time training with the Milers in 2019 but in recent months has been smashing out the training sessions and looks very strong.</p> <p>Gutsy runner, will run well all day.</p>	<p>2 Bridges 2km: 6:27</p>
<p>No. 13 Garth Calder</p> <p>Species: Hillus Specialust</p> <p>Nickname: Licka</p> <p>Relay form: 3 starts, 0 wins</p>		<p>Synonymous with the trails, Licka would be a fantastic leader for your 5Ms team. Tough as nails when it comes to racing, Licka teaches the Milers how to run hills. Don't be surprised if he tries to sign you up for Two Bays next year.</p>	<p>5k: 18:39 2 bays 28: 2:13</p>
<p>No. 14 Glenn Carroll</p> <p>Species: YouCannotPickusYo urOwnNickus</p> <p>Nickname: Xmas</p> <p>Relay form: 5 starts, 1 wins</p>		<p>A late all up for 5M's and positioned nicely as a number 2. Has been out of work for a few months so is now registered at the ATO as a full-time runner. Doing lots of hilly kms around home and will be strong all day.</p> <p>Made the silly mistake recently of trying to dictate which nickname he planned to be known by so has been bumped up the seeding list a couple of spots as punishment.</p>	<p>2 Bridges 2km: 6:39 5km: 18:23 10km: 39:42 Half: 1:26 2 bays 28: 2:22</p>
<p>No. 15 Matt Adams</p> <p>Species: Stressus Fracturus Specialus</p> <p>Nickname: Grizzly</p> <p>Relay form: Debut</p>		<p>Grizzly has been running for 10 years and has achieved some fine results but has also battled injury at other times.</p> <p>Tough and strong, Grizzly is not afraid of hard work and has the guns to prove it.</p> <p>Grizzly has a good engine and can be relied on to run well in the afternoon stages. As a big fan of AFL and NBA, Grizzly can talk sport all day in the car!</p>	<p>5km: 18:23 Marathon: 2:54:48</p>





5M's Relay – Mornington Peninsula – 2020

Seeding/Name	Photo	Comments	Performances
<p>No. 16 Scott Stacey</p> <p>Species: Perfecticus Barnet Fair</p> <p>Nickname: Malibu</p> <p>Relay form: 2 starts, 1 win</p>		<p>Somehow combining the international man of mystery with the man about town, the Miler with perfect hair is everywhere, yet nowhere to be found. When he's hot look out e.g. last marathon, but he's been sipping sake in Japan, so which Malibu will turn up? We are in for a treat.</p>	<p>parkrun: 18:37 Half: 1:17.58 Mara: 2:50</p>
<p>No. 17 Shane Fielding</p> <p>Species: RelayNoSuckcessus</p> <p>Nickname: Slips</p> <p>Relay form: Shit – 13 starts, 0 wins</p>		<p>Unlike other world leaders Vladimir Putin, Xi Jinping and Kim Jong Un, Slips has successfully transitioned out of power and now settles back into life as an everyday citizen of the Middy Miler community. Rocking a polished rig and a fresh hat at the beach recently, Slips has now become Dora's lesser known brother 'Fedora the Explorer'. I'd pick him for my team purely hoping he wears that hat.</p>	<p>2020 parkrun: 19:01 2 Bridges 2km: 6:47</p>
<p>No. 18 Julie-Ann Undrill</p> <p>Species: Onceus Triathletus</p> <p>Nickname: Jules</p> <p>Relay form: 1 start, 0 wins</p>		<p>A successful triathlete over 10 years ago, Milers Vice President JA is back to running with a vengeance – she is training well and races hard.</p> <p>A fantastic time in the 2 bridges relay shows she's got some pace and her terrific Melbourne Marathon she's got the endurance. Running in the heat is not a strong point.</p>	<p>2 Bridge: 7:10 5km: 18:08 Half: 1:23 Marathon: 2:57</p>
<p>No. 19 Andrew Pintar</p> <p>Species: chatterboxus</p> <p>Nickname: Quadz</p> <p>Relay form: 1 start, 0 wins</p>		<p>This man could talk underwater and probably does during his triathlons. A handicapper's nightmare, not because of inconsistent form, but because of his never-ending stream of advice to the handicapper. Is used to doing three events in one day, so may struggle in the final leg of the 5M's.</p>	<p>parkrun: 17:45 2019 10k: 41:01 2020 14k: 58:37 (off bike) Half: 1:25.45 Full: 3:07 2 bays 28: 2:28</p>






5M's Relay – Mornington Peninsula – 2020

Seeding/Name	Photo	Comments	Performances
<p>No. 20 Thai Phan</p> <p>Species: haveyouismeltwhatTh aisgotcooking</p> <p>Nickname: Thai</p> <p>Relay form: 15 starts, 1 win</p>		<p>He watches, he waits, he pounces. An aggressive racer known for going hard Thai is a bit of an unknown this year, but this author can tell you from past experience that Thai leaves (not tea leaves) it all out there and performs well even when under trained. If you're a smart captain, Thai is your man!</p>	<p>2020 parkrun: 19:50 at Studley park, equivalent to sub 19 elsewhere Half: 1:22</p>
<p>No. 21 Beata Janetzki</p> <p>Species: lookingfittus</p> <p>Nickname: Queen B</p> <p>Relay form: Debut</p>		<p>Has raced sparingly of late, but don't be fooled, this woman is in great form. Currently preparing for the Prague Marathon in May, so expect her to give the 5M's a real crack. Some chance of being picked as a number 2 runner ahead of her current seeding.</p>	<p>5k: 18:28 10k: 37:43 2020 14k: 53:47</p>
<p>No. 22 Anthony Mithen</p> <p>Species: Pinkus Frillyus Knickerus</p> <p>Nickname: Mitho</p> <p>Relay form: 16 starts, 2 wins</p>		<p>A Milers stalwart and relay regular, Mitho has put his Achilles issues behind him. This year he is focusing on speed work again after racing Berlin Marathon last year.</p> <p>Has run the Mornington Peninsula course many times and as a seasoned campaigner will be a good pickup as long as his body holds up.</p>	<p>5k: 18:34 10km: 37:55 Half: 1:20:38 Full: 2:59</p>
<p>No. 23 Brenton Norman</p> <p>Species: Misseditbythatmuch i cus</p> <p>Nickname: 86</p> <p>Relay form: Debut</p>		<p>New to the Milers but looking sharp in recent sessions, Brenton will be one to watch. Some are arguing his seeding might be a bit soft, so there is a bargain opportunity for team captains, so "Get Smart"!</p>	<p>Half: 1:32</p>

5M's Relay – Mornington Peninsula – 2020


Seeding/Name	Photo	Comments	Performances
<p>No. 24 Chris Wade</p> <p>Species: quietachieverus</p> <p>Nickname: Dug</p> <p>Relay form: 3 starts, 0 wins</p>		<p>Need a reliable training partner? Need a karaoke singing companion? Need a committed 5M's team member? Dug is your man. Not much recent racing form to go on after an injury-affected year in 2019, but look for Dug, with a solid 5M's performance, to begin a return to his form of 2018 when PB's were commonplace.</p>	<p>5k: 19:12 Half: 1:34</p>
<p>No. 25 Dale Nardella</p> <p>Species: Ausopenfinalsuckedus</p> <p>Nickname: Rafa</p> <p>Relay form: 11 starts, 3 wins</p>		<p>Rafa is a lucky charm when it comes to 5Ms and is durable runner across the whole day. A quite achiever, Rafa has been working on his form to coincide with this big relay. Again.</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>2 Bridges 2km: 7:15 5km: 19:29 10km: 39:44 Half: 1:25 Mara: 3:08</p>
<p>No. 26 Martin Fry</p> <p>Species: DarkusHorseus</p> <p>Nickname: Pan</p> <p>Relay form: Debut</p>		<p>Mr Fry is the dark horse with not much knowledge about him coming into the race. Some recent parkrun form indicates he's seeded about right but will he be able to handle the four tough legs of running on the day. Time will tell but history shows that many dark horses run away with the win at 5M's. Slips is quietly hoping he gets Martin on his team for that very reason.</p>	<p>5km: 20:02 10km: 44:21</p>
<p>No. 27 Bao Hoang</p> <p>Species: Willus Runnus Forus Donutus</p> <p>Nickname: Bowser</p> <p>Relay form: Debut</p>		<p>Known for his love of donuts and beer, Bao is a cyclist turned runner who knows how to put in the hard work to get results.</p> <p>Coached by Bermuda, Bowser has steadily improved over all distances in the last couple of years. A fun and reliable team member, Bowser will give everything to the cause and apparently has more pairs of runners than JC!</p>	<p>5km: 19:20 10km: 41:28 Half: 1:31:04 Marathon: 3:31:28</p>

5M's Relay – Mornington Peninsula – 2020



Seeding/Name	Photo	Comments	Performances
<p>No. 28 Hugh Hunter</p> <p>Species: Picklemesporron</p> <p>Nickname: Heff</p> <p>Relay form: 3 starts, 0 wins</p>		<p>With more marathons under his kilt than Woodsy has bananas in his freezer, "Heff" knows how to run. The big fella is getting ready to run around Port Philip Bay, so you know endurance is guaranteed.</p>	<p>2020 parkrun: 23:04 Mara: 4:19</p>
<p>No. 29 Luke Pengelly</p> <p>Species: MyBro'sinINXS</p> <p>Nickname: Pengers</p> <p>Relay form: 2 starts, 0 wins</p>		<p>Coming off captaining a strong team at the recent Two Bridges Relay, Pengers is a runner for the people. Having enjoyed a few sessions with Pengers lately this author can tell you he is in good form. Snap him up.</p>	<p>2 Bridges 2km: 7:22 5k: 20:05 Half: 1:34.05 Full: 3:57</p>
<p>No. 30 Nick Tobin</p> <p>Species: sweatus profusus</p> <p>Nickname: Undertaker</p> <p>Relay form: 5 starts, 1 win</p>		<p>Moves well over the shorter distances, but is a big unit who tends to slow over longer distances. The short 5M's legs may suit him. Well known for his body's immense capacity to produce sweat, so his team's car should be well equipped with towels.</p>	<p>2 Bridges 2km: 7:26 5k: 20:22 10k: 42:55 Full: 3:50</p>
<p>No. 31 Mel Jansen</p> <p>Species: Smilicusaltheimicus</p> <p>Nickname: Mel</p> <p>Relay form: Debut</p>		<p>How does someone who trains so hard always look so happy? Coming off a good performance in the Two Bridges Relay and a strong Melbourne Marathon, Mel is ready to stamp her authority on 5Ms. Pick me!</p>	<p>2 Bridges 2km: 7:39 Half: 1:36 Full: 3:35.36 2 bays 28: 2:37</p>
<p>No. 32 Anna Locarnini</p> <p>Species: Swimbikerun</p> <p>Nickname: Spanna</p> <p>Relay form: Debut</p>		<p>Charging home to a 7:55 in the recent two bridges the queen of triathlon is in good running form. As many triathletes do Spanna sports a visor bigger than Sean Helmots which would give Malibu or Briggs hairmares. Under the visor sits a stare of steal and a competitive monster. On a recent 10k training run she made mince meat of this humble author. Look out Brussel Sprout when the Spanna is about.</p>	<p>2 Bridges 2km: 7:55 5k: 21:55 10k: 44:21</p>

5M's Relay – Mornington Peninsula – 2020

Emergency

<p>No. 27 Selim Ahmed</p> <p>Species: WhoPutusthebinsOutus</p> <p>Nickname: Dusty</p> <p>Relay form: 3 starts, 0 wins</p>		<p>If he gets a late call up, Dusty is a great pick up as a number 4. Hasn't been running much of late but always give his all on the day.</p> <p>Homorous topic of conversation for the team car: What place do you come in a 5M's relays if you stop at the holiday house to put the bins out on the way to the next handover?</p>	<p>2019 Two Bridges 2k: 7:05k: 20:538</p> <p>2019 half marathon: 1:37</p>
---	---	--	---

Scratched

<p>No. 12 Jamie Casas</p> <p>Species: Latinhipssinkships</p> <p>Nickname: Inca</p> <p>Relay form: Debut</p>		<p>The man with the hips set hearts alight recently in the Macedon Ranges. Coming off strong form in the 2 Bays Ultra, Inca just keeps on smiling. Some strong form and good results combined with a reputation for racing hard. Watch out come race day.</p>	<p>2019 parkrun: 17:21</p> <p>2019 half: 1:19.59</p>
<p>No. 31 James Chiriano</p> <p>Species: MeandDuff</p> <p>Nickname: JC</p> <p>Relay form: 5 starts, 2 wins</p>		<p>The heart and soul of the Milers can be an enigma, there ain't no Strava and there ain't no big talk, but we know when he steps over the line, it's time for business. Coached by the legendary Bevo eight days a week, you know you're getting a good deal. Bid high!</p>	<p>2019 Two Bridges 2k: 7:08</p> <p>2019 half marathon: 1:37</p>