

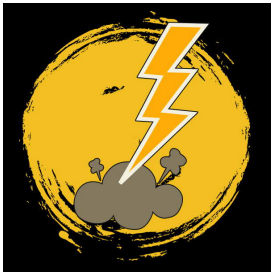




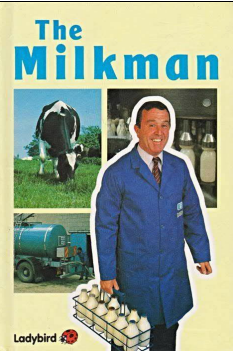











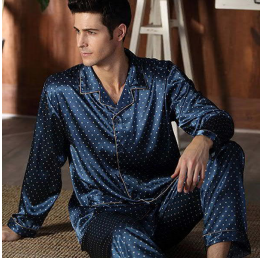
5M's form guide – Reclaim the Tan - 2021




Seeding/Name	Photo	Comments	Recent performances
1. Francis Dowdle Species: Mysterious Nickname: Shadow Relay form: Debut		What a way to welcome a new Miler to his first event, with a no 1 seeding. We know bugger all about him and he knows bugger all about this event. What could possibly go wrong. First aid trained	parkrun 17:00 Zatopek 10k 34:25 Two Bays 28k, 2:00:04
2. Tony Langelaan Species: daddylonglegs Nickname: Baron Relay form: 1 start, 0 wins		Lightly raced of late, but plenty of miles in the bank. Will he be cherry ripe, or rusty? His debut 5M's last year was a steep learning curve on the challenging Red Hill course, will certainly find the city course easier and could be the ideal place to blow off the cob webs.	parkrun 17:37
3. David Overend Species: Oxfamius Winnius Nickname: Out Relay form: Debut		The mainstay of the legendary Oxfam team 456. 'Out' has basically owned Oxfam. Loved it so much he even worked there. Has talked down his current speed, but there's no question he won't be breaking a sweat at the end of the day.	No recent results, but runs shitloads. Recent training trot around Capitol City Trail, 31km, 2:40:53
4. Leon Adkins Species: Stickapininus Nickname: Voodoo / Needles Relay form: Debut		The man has made a living sticking pins into Milers, and we keep coming back for more. He has been running marathons since 2008, but just started getting more serious, so there's plenty more to come from Needles. First aid trained	Sandy Point half 1:18:15

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<p>5. Nick Turner</p> <p>Species: Froginablenderatus</p> <p>Nickname: Fitter</p> <p>Relay form: 2 starts, 0 wins</p>		<p>Not the most stylish mover, with arms and legs flying everywhere. It certainly works though, and he is coming back to good form after a knee injury in 2019.</p>	<p>parkrun, 19:08</p> <p>Two Bays 56km, 5:12:01</p> <p>Mile: 5:13</p>
<p>6. Andrew Dimmer</p> <p>Species: Smashitdon'tchatit</p> <p>Nickname: Dimma</p> <p>Relay form: Debut</p>		<p>Another highly rated mystery man that I don't know much about. Member no 363 had a solid run at Two Bays recently, which came off a solid 10 week training block, but Strava entries have trended south since then. Is it a well timed taper? We're about to find out.</p>	<p>Two Bays 56km, 5:32:01</p>
<p>7. Rob Schwerkolt</p> <p>Species: Actuarial genius</p> <p>Nickname: Thunderbolt</p> <p>Relay form: 1 start, 0 wins</p>		<p>With a list of achievements as long as Ivan Deak's arm, Rob will be well known to the Milers. All the captains need to know is Thunderbolt is always in form.</p>	<p>1500m, 4:36</p> <p>Mile, 4:58</p>
<p>8. Nick Paine</p> <p>Species: TomGleesonus</p> <p>Nickname: HoJu</p> <p>Relay form: Debut</p>		<p>Shares similar traits to his brother, well except for all the hair, his love of the Bombers, and his avoidance of 5Ms. He's showing good form in recent parkruns, so no doubt he would be a good addition to your team.</p>	<p>parkrun 19:14</p>
<p>9. Thai Phan</p> <p>Species: Oxyuranus Strikehardus</p> <p>Nickname: The Snake</p> <p>Relay form: 16 starts, 1 win</p>		<p>Another highly experienced, tough 5Ms runner who strikes hard and never gives up. With more than 5 sub 3 hour marathons, he has a strong engine and is a great addition to any team.</p>	<p>parkrun 20:05 (Studley Park, hilly course)</p>

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<p>10. Adrian Hoel</p> <p>Species: Quicktalkerius</p> <p>Nickname: Courts</p> <p>Relay form: Debut</p>		<p>Good pedigree with the longer stuff, but somehow has avoided 5Ms like his head has avoided hairbrushes. With no recent form or 5M experience, is he worth the risk?</p>	<p>Mile: 5:18</p>
<p>11. Anthony Mithen</p> <p>Species: TriOvertakerus Ontheleftus</p> <p>Nickname: Mitho</p> <p>Relay form: 17 starts, 2 wins</p>		<p>Veteran Miler with vast 5Ms experience under his belt and a good turn of speed at his best. Mitho is also a very wily competitor with many tricks up his sleeve. Recently coped a 3min penalty in his triathlon debut for overtaking on the left.</p>	<p>parkrun 20:34 2XU tri, 5.2km run of the bike, 22:04</p>
<p>12. Garth Calder</p> <p>Species: Mountain Goat</p> <p>Nickname: Licka</p> <p>Relay form: 4 starts, 0 wins</p>		<p>Rumoured to be part of a secret South African athletics program to create a human/mountain goat hybrid, Licka is known for his love of hills and trail running. Most likely will be plotting to have 100 x Airlie St included next time.</p>	<p>Two Bays 28km, 2:30:13</p>
<p>13. Tony Hally</p> <p>Species: Onepacecus</p> <p>Nickname: Waterboy</p> <p>Relay form: 8 starts, 1 win</p>		<p>You like apples? Well, how do you like these apples? The man, the myth, the legend runs at 4mins a km be it marathon, 5kms or 100 metre sprint! So do your maths captains because 4 x waterboy equals winning team.</p>	<p>Mile, 6:22</p>
<p>14. Mark Willetts</p> <p>Species: Dependabilitis</p> <p>Nickname: Whispy</p> <p>Relay form: 1 start, 1 win</p>		<p>A man of pedigree we know he can deliver when called on. Some decent weeks on Strava tell us he has the kms in the legs. 1 start one win in relays with the Milers. Do the math!</p>	<p>Sandy Point half, 1:27:22 parkrun 19:26 Mile, 5:56</p>

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<p>15. Laurence Irlicht</p> <p>Species: Alwaysdeliverus</p> <p>Nickname: The Milkman</p> <p>Relay form: Debut</p>		<p>Has been under the radar lately after some crazy kms in 2020 but we know one thing about "The Milkman" and that is he always delivers. In recent years he keeps running sub 3 marathons and is always strong come the end of the race. Captains keep this in mind when looking for your finisher!</p>	<p>parkrun, 20:07</p> <p>Virtual marathon, 3:43:42</p>
<p>16. Sam Burke</p> <p>Species: Enjoyus muchus cider is</p> <p>Nickname: Burkey</p> <p>Relay form: Debut</p>		<p>Been a member of the Milers for a few years but his first relay. Has some talent but generally shows a very casual attitude to racing and training. Pre-race routine involves a few ciders which he swears are performance enhancing. Known to run parkrun in skinny jeans or his "going out tracksuit". A fan of a streak - of the running variety - will run out the day, just not very fast.</p>	<p>parkrun, 21:01</p> <p>4th leg of Surf Coast Century, 23km, 2:03:38</p>
<p>EMERGENCY</p> <p>17. Andrew Ross</p> <p>Species: PartnerusofPriscillus Queenof theDesertus</p> <p>Nickname: Jollygoodfellow</p> <p>Relay form: Debut</p>		<p>A quality racer with some very quick results 5 years back. Now more focused on ultras and multiday events as partner of our Queen of the Desert. He performs well on both trail or track as a strong, reliable runner who will get the job done all day long.</p>	<p>parkrun, 20:20</p> <p>Two Bays 28km, 2:42:25</p> <p>Virtual marathon, 3:58:52</p> <p>Mile, 5:33</p>
<p>18. Gary Zuccala</p> <p>Species: Oppositofslipsitus</p> <p>Nickname: GOAT</p> <p>Relay form: 2 starts, 2 wins</p>		<p>2 starts, 2 wins. Gazza is what you call money when it comes to 5Ms. Is also in ripping form over all distances, so would be a great pickup for your team.</p>	<p>5km track, 19:48</p> <p>Two Bays 56km, 6:09:54</p> <p>Mile, 5:55</p>

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19. Michael Phillips Species: WKKrus Nickname: Critic Relay form: 1 start, 0 wins		Goes about his business with a minimum of fuss and let's his results do most of the talking. Will have learned a lot from his debut 5M's over this same course 2 years ago. With so many newbie's in the field will this wisdom prove to be the difference?	Mile, 5:59 parkrun, 20:39
20. Chris Osborne Species: Honeymakerus Nickname: CC Relay form: 8 starts, 0 wins		This Miler veteran often steps in to fill a 5M's spot vacated late in proceedings, and he's done it again here. Whilst noble, lack of preparation might explain his relay results. Loves a bee sting but should probably stick to pet rocks.  First aid trained	parkrun, 21:36
21. Nick Tobin Species: Sweatsomemoreus Nickname: Undertaker Relay form: 6 starts, 1 win		If sweating was a sport, UT would be an Olympic gold medallist. Is happy to hurt so would be a very valuable member of your team.  First aid trained	parkrun, 22:20 Mile, 6:15
22. Trevor Craggs Species: Comradeus Completus Nickname: Cliffy Relay form: Debut		This debutant hails from the Comrades country and has endurance in his blood with 2 Comrades finishes. Cliffy is a newer Miler of a few years and puts out a very consistent, solid performance, just not in gumboots. He is your man for a reliable effort.	parkrun, 21:10 Mile, 6:08
23. Chris Horan Species: QuietusAchievius Nickname: Silk Relay form: Debut		Coming off another Two Bays 56km Chris has the strength and endurance to deliver in 5Ms. Although no official nickname this author has dubbed him Silk due to his standing in the legal profession. Expect Silk to be a strong choice for a 5Ms captain.	parkrun, 21:36 Sri Chinmoy half, 1:47:41 Two Bays 56km, 6:47:17 Mile, 6:05

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<p>EMERGENCY 24. Ingrid Morrison</p> <p>Species: Queen</p> <p>Nickname: Priscilla, queen of the desert</p> <p>Relay form: Debut</p>		<p>Has run across the Sahara Desert, nothing else needs to be said. Our very own Estonian running machine.</p>	<p>parkrun, 24:05 Sandy point half 1:46:30 Westerfolds 26:06 Two Bays 28km, 3:06:35 Mile, 7:10</p>
<p>25. Hugh Hunter</p> <p>Species: Ultralongrunnerus SporranKiltus</p> <p>Nickname: Heff</p> <p>Relay form: 4 starts, 0 wins</p>		<p>Heff cannot resist a marathon/ultra with more than 250 under his kilt already including Coburg 24hr and Comrades! Can run all day (and night) and he would rather run a race than train. Check out more crazy exploits on his MMM profile.</p>	<p>parkrun 26:02 Mile, 7:44</p>
<p>26. Anthony Pidd</p> <p>Species: Whoamius</p> <p>Nickname: Casper</p> <p>Relay form: Debut</p>		<p>Doesn't exist on any social media platform, long time member but never participated in a Milers event. Seems to race at night to avoid detection. Does he even exist? Could be the greatest bargain pick in 5M's history if a captain has information that the seeder doesn't.</p>	<p>May or may not be the same Anthony Pidd,.... Sunset series, 7.8km 52:03 Portsea twilight, 8km, 58:09</p>