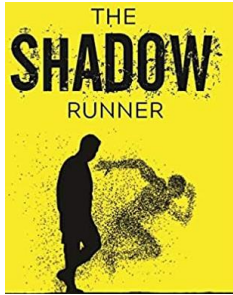

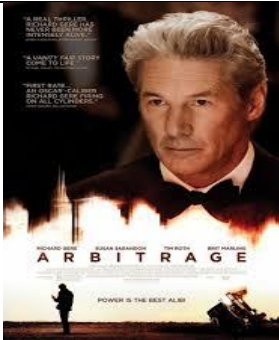











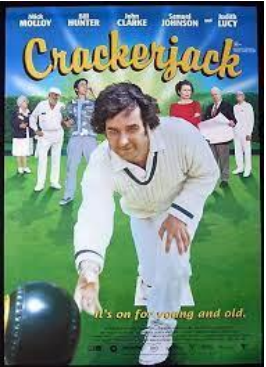



## 5M's form guide – Reclaim the Tan - 2022

Seeding/Name	Photo	Comments	Recent performances
<p><b>1 Francis Dowdle</b></p> <p>Species: Mysterious</p> <p>Nickname: Shadow</p> <p>Relay form: 1 start, 0 wins</p>		<p>Took out the Male Club Championship in 2021, and retains his no 1 seeding from the previous 5Ms. Alas, he knows how this caper works now, but has had hammy woes of late. Don't right him off.</p> <p> <b>First aid trained</b></p>	<p>Mile 5min 3km handicap 9:54</p>
<p><b>2 David Venour</b></p> <p>Species: Perfectos Bouffantos</p> <p>Nickname: Smoothy</p> <p>Relay form: Plenty</p>		<p>MMM Club Captain and legend, he has seen it all when it comes to 5Ms relays. You'll never see his hair out of joint so smooth is this gazelle. Is in fine form, and his experience and prowess will make anyone in his team rise to the task.</p>	<p>GOR Paradise Run 14km, 49:33 Mile handicap, 3:08</p>
<p><b>3 Tony Langelaan</b></p> <p>Species: daddylonglegs</p> <p>Nickname: Baron</p> <p>Relay form: 2 start, 0 wins</p>		<p>Lightly raced of late, but plenty of miles in the bank. Will he be cherry ripe, or rusty? His 5M's last year on the city course was the ideal place to blow off the cob webs and he's likely to run well again.</p>	<p>parkrun 17:37 Jells park 6km: 22:52</p>
<p><b>4 Nick Turner</b></p> <p>Species: Froginablenderatus</p> <p>Nickname: Fitter</p> <p>Relay form: 3 starts, 1 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 knock out blow during a two bays training run. Has 5Ms relay winning form with Fitter's Critters taking out the 2021 event.</p>	<p>parkrun, 19:08 Two Bays 56km, 5:12:01 5km handicap 18:31</p>

Seeding/Name	Photo	Comments	Recent performances
<p><b>5 Leon Adkins</b></p> <p>Species: Stickapininus</p> <p>Nickname: Voodoo / Needles</p> <p>Relay form: 1 start, 0 wins</p>		<p>The man has made a living sticking pins into Milers, and we keep coming back for more. Captain of Black Magic at the same course in 2021, came oh so close to take out the win on the back of his shoulders. Formidably strong.</p> <p> <b>First aid trained</b></p>	<p>Sandy Point half 1:18:15</p>
<p><b>6 Mark Willetts</b></p> <p>Species: Dependabilitis</p> <p>Nickname: Whispy</p> <p>Relay form: 2 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. Fresh from GOR, he will be firing as one of current leaders of the MMM championship.</p>	<p>GOR 23km 1:38 5km handicap 19:17</p>
<p><b>7 Thai Phan</b></p> <p>Species: Oxyuranus Strikehardus</p> <p>Nickname: The Snake</p> <p>Relay form: 17 starts, 2 wins</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>5km handicap 19:42</p>
<p><b>8 Greg Roche</b></p> <p>Species: Ferro Rocher</p> <p>Nickname: Rochey</p> <p>Relay form: 1 start, 0 wins</p>		<p>Doesn't exist on any social media platform, long time member and committee member. Unknown to some but has quality kms under his belt and is building for MM. Could be one of those picks that wins the day.</p>	<p>MM 21' 3:21</p>

Seeding/Name	Photo	Comments	Recent performances
<p><b>9 Andrew Pintar</b></p> <p>Species: Biggarus quadricepsesis</p> <p>Nickname: Pints</p> <p>Relay form: 1 start, 0 win</p>		<p>Has thrown himself at triathlons and the road bike in particular, needs to throw himself a few more runs based on recent form. Always comes in with high expectations, and can deliver when the big thighs are fired up. Short distances will suit however note he's already waved white flag for the last leg.</p>	<p>3km handicap, 11:05 5km handicap, 20:41</p>
<p><b>10 Dale Nardella</b></p> <p>Species: Canplayus tennisus</p> <p>Nickname: Rafa</p> <p>Relay form: 11 starts, 3 wins</p>		<p>Club Pres, is now becoming a Miler veteran at 5Ms. Has shown a lot of promise in training but underdelivered to date in races. Don't mention 2bays, what a disaster. Speed is not his friend, but will last the journey in this format.</p>	<p>5km handicap, 20:38. Mile, 6:02</p>
<p><b>11 Gary Zuccala</b></p> <p>Species: Oppositofslipsitus</p> <p>Nickname: GOAT</p> <p>Relay form: 3 starts, 2 wins</p>		<p>3 starts, 2 wins. Blew his perfect record @ 2021 5Ms. Still, 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 handicap, 20:24 Mile handicap, 6:13</p>
<p><b>12 Shane Fielding</b></p> <p>Species: Whitus Kenyis</p> <p>Nickname: Slips</p> <p>Relay form: 14 starts, 0 win</p>		<p>Only the greats make comebacks like this, and Slips is a true great and life member of this proud Club. We love him and want to see this fairy tale come true where the bridesmaid (i.e. 6 x 2<sup>nd</sup> places) becomes the bride. Whatever the result, this great story has already been written.</p>	<p>Solid bike crash</p>

Seeding/Name	Photo	Comments	Recent performances
<p><b>13 Mel Jansen</b></p> <p>Species: Communicadus Extrodinarus</p> <p>Nickname: Mel</p> <p>Relay form: 1 start, 0 wins</p>		<p>When she's not hanging out with the stars like Monners or with Sam Wood on BHG, Mel likes to dabble in a bit of running. Always brings the good vibes and can also write an awesome Club newsletter. Recent performances are a bit unknown, has had some injuries but typically has the pace when required.</p>	<p>Strava of no help</p>
<p><b>14 Michael Phillips</b></p> <p>Species: WKKrus</p> <p>Nickname: Critic</p> <p>Relay form: 2 start, 1 win</p>		<p>Goes about his business with a minimum of fuss and let's his results do most of the talking. In the winning team at this same course in 2021, will know how to tackle the day and bring home the bacon.</p>	<p>Mile, 6:52 3km handicap 13min</p>
<p><b>15 Michael Bialczak</b></p> <p>Species: Handicapperus</p> <p>Nickname: Grunter</p> <p>Relay form: Plenty</p>		<p>Grunter may have dropped off the running scene, and now prefers the recovery of a lawn bowls session compared to a 10 x Airlie Street, but he remains the same wily Grunter who can seriously put you back in your box even when he's running injured. Form largely unknown. Could be a dark horse pick for the risk taker.</p>	<p>We will find out!</p>
<p><b>16 Zeb Phoenix</b></p> <p>Species: Arizonas</p> <p>Nickname: Zeb</p> <p>Relay form: Debut</p>		<p>Hails from the hills of North Warrantdyte, Zeb has a had a solid year to date and will be looking to show his consistency and form in a debut 5Ms. Good luck Zeb!</p>	<p>DAC Yasseau 5.55km, 22:43</p>