



## Nigel Aylott Relay – Romsey - 2008

	<p><b>No 1</b>  <b>Stephen Paine</b></p> <p><i>Species: Ruggus Extremis</i></p> <p><i>Nick: House</i></p>	<p><b>Comments</b></p> <p>Highlight of the year was winning the Phuket marathon on the back of a sub 32 minute run at Sandown. Has a few relays under his belt and has proven that he can put together 4 strong legs.</p> <p>X Factor – Shaving down could improve his speed by up to 10secs/km</p>	<p><b>Recent Performances</b></p> <p>Phuket Marathon: 2:37 &amp; winner</p> <p>Tan: 12:02</p>
	<p><b>No 2</b>  <b>Simon Bevege</b></p> <p><i>Species: Youngus gunnus</i></p> <p><i>Nick: Bevo</i></p>	<p><b>Comments</b></p> <p>One of the younger members in the relay and also making his debut. Has been in great training form and in his limited appearances in races has performed well each time.</p> <p>One of the very few in the field coming into this event on top shape. Will be one of the stronger No.1 runners. Don't be surprised to see him outrunning the House of Paine in the afternoon stages.</p>	<p><b>Recent Performances</b></p> <p>Tan: 12:02</p> <p>Burnley half – 75:53</p> <p>10kms – 33:37</p>
	<p><b>No 3</b>  <b>David Venour</b></p> <p><i>Species: Bleatus Toomuchus</i></p> <p><i>Nick: Smoothy</i></p>	<p><b>Comments</b></p> <p>This time last year he was considered a risky pick due to his fragile body. 2008 however has seen the resurgence of 'The Smooth One'. Had a solid AV season and is showing signs of getting back near what his reputation demands. Has had multiple relay successes as a captain so won't fall down in the tactical stakes.</p> <p>The ego has taken a bit of a battering over recent years, but the chest looks like being puffed out yet again, and that familiar swagger is returning.</p>	<p><b>Recent Performances</b></p> <p>Recent Tan: 12:20</p> <p>Burnley Half 76:07</p> <p>At his best he is an 11:50 tan runner.</p>
	<p><b>No 4</b>  <b>Anthony Lee</b></p> <p><i>Species: Presidentus onepaceus</i></p> <p><i>Nick: AL Prez</i></p>	<p><b>Comments</b></p> <p>From a pure speed perspective, struggles to run out of sight on a dark night. Was flying mid year with a 5 minute PB in Christchurch. Backed up with a solid Burnley run but then jumped off the wagon and went into hibernation and is carrying a few extra kegs as the result of a recent holiday.</p> <p>Will go all day – It just may be at a very average pace.</p>	<p><b>Recent Performances</b></p> <p>Most recent Tan: 13:08</p> <p>Burnley Half: 74:29</p> <p>ChCh Mara: 2:39</p>



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	<p><b>No 5</b> Anthony Weiland</p> <p><i>Species: Magpie Scummus</i></p> <p><i>Nick: AW</i></p>	<p><b>Comments</b> Continues to be inspired by Max Howard's toe running style. After an injury riddled 2007 he has returned to some form illustrated by his 77min half at Burnley. Continues to be frustrated by his inability to pass Mitho's PBs despite being very close. Has a few points to prove at Romsey and still has some scars to heal after being passed by Presnell in 2006 on the Rollercoaster leg</p>	<p><b>Recent Performances</b></p> <p>Burnley Half: 77:07</p>
	<p><b>No 6</b> Troy Williams</p> <p><i>Species: Missingsinceus Bundoorus</i></p> <p><i>Nick: TW</i></p>	<p><b>Comments</b> 17 May 2008 – Smashes his 10km PB at Sandown with a low 32's run 26 July 2008 – 2pm - Sets out in 12km XC race in career best form at Bundoora. 26 July 2008 – 2:20pm – Seen changing into casual gear at approximately the 6km mark. Claims he had to leave early to go and plant some fasciatis. Aug/Sep – Missing in action – Feared retired. Early October – Surfaces and puts his name forward for the relay. Late October – Claims to be in 37min 10km shape but could be a massive X –Factor 2 November 2008 – Chapter to be written</p>	<p><b>Recent Performances</b></p> <p>Sandown 10km – Low 32's</p>
	<p><b>No 7</b> Anthony Mithen</p> <p><i>Species: marathonus frillius</i></p>  <p><i>Nick: Mitho</i></p>	<p><b>Comments</b> Finally snagged a relay win back in March to get the monkey off his back. Fatherhood seems to have curtailed his massive training blocks and the form has suffered as a result. Has got back to some consistent mileage in recent times and is showing some solid form on the track so may be a value pick. X Factor – Has a tendency to slip on the pink frillies at lunch and drop all form once the afternoon hits</p>	<p><b>Recent Performances</b></p> <p>Burnley Half: 78:29</p> <p>Burnie 10km: 36:12</p>



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	<p><b>No 8</b> Patrick O'Keefe</p> <p><i>Species:</i> Croweaterus newcomus</p>	<p><b>Comments</b> One of the newer crew from the Collingwood club and an ex-South Australian. Let's not hold that against him though. Has not been sighted but is reported to be quicker than Mitho &amp; Weiland. Is coming back from shin splints so not expected to be in top form.</p>	<p><b>Recent Performances</b> Tan: 12:53</p>
	<p><b>No 9</b> Matt Sandilands</p> <p><i>Species:</i> Handicappus Avoidus</p> <p><i>Nick:</i> Webmistress</p>	<p><b>Comments</b> Very little form to go on as the Webmistress has just come off a footy season.  The guy can run very fast when he is in form but the question is how fit is he. Claims to be running 30kms a week and has predicted he will run at a pace around 3:50. Being a DFSCPR captains need to be wary of personal predictions.  Expect anything. Could be the wildcard of the day.</p>	<p><b>Recent Performances</b></p>
	<p><b>No 10</b> Paul Marsh</p> <p><i>Species:</i> Bacchus Debutantus</p> <p><i>Nick:</i> Bacchus</p>	<p><b>Comments</b> Another big improver over the last 12 months breaking through the 13 minute tan barrier earlier this year. Has plenty of ability but question marks remain as to whether he can run the day out after recent calf concerns. Clearly better when fit than the rabble seeded below him, could prove to be a match winner.</p>	<p><b>Recent Performances</b> Burnley Half: 82:21  Recent Tan: 13:10  10km: 37:16</p>
	<p><b>No 11</b> Glenn Goodman</p> <p><i>Species:</i> Trainingus Verylittlus</p> <p><i>Nick:</i> GG</p>	<p><b>Comments</b> In recent times has come into these events underdone but still performed very well. Is a veteran of the relay format and is coming off a win in the March relay at Torquay.  Will most likely run very well, but need to take on faith from experience.</p>	<p><b>Recent Performances</b> Tan: 14:13</p>

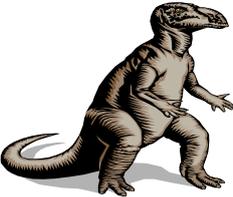


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	<p><b>No 12</b> Craig Harris</p> <p><i>Species:</i> longdistance rebornus</p>	<p><b>Comments</b> One of the biggest improvers in MMM ranks over the last 18 months and has transformed himself from a short distance specialist into a handy distance runner. Knocking 6 minutes off his half PB to run 88 mins at Burnley is proof of this.</p> <p>Was in the winning team last year and was impressive with his consistency over the day. One to keep safe and is one of the very few runners coming into this in top form.</p>	<p><b>Recent Performances</b> Tan: 14:03</p> <p>Burnley Half – 88:27</p>
	<p><b>No.13</b> Luke Goodman</p> <p><i>Species:</i> Startus Ifneedus</p> <p><i>Nick:</i> LG</p>	<p><b>Comments</b> Has gone missing in recent times with very little performance data to go by. Lack of form &amp; recent hamstring injury may indicate that he is considering turning pro.</p>	<p><b>Recent Performances</b> 3 pies &amp; 2 sausage rolls with a coke and milkshake chaser</p>
	<p><b>No 14</b> Gary O'Dwyer</p> <p><i>Species:</i> neverwasun <i>Sub-species:</i> neverwillbian</p> <p><i>Nick:</i> GGO</p>	<p><b>Comments</b> Hard one to predict. Has turned in some very handy stages in recent years but hasn't been on the winning team at Romsey since his 2003 debut. Form has been up and down, and then down a bit more over the course of the year. Front runner for year's dummy-spit award after his Burnley meltdown. Picking him up early might be a handy gamble.</p>	<p><b>Recent Performances</b> Tan:14:29</p> <p>Burnley Half: 88:46</p> <p>400m: 58.6</p>
	<p><b>No 15</b> Luke Grima</p> <p><i>Species:</i> Mateus Ofsmoothuss</p> <p><i>Nick:</i> Duke</p>	<p><b>Comments</b> Comes in as an unknown, which makes Luke as reliable a pick as the rest of the scratchy field. Smoothy puts Luke at about a 40 – 41 minute 10km runner.</p>	<p><b>Recent Performances</b></p>
	<p><b>No 16</b> Sean McGaughey</p> <p><i>Species:</i> Marathonus Ouchus</p> <p><i>Nick:</i> Irish</p>	<p><b>Comments</b> The smiling leprechaun of the field suffered in the heat of the Melbourne Marathon and has a point to prove that he is not a spent force Has had an impressive season in Corp Cup highlighted by a 14:14 PB pre-marathon. This shows he has the speed to run above his seeding, although question marks remain on his endurance to last out the day</p>	<p><b>Recent Performances</b> Tan: 14:14</p> <p>Burnley half: 97:39</p>



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	<p><b>No 17</b> Chris Osborne</p> <p><i>Species:</i> Lazarus Comebackus</p> <p><i>Nick:</i> CC</p>	<p><b>Comments</b></p> <p>Forget Lance Armstrong, this is one of the greatest comebacks of the modern era. Maybe outgunned by Lazarus a few thousand years ago. Laying unconscious in a hospital bed this time last year after deciding to headbutt a moving car, CC has got himself back into running and has put his hand up to run the relay. In fact on relay day, it will be 1 year and 1 day from when his wife was told that were going to turn off the life support to see if he would survive. Has been travelling OK and is on the improve. He's no speedstar but can go all day. Can also mix it with the best of them in the sledging stakes.</p>	<p><b>Recent Performances</b></p> <p>Tan: sub 15</p> <p>Broken wrist in altercation with a car on the way to work.</p>
	<p><b>No 18</b> Emma Miller</p> <p><i>Species:</i> Rosus Amongstthornus</p> <p><i>Nick:</i> EM</p>	<p><b>Comments</b></p> <p>Another on the improve after a solid AV season, culminating in a sub 90 minute run at Burnley. May not match it speedwise with boys early on, but her endurance will kick in in the afternoon and have a few of them looking over their shoulders. Didn't have a great marathon experience and may be carrying some mental scars.</p>	<p><b>Recent Performances</b></p> <p>Tan: 15:05</p> <p>Burnley Half: 89:51</p>
	<p><b>No 19</b> Mike Bialczak</p> <p><i>Species:</i> Longwayus Frombestus</p> <p><i>Nick:</i> Grunter</p>	<p><b>Comments</b></p> <p>WARNING – If you are at all squeamish, do not watch Grunter run after lunch.</p> <p>Former highly credentialed runner who has been struck down by an annoying back injury over the last 18 months. In any other year would have been near the top of the list but the injury and lack of training has taken its toll.</p> <p>If the body allows and the competitive juices start flowing he could push the other number 4's all the way. On the other hand, sticky tape may be required to put him together if the body seizes up early</p>	<p><b>Recent Performances</b></p> <p>Tan: 15:44</p>



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	<p><b>No 20</b>  <b>Jim Grelis</b></p> <p><i>Species:</i>  <i>Diesel engineous</i></p> <p><i>Nick:</i> Jimmy</p>	<p><b>Comments</b>          Doesn't get to many lunchtime sessions these days, but is still regularly seen training around the Tan &amp; river precinct. Not as quick as he was in his heyday, but having his best Corporate Cup season for years.</p> <p>Has run plenty of these relays and will give 4 honest stages.</p>	<p><b>Recent Performances</b>          Tan: 15:47</p>
	<p><b>Emergency 1</b>  <b>Col Marson</b></p> <p><i>Species:</i>  <i>Lastminute replacementus</i></p> <p><i>Nick:</i> Marvin</p>	<p><b>Comments</b>          Another last minute call up to give us some back up and some comfort. Is a former 2:36 marathoner, although that was a while ago, in fact so long ago that Collingwood won a flag that year. His last relay effort was back in 2005 at Barwon Heads, when he pulled off the Runner of the Day award despite his team coming last. His recent tan form places him around Chris Osborne if required.</p>	<p><b>Recent Performances</b>          Sub 15 minute tan</p>