



Nigel Aylott Relay – Romsey - 2009

	<p>No 1 Stephen Paine</p> <p><i>Species: Massivis Tankus Ruggus</i></p> <p><i>Nick: House</i></p>	<p>Comments</p> <p>An unstoppable force. Smashes 'em in Thailand, smashes 'em on King Island and smashes the Oxfam trail. Add to that a 2:29 marathon in late 2008. Too heavy and hairy to be any good. But he is anyway.</p>	<p>Recent Performances</p> <p>Lake Kawaguchi marathon 2008: 2:29 Noosa Half: 69 min half Tan: 11:47 Oxfam: Aussie record holder</p>
	<p>No 2 Patrick O'Keefe</p> <p><i>Species: Changerus Tobomberus</i></p>	<p>Comments</p> <p>Meteoric rise up the rankings after being a low #2 in 2008. Had a ripper 2009 AV winter season with Collingwood. Taking his running seriously now and has moved away from clown land to the Essendon club. Will challenge House.</p>	<p>Recent Performances</p> <p>Tan: 12:10 Burning up the training track. Knocking off 64 sec 400's at will.</p>
	<p>No 3 Luke Yeatman</p> <p><i>Species: Furius Unleashus</i></p> <p><i>Nick: Toby</i></p>	<p>Comments</p> <p>Best credentialed runner in this field over 3km to 5kms. Training with the patience of a Tibetan Monk who is set to unleash the mother of all furies during the month of November. No sand legs here so will challenge the best of them all day.</p>	<p>Recent Performances</p> <p>Tan: 11:53 Marathon jog: 2:44</p>
	<p>No 4 David Venour</p> <p><i>Species: Bouffantus Backintownus</i></p> <p><i>Nick: Smoothy</i></p>	<p>Comments</p> <p>Took the AV winter season in his stride. Was solid but nothing too spectacular. Come Burnley however, the chest was out, the Bouffant was waxed and the muscles were flexing. A 71 min half meant Smoothy was not only back, but in career best form. Followed up with a sub 2:35 marathon after gunning through halfway in 73:30. Could be argued he should be #2. Will run 4 very good stages</p>	<p>Recent Performances</p> <p>Tan: 11:53</p> <p>Burnley Half 71:46</p> <p>Marathon: 2:34.</p> <p>Oxfam: Aussie record holder</p>
	<p>No 5 Andrew Coles</p> <p><i>Species: Abouttounleashus Ownfurius</i></p> <p><i>Nick: Woolies</i></p>	<p>Comments</p> <p>After a lengthy hiatus from competitive running Woolies is finding his way back into form. Untested at the relay format but no one doubts he will run well. With this seeding is a big chance for a debut win</p>	<p>Recent Performances</p> <p>Tan: 12:02</p> <p>1500m: 4:13</p> <p>3000m: 9:10</p>



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	<p>No 6 Colin Thornton</p> <p><i>Species:</i></p> <p><i>Nick: Thorny, Billy Bob, Nic's Mate, Croissant Boy</i></p>	<p>Comments Ran a magnificent marathon after an up and down winter season. Loaded with talent if the right Colin shows up, however history suggest that bad Colin shows up at MMM relays.</p> <p>WATCH FOR: Afternoon Croissant lure</p>	<p>Recent Performances Marathon:2:32</p> <p>Burnley Half: 74:07</p>
	<p>No 7 Simon Bevege</p> <p><i>Species: Trigeekus heriocus</i></p> <p><i>Nick: Bevo</i></p>	<p>Comments Bevo was seeded #2 last year and arguably is running better this year. Says something about the depth at the top of the field. Aussie Rep in age group in World Tri champs. Has not put a foot wrong all year and must be salivating at the thought of such a low seeding.</p>	<p>Recent Performances Tan: 12:05</p>
	<p>No 8 Troy Williams</p> <p><i>Species: Nopressureonus Foronceus</i></p> <p><i>Nick: TW</i></p>	<p>Comments How can he be seeded so low? Has won his last 2 relay events and has seemingly done nothing wrong on the track. Not a great hill runner so will be looking for captain to do Big Hill and Rollercoaster. With no pressure on Troy this year, look for him to make it a hat trick of victories.</p>	<p>Recent Performances Tan: 12:16 1500m: 4:18</p>
	<p>No 9 Richard Does</p> <p><i>Species: Marathonus Nightmarus Nomoreus</i></p> <p><i>Nick: Dozer</i></p>	<p>Comments The big bird comes into this event chock full of confidence. Exorcised the 2008 marathon demons in style with a massive performance at the 2009 event. Fantastic pick up at this seeding. GUARANTEE: Will not lose because of lack of desire.</p>	<p>Recent Performances Tan: 12:00</p> <p>Marathon:2:36</p> <p>Oxfam: Aussie record holder</p>
	<p>No 10 Shane Fielding</p> <p><i>Species: Kipis Keinois</i></p> <p><i>Nick: Slips, White Kenyan</i></p>	<p>Comments Looked set to be paddocked for a long lay off after a return of neck issues in early 2009. Has worked his way through this and is running solidly but no where near his best. Has some work to do to stay near Dozer on the day.</p>	<p>Recent Performances Tan: 12:57</p> <p>Burnley Half 77:55</p>



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	<p>No 11 Luke Gray</p> <p><i>Species: Matus of Pokus</i></p> <p><i>Nick: LG Mk II</i></p>	<p>Comments</p> <p>Solid run at Sandown which makes him an awesome pick at this number, although reportedly has had back issues since. Word on the street is that he will towel up Mitho.</p>	<p>Recent Performances</p> <p>Sandown 10k: 34:30</p> <p>Sri Chinmoy 15km: 51:15</p>
	<p>No 12 Anthony Mithen</p> <p><i>Species: marathonus frillius</i></p>  <p><i>Nick: Mitho</i></p>	<p>Comments</p> <p>Surely the pink frilly knickers thing is getting tiresome? Nahhhhhh!!!</p> <p>Mitho is a hard one to judge. Has the ability to be seeded a lot higher but has not shown much form for a while. If he comes to Romsey in half decent shape could be a great pick up. Question mark however still remains over his ability to finish the afternoons in style at Romsey.</p>	<p>Recent Performances</p> <p>Tan: 13:17</p> <p>3000m: 9:59</p>
	<p>No 13 Scott Lawrence</p> <p><i>Species: Athsmasterus Worldtravellus</i></p> <p><i>Nick: Lawry</i></p>	<p>Comments</p> <p>Scotty has been travelling the world the past year strutting his stuff on the track. Also after a work stint in Singapore he effectively is coming off about a 3 year track season.</p> <p>Can he find his feet on the dirt again? Has the talent to burn those above him but as he has stated "I'm just an old washed up track runner". Has stated that he cannot run hills, so don't rely on him to carry the afternoon hill load.</p>	<p>Recent Performances</p> <p>Tan: 13:02</p> <p>1500m: 4:21</p> <p>3000m: 9:45</p>



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 	<p>No 14 Mike Bialczak</p> <p><i>Species: Sleepinggus Giantus</i></p> <p><i>Nick: Grunter</i></p>	<p>Comments</p> <p>Form, what form? There is no form? No form to speak of.</p> <p>Captains, here's what you get. Former top grade runner with a 10k PB of 30:00 and a half marathon PB of 67 minutes. BUT this was a long time ago. Was still breaking 12 minutes around the tan 2 years ago BUT hardly sighted racing these days. Was written off as GORN prior to the last few relays BUT comes out and teaches us a lesson. Has previously blitzed early on at Romsey BUT the body has fallen into a heap later. Could outrun Slips on the day BUT also could be reduced to walking if the body doesn't hold out.</p> <p>Is he worth the punt? I think so BUT I could be wrong. Good luck</p>	<p>Recent Performances</p> <p>13:41 at Tan relays. Has been in hiding since.</p>
	<p>No 15 Paul Marsh</p> <p><i>Species: Needsus Toliftus</i></p> <p><i>Nick: Bacchus</i></p>	<p>Comments</p> <p>Very slack year for Bacchus in 2009.</p> <p>Burst onto the MMM scene in 2007 and cut a swathe through his tan time before breaking the 13 minute barrier in Autumn 2008 and also completing a solid AV season debut.</p> <p>If resting on laurels was an Olympic event Bacchus would be a medal contender.</p> <p>Needs to lift to get back to his best. Should have a good battle with GG & Hutz. Should perform well in the sledging stakes.</p>	<p>Recent Performances</p> <p>Recent Tan: 13:17</p>



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	<p>No 16 Matt Sandilands</p> <p><i>Species: Handicappus AVOIDUS</i></p> <p><i>Nick: Webmistress</i></p>	<p>Comments</p> <p>If you thought Grunter had no form then this man has been living on Mars. Unsighted and feared missing, the Webmistress was found earlier this week in a dishevelled mess but claiming he was still up for Romsey.</p> <p>The man has raw speed but how much does this count for at Romsey. This is all I can give you. 2 quotes from the great man himself. Apart from that take him on historical results. Good luck.</p> <p>“Have barely run since Easter.</p> <p>“For the captains' benefit - I'll thrive in the heat, but struggle to get the body going with the early start....surely they will cancel each other out?</p>	
	<p>No 17 Mark Purvis</p> <p><i>Species: Hutzus Debutantus</i></p> <p><i>Nick: Hutz</i></p>	<p>Comments</p> <p>Like Grunter, has a great running background but injury and inconsistent training have had an effect on performance. First time relay participant after acting as official. Will know how to get the most out of himself on the day and is expected to be a good team tactician.</p>	<p>Recent Performances</p> <p>Tan: 13:35</p> <p>Half Mara: 81:43</p> <p>3000m: 10:23</p>
	<p>No 18 Glenn Goodman</p> <p><i>Species: Wileyus Coyotes</i></p> <p><i>Nick: GG</i></p>	<p>Comments</p> <p>Hard to split Hutz & GG on recent form. Has been doing and thinking about MMM relays since Bevo was in nappies. Should know every patch of dirt and bump in the road at Romsey. Showing some signs of being keen with some recent appearances on the track. Favourite to take out the sledge stakes.</p>	<p>Recent Performances</p> <p>Tan: 13:26</p> <p>Half Mara: 83:42</p>
	<p>No 19 Craig Harris</p> <p><i>Species: dirtyfilthystinkus cheatingprorunnerus</i></p> <p><i>Nick: ??? How can this be?</i></p>	<p>Comments</p> <p>Put his hand up to run this event claiming to be in 15 min tan shape but failing to disclose his 14:19 recent tan. Previously seen as just a short distance specialist but has proven himself to be very adept at the MMM relay form of racing. Always a handy pick.</p>	<p>Recent Performances</p> <p>Tan: 14:19</p>



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	<p>No 20 Dale Nardella</p> <p><i>Species:</i> Steadius Improvus</p> <p><i>Nick:</i> Rafa</p>	<p>Comments</p> <p>Has had a big 2009 in terms of development. Has been under the watchful eye of pseudo coach Mitho, and despite this, continues to improve at an impressive rate. The highlight of 2009 being holding off the field in a tight contest in the Killer Loop handicap. Competed in the 2009 Barwon Heads relay and will be better for the relay experience.</p>	<p>Recent Performances</p> <p>Tan: 15:53</p>
	<p>1st emergency John Hand</p> <p><i>Species:</i> Pleasus Keepus Shirtonus</p> <p><i>Nick:</i> The Job or</p>	<p>Comments</p> <p>Still a long way of what we know he can produce but things are starting to look up for Handman. Some shoulder surgery, a few beers (OK more than a few) and many curries meant a few extra kegs were strapped on in recent times. Is now back on the long climb to form and will no doubt be out to prove he can outrun those seeded above him. Could either be a dark horse or a speckled hen.</p>	<p>Recent Performances</p> <p>Tan: 14:03</p>
	<p>Scratching Dave Percival</p> <p><i>Species:</i> Carrotus Expectus</p> <p><i>Nick:</i> DP or Spewy Lewy</p>	<p>Comments</p> <p>Known previously for his gut running and huge amounts of courage. Given his recent running and his own summing up of his form, this years Romsey might be better known for his huge amounts of gut and having the courage to run. Ran a controlled 11min 3k race recently to show he is not totally spent. Like GG has plenty of relay experience and will manage himself through the day. Could be ugly in the arvo stages however. Scratched: Has injured a disc in his back from a coughing fit. It's true!!</p>	<p>Recent Performances</p> <p>3000m – 11:00 ish</p>
	<p>Scratching Paul Martinico</p> <p><i>Species:</i> Biggerus Fishusfryus</p> <p><i>Nick:</i> PM or Mullet</p>	<p>Comments</p> <p>Was originally seeded as the #1, due to his Alpha Male status while Dan is abroad ensuring the growth in the population of the Estonian Goat. Niggling injuries and with upcoming marathon have forced his withdrawal from the event.</p> <p>Claims to have a swollen groin but we think he's just bragging.</p>	<p>Recent Performances</p> <p>ChCh Marathon: 2:22</p>