



## 5M's Relay – Mornington Peninsula – 2014

Seeding/Name	Photo	Comments	Performances
<b>No. 1</b> <b>Andrew Coles</b>  Species: Lovestrava Toomucha  Nickname: Woolies		I have little form on Woolies. I suppose I could look at Strava, whatever that is, but it just seems like a lot of work so I'll just assume that anyone who wears long socks must be able to back it up a bit and should be seeded in the top 2 or 3. In other news, it has been claimed that Woolies and the Leaning Tower of Pisa are actually biological twins.	8/2 Parkrun 5k: 16:06
<b>No. 2</b> <b>Joji Mori</b>  Species: Noncomprehendus Retirementus  Nickname: Goose		Strava would suggest that rumours of Goose's retirement are greatly exaggerated. Coming off 2 sub 2:30 marathons in 5 months. Kawauchi-like. Will certainly run out the day strongly but how will he go for genuine footspeed? Expect a 24km cool-down post race.	8/2 5km 16:15 Parkrun  23/2 10km 33:19  2/3 Marathon 2:28:11
<b>No. 3</b> <b>Paul Munro</b>  Species: Tossballus Overheadus  Nickname: PM2?		Once knocked off Craig Mottram at Stawell over 2 Miles (admittedly in a handicap race), has completed Beer Miles with some aplomb and is even rumoured to have broken 11:00 for a tan. But is he going as well now as when he ran 15:32 at the Vic Champs late last year?	12/1 28km 2 Bays 2:01:19  22/2 5km 16:45 Parkrun  Marathon in NZ 3:09
<b>No. 4</b> <b>Simon Bevege</b>  Species: Ironmanus Pacmanus  Nickname: Bevo		Heavily focussed over the last six months on preparing for IM Melbourne and didn't he tear it a new one. Backing up for 5M's with tired legs so speed will be unknown on the day but a quality runner who will no doubt challenge the #1's above him. He set 4 stage records on this course in 2012 but will find it tough to emulate those feats this year...or will he?	IM Melbourne: 8:51:50, with a 2:58 marathon



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<b>No. 5</b> <b>David Venour</b>  Species: Bouffantus Perfectus  Nickname: Smoothy		Seldom sighted with the Milers group now he's based at Docklands but occasional Forum references suggest that he's covered both ends of the spectrum with a Maroondah Dam win and some decent AV track form. Irrespective of weather conditions, one thing remains certain: his hair will not move.	8/2 5km 16:47  1 <sup>st</sup> at Maroondah Dam
<b>No. 6</b> <b>Stephen Paine</b>  Species: MarathonPacerus Specialistus  Nickname: House		One of the most celebrated Milers going around but has been on a downward spiral since trying his hand at Ironman and now doing his best to get injured playing footy.  A slow Tan by his elite standards suggests form is down, but rest assured he will fire up when challenged by Woolies.	Feb Tokyo Marathon pacing duties 2:52 4/3 Tan Time Trial 12:59
<b>No. 7</b> <b>Richard Does</b>  Species: Cantrunnus Downhillus  Nickname: Dozer		Not so long ago the big man was carted off in an ambulance but against all odds he's back for another crack at Oxfam! Gradually getting kms into the legs and slowly returning to form. We know that his best is very, very good but is he close to it? Tip: don't ask him to run downhill as to call him accident-prone would be an understatement.	4/3 Tan Time Trial 13:34
<b>No. 8</b> <b>Glenn Carroll</b>  Species: TrackusTo Trailwalkus  Nickname: RunGMC		A big focus on the track over the summer season, especially over 800m, has put some significant speed in RunGMC's legs. He's also set a PB in the 5km. With plenty of running in the Dandenong's training for Oxfam, RunGMC is close to peak fitness and deserves to be a number 2.	08/02 Parkrun 5k: 17:33  20/02 Vic Milers 800m: 2:04.8



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<p><b>No. 9</b> <b>Anthony Mithen</b></p> <p>Species: Hawkus Trailwalkus</p> <p>Nickname: Mitho</p>		<p>Has been primarily focussed on the longer distances recently. Good performances in New Zealand Ultra late last year and again in Two Bays in January. Tan Time Trial result suggests a lack of speed work but will get stronger the longer the day goes.</p>	<p>Jan - Two Bays 56km 5:41 4/3 Tan Time Trial 14:00</p>
<p><b>No. 10</b> <b>Mark Stodden</b></p> <p>Species: Gotus Nothingus</p> <p>Nickname: Marky Mark (until we get a better suggestion!)</p>		<p>After breaking through the 3 hour barrier at the 2013 Melbourne Marathon, Marky joined the Milers and within a few months, took a big chunk off his tan PB, proving he's got good endurance and a nice turn of speed as well.</p>	<p>2013 Melb mara: 2:54:45</p> <p>4/03 Tan Time Trial 13:18</p>
<p><b>No. 11</b> <b>David Mellings</b></p> <p>Species: Hamstringus Lazarus</p> <p>Nickname: Rog</p>		<p>A grade 3 hamstring tear they told him. Don't even think about running 5km they said. A few weeks later and he's run an international marathon in under 3hrs. Seems to have reasonable speed too following his recent Parkrun. But why does he keep tipping against his beloved Hawks?</p>	<p>23/2 Tokyo 2:59:23</p> <p>20/3 Parkrun 18:24</p>
<p><b>No. 12</b> <b>Glenn Goodman</b></p> <p>Species: Trainingus Peakus For5Mus</p> <p>Nickname: GG</p>		<p>Always gets into good shape for a 5Ms event and this year is no exception. Has been performing well on the track and is now looking to transfer that speed into the hills for 5Ms. A late call up for Oxfam will need this event to boost his weekly KMs.</p>	<p>Handicapping: Gifted Christmas a handicap win in the Mile event in Jan. Running: 27/03 AV 5k 18:21 Provided expert support for Oxfam training run. Has a very comfortable car – good team mate!</p>



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<p><b>No. 13</b> <b>Katie Seibold</b></p> <p>Species: Fannus of Bobsquarepantus</p> <p>Nickname: Katie</p>		<p>Not a lot of exposed form recently but always first out of the blocks during Milers' reps and shows an amazing turn of foot speed. Has competed in MMM relays for almost as long as anyone else on this list and as an Australian Hill Running rep, should be comfortable over the tough terrain.</p>	<p>1/02 Parkrun 18:35</p>
<p><b>No. 14</b> <b>Tony Hally</b></p> <p>Species: Onepaceus Alldayus</p> <p>Nickname: Waterboy</p>		<p>Rumour has it that the Tokyo subway trains are less reliable than Tony Hally. There's no doubt that he will run the same pace plus or minus 1.0sec/km for all stages. Will probably jog between his stages to keep the legs ticking over too.</p>	<p>2013 New York Marathon 2:53:33</p>
<p><b>No. 15</b> <b>Ewen Vowels</b></p> <p>Species: Hipbonus Fragilius</p> <p>Nickname: Smurf</p>		<p>Very hard to rank Smurf's current form as he's still recovering from 17 separate stress fractures in his groin, hip and pelvis, sustained when pushing himself to the limit in the 2013 Melb marathon. Has been increasing training of late preparing for Oxfam in May so should 'Smurf Shuffle' the day out well. The question is whether he'll have the speed to go with those above him.</p>	<p>4/3 Tan Time Trial 14:07</p>
<p><b>No. 16</b> <b>Dale Nardella</b></p> <p>Species: Doreenus Residentus</p> <p>Nickname: Rafa</p>		<p>Like Mitho he's been in deep training for Oxfam at the moment and went head to head with Mitho in Two Bays in January. Recent Tan was not far off PB, although he's trying to usurp Grunter as the loudest Miler on the track. Will get stronger as the day gets longer.</p>	<p>Jan - Two Bays 56km 5:43</p> <p>4/3 Tan Time Trial 14:08</p>



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<p><b>No. 17</b> <b>Chris Osborne</b></p> <p>Species: CanTalkus YourEaroffus</p> <p>Nickname: CC</p>		<p>Very solid run at Maroondah Dam 30k with a top 10 finish behind the Bouffant. Rapidly gaining form as he trains up for another crack at the Marathon this year.</p>	<p>March - 8<sup>th</sup> at Maroondah Dam 30km.</p> <p>4/3 Tan Time Trial 14:11</p>
<p><b>No. 18</b> <b>Robyn Millard</b></p> <p>Species: Evenslowrunus Arefastus</p> <p>Nickname: Robbo</p>		<p>A dark horse with no recent form to go off. Always a fierce competitor could be a steal based on seedings.</p>	<p>No recent form</p>
<p><b>No. 19</b> <b>Rory Heddles</b></p> <p>Species: Leftwingus Argumentus</p> <p>Nickname: Racer</p>		<p>Has had issues with making bold statements and wagers (*2:36 marathon in next 4 years*). Recently suckered into Oxfam on the promise of beer and marathon training advice. Not to be trusted with critical decisions, wagers or navigation.</p>	<p>12/01 Two bays 28k 2:35</p> <p>04/01 Parkrun 5k 19:27</p>
<p><b>No. 20</b> <b>James Chiriano</b></p> <p>Species: Headphoneus AndSkinus</p> <p>Nickname: JC</p>		<p>A regular at MMM sessions over the last 6 months, JC has a habit of going out hard early and fading late. He will need to control himself over the tough four legs on Sunday to ensure he lasts out the day.</p> <p>With his penchant to wear headphones while running, sledging from the other team cars will have no effect, however he may not hear the yells from his own team car if he's running in the wrong direction.</p>	<p>4/3 Tan Time Trial: 15:09</p>



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<b>No. 21</b> <b>Ross Prickett</b>  Species: Liveus InBushus  Nickname: Rosco		After recovering from injury in 2013, Rosco joined the Milers and has gone from strength to strength, knocking off PB's left, right and centre. His 3:09 at Melbourne Mara shows he's got good endurance, and he does have a good turn of speed, so should run out the day well and will challenge runners above him.	2013 tan: 14:24  23/02 Wang half: 92:07  04/01 Parkrun 5k: 19:38  2013 Melb mara: 3:09:59
<b>No. 22</b> <b>Martin Duchovny</b>  Species: Springbokus Downunderus  Nickname: Mulder		Another newer Miler member who's been putting in some solid training of recent times, averaging 40km a week. Spent a couple of weeks in earlier January putting in plenty of speed work sessions while holidaying in suburban Johannesburg SA. Watch his turn of speed if you jump out from behind a bush and startle him.	23/02 Wang half: 94:13
<b>No. 23</b> <b>Robyn Fletcher</b>  Species: Marathona Plethora  Nickname: Fletch		This girl is a marathon junkie, completing about 10 in 2013 and two within a week in Feb this year. She's got plenty of strength and should run the day out well. Not fast, but if some of the runners above her blow their bikkies to early in the day, watch for Robyn to run over them at the back end of the day.	23/02/14 Wang Mara 4:17:10  4/03/14 tan time trial: 17:00
<b>No. 24</b> <b>Franky Reid</b>  Species: Friendus OfFletchus  Nickname: Triple F		Fletch's Friend Franky, or Triple F as we like to call her, is having her first outing with the Milers and racing form is largely unknown. Plenty of 5km races under the belt in 2013 so the distances of each leg shouldn't bother her. Running four legs in one day might be the only hurdle.	08/12/13 5k 21:56