



## Race Details

We will meet at 8.15 am on Sunday 18th March at Geoff Nicholson's house, 101 Stanleys Road, Red Hill South, Melways ref 191 G7. Park in 'Bogged Porsche' paddock just inside the main gate.

Once we are all assembled - please don't be late – there'll be a pre-race briefing and we'll then pick teams. Team captains will be the top runners in the field as determined by the seeder. Captains will then pick in reverse order, i.e. lowest ranked captain has first pick. Once all captains have had one selection, the order reverses, i.e. the highest ranked captain has first pick in the second round. The order again reverses for the third and final round. To assist (or maybe not), a form guide with information on each runner the seeder will circulate his/her suggested seedings a few days before the race.

All runners will then go for a warm up over stage 1, giving teams time to strategise.

The race proper will start at 9.00 am sharp.

The first 4 stages are run as a relay, i.e. one runner at a time from each team in any order that you choose. Each team member must run once and as soon as each team completes the fourth leg they will send a runner off on the fifth stage (i.e. no massed restart) with the team car heading to the stage 5/6 changeover point.

Each team member completes one leg out of stages 5 to 8.

Stage 8 should finish at about 10.30am and will be followed by a break of between 30 minutes and one hour. The mid race break will be held at the Shoreham Tennis Club grounds where there is plenty of parking and toilet facilities. BYO food and drinks as there are limited shops in the immediate vicinity.

It's a short drive to stage 9 where a mass re-start will occur, with cars following. Each runner must complete two of stages 9 to 16 and cannot complete consecutive stages. The finish line is in Flinders and we should arrive there at approximately 1.30 pm. We will then drive back to Geoff Nicholson's house for the BBQ and presentations. There will be an opportunity to duck into Flinders if you need to buy anything. Geoff's property is on tank water so BYO water. We will provide sausages, bread, beer and soft drink.

**Please note, there are a few major road crossing during the event. We will do what we can to help you across safely, but ultimately it is your responsibility. Please take care. If necessary, times will be adjusted to compensate for being held up.**

The prestigious Alan Barkauskas Runner of the Day Award will be selected as follows:

1. All teams will nominate the runner from their team that they believe is most worthy. Teams can use any criteria they wish in making their decision.
2. All relay competitors present will then be asked to vote 3-2-1 for their runner of the day, selecting from the pool of runners that have been nominated by the teams. You can vote for the runner from your own team if you wish.
3. The runner with the most votes will be declared runner of the day. In the event of a tie, a count back system will be used, i.e. runner with most 3 votes wins, if still tied, runner with most 2 votes wins, if still tied....**it's a tie.**

Entry fee is \$20, cash on the day. All profits from the event will go to a charitable cause to be selected by the MMM committee.

Non MMM members (why wouldn't you be a member, speak to a member on Sunday about the benefits) will be asked to sign a waiver on the day. MMM members agree to these conditions on joining and renewing membership.



### Short history of the MMM 5M's relay

Back in the 80's, the Midday Milers (who were the Reserve Bank Midday Milers then) used to go up to Sydney in March every year for a challenge race against the Sydney Reserve Bank runners. The last of these was in 1989 (won by Max Howard) and after that it became clear the event had run its course so to speak, so the group came up with a new concept the following year; a team relay the length of King Island. This was the first of the 5Ms relays which we've run every year in March.

The concept is teams of four runners competing over a course of mapped out stages. Due to the length of King Island (80 km) every runner ran five times during the day, but this was soon reduced to four times over a distance of around 60km.

Teams have a number 1, 2, 3 and 4 runner, seeded in order of ability, selected school yard style by team captains. Although captains are provided with a seeding list, they are free to make their own selections and are ultimately responsible for their decisions.

The pre-event banter regarding the merits or otherwise of the seeding order has become an integral feature of the event, but ultimately it is up to the captain to figure out who is hiding form and who is feigning injury. 5M's have been won and lost as a result of team selection.

A feature of the 5Ms is the specially designed team singlets that we produce. Alan Barkauskas has a contact in the printing game and for more years than we can remember he has footed the bill. In recognition of Alan's contribution, since 2009 the runner of the day has been awarded the Alan Barkauskas award.

5Ms courses have been through many of the forest areas of central Victoria and seaside locations like Anglesea, Bass Coast, Barwon Heads/Ocean Grove, Torquay and the Mornington Peninsula. In recent years the Barwon Heads/Ocean Grove course has become a regular fixture every 2<sup>nd</sup> year, with new courses being mapped out for the alternate year. This year is our second time down at the Mornington Peninsula as it proved to be a popular course during our first race there in 2010.

Comprehensive maps, seeding lists and results from previous 5M's are available from the results section of the MMM web site.

And in case you didn't know, 5M's stands for '**M**elbourne **M**idday **M**ilers **M**arch **M**adness'.

## Stages 1 - 4 - Nicho's revenge (run as a relay)

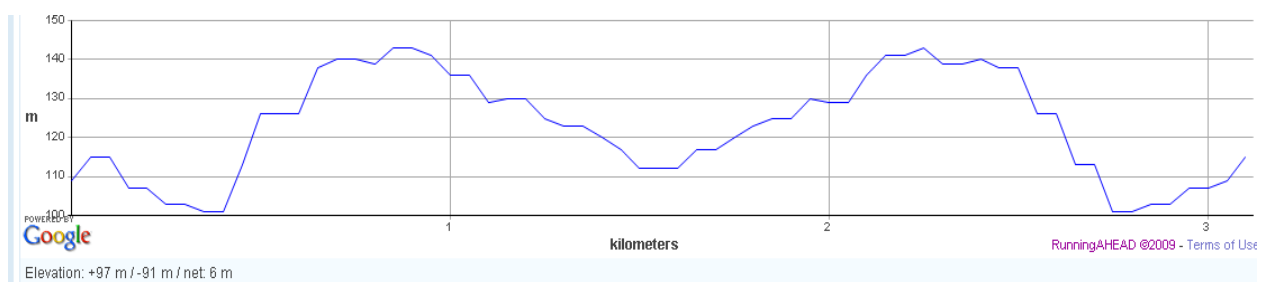
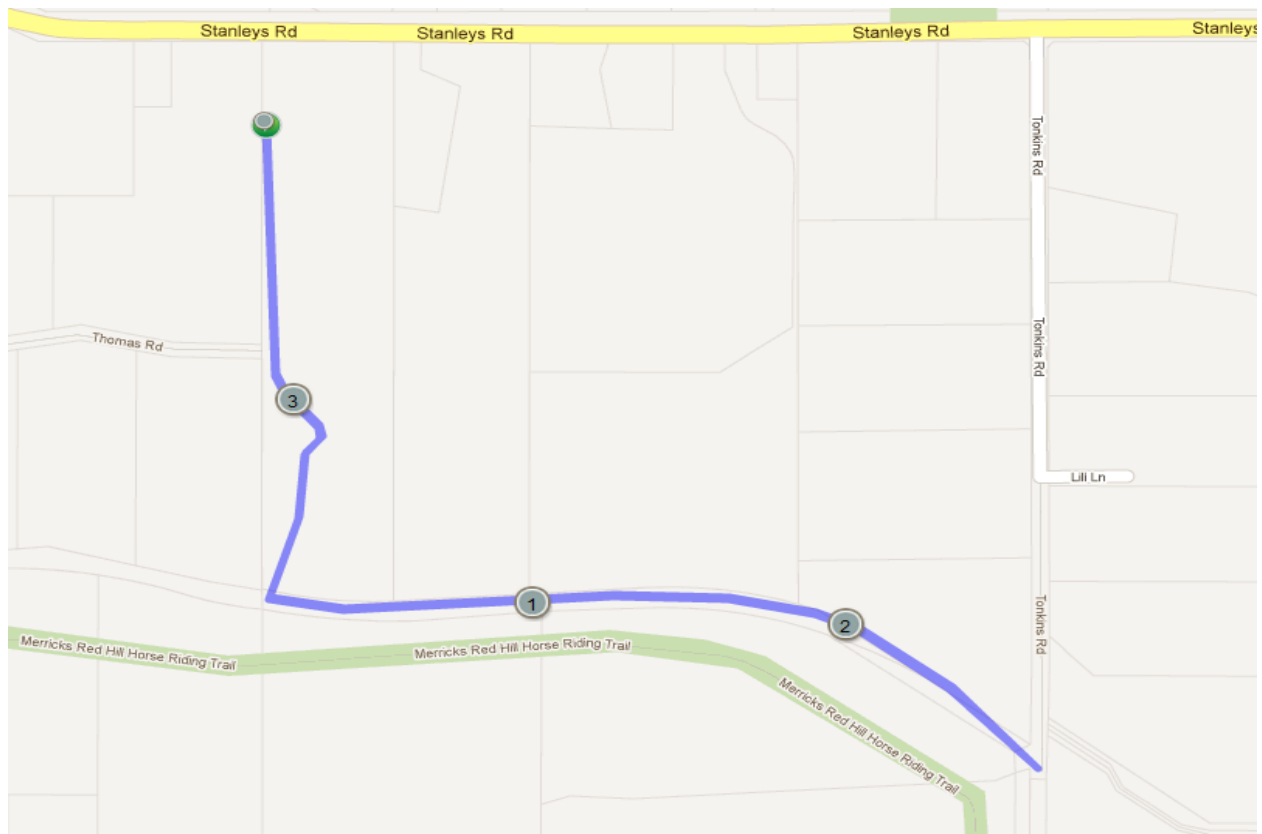
**Melways Ref:** Start 191 G6 End 191 G6

**Distance:** 3.39km

**Description:** Out and back starting at Nicho's middle gate. Follow the driveway, stay right of the house and head to the right across the top paddock. Proceed through the small gate near the shelter. Continue through the gate at the top right hand corner of the paddock. Turn left onto Merricks Red Hill horse riding trail. Turn around after approx 1.7 km when you reach the gate at Tonkins Rd. Return to where you started.

**Course record:** 11:21 – Luke Yeatman - 2010

**Organiser notes:** Need turnaround marker at Tonkins Road



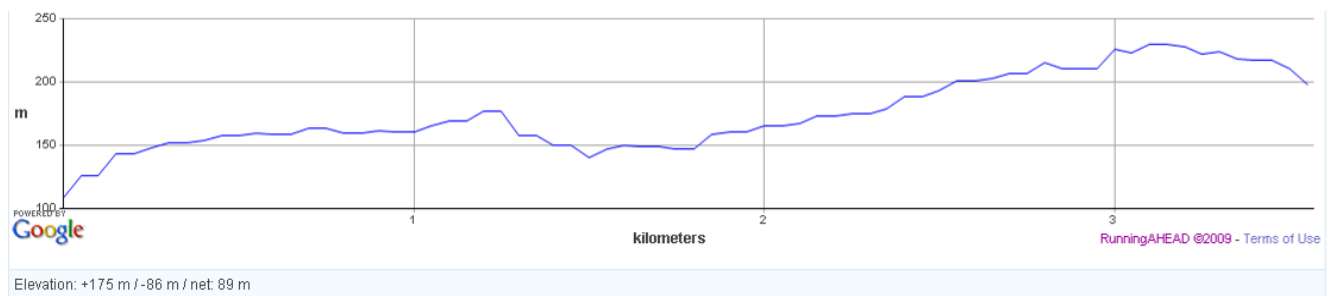
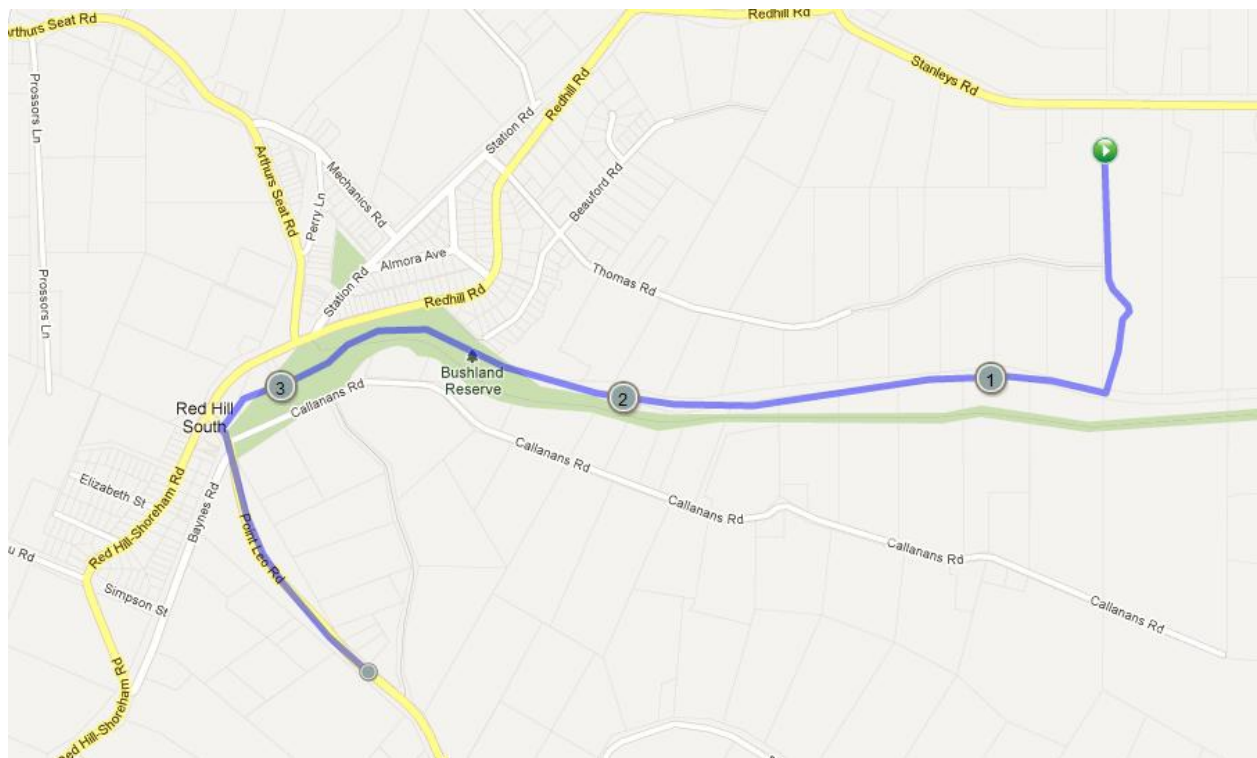
## Stage 5 – Giddy up

**Melways Ref:** Start 191 G6 End 191 B9

**Distance:** 4.0 km

**Description:** Start at Nicho's middle gate (where the first leg finished), proceed the same way as the first leg up to the horse riding trail. Turn right onto Merricks Red Hill Horse Riding Trail. It's a steady climb all the way to Point Leo Rd. Left onto Point Leo Rd. Change over is at "Ambrosia Ridge" (199 Pt Leo Rd).

**Course record:** 14:53 – Brett Coleman - 2010



## Stage 6 – The Fast and the Franga

**Melways Ref:** Start 191 B9 End 191 C10

**Distance:** 4.27km

**Description:** Down Point Leo Rd, left onto Paringa Rd for an out and back run. Turnaround after approx 1.75km at Kondoparinga. Change over is back at Point Leo Rd

**Course record:** 13:41 – Richard Does - 2010

**Organiser notes:** Need turnaround marker at Kondoparinga



## Stage 7 – The Patrick Swayze

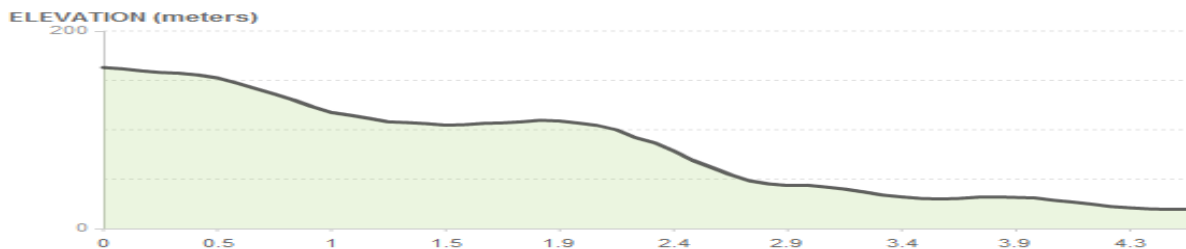
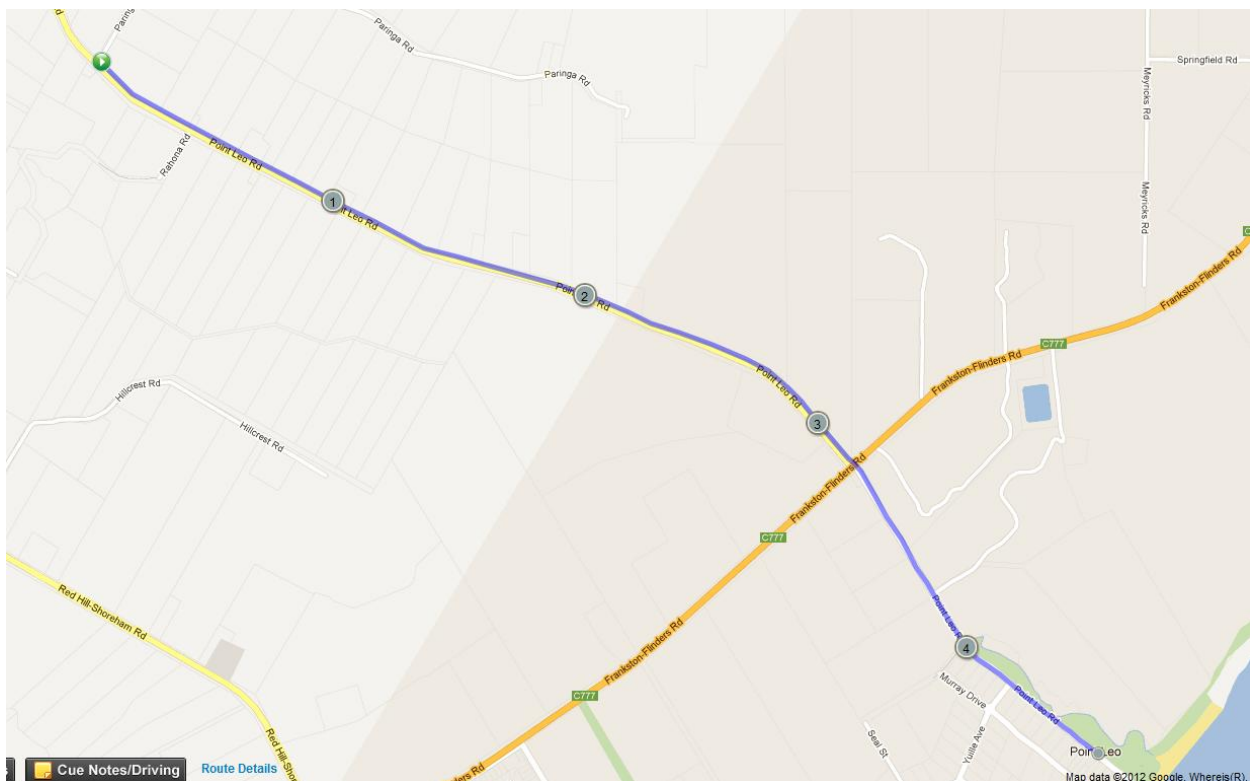
**Melways Ref:** Start 191 C10 End 257 C5

**Distance:** 4.64km

**Description:** Down Point Leo Rd, crossing Frankston-Flinders Rd. **CAUTION - THIS IS A MAJOR ROAD.** Change over is just before the car parking permit boom gate.

**Course record:** 15:47 – Luke Yeatman – 2010 \*\* Previous length of leg 5.26km

**Organiser notes:** Need a spotter to assist with crossing Frankston-Flinders Rd.



## Stage 8 – Fury’s Delight

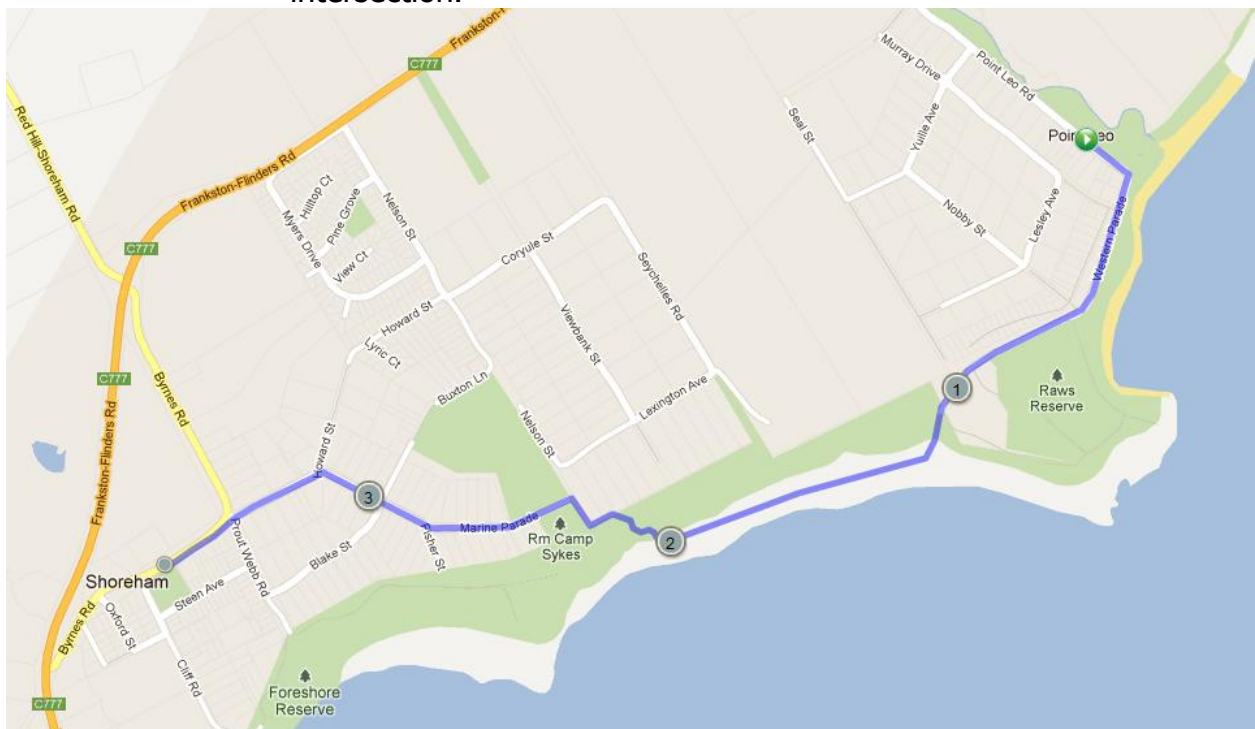
**Melways Ref:** Start 257 C5 End 256 F8

**Distance:** 3.67km

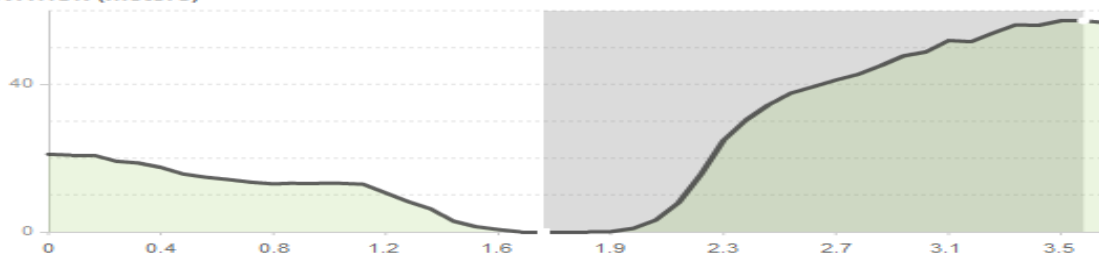
**Description:** Follow the road. It's just over 1 km to the beach. Turn right when onto the beach & follow water line. Exit beach after approx 900m at the marker & onto a track, heading up a number of flights of stairs. Once on the grass head left and follow the trail. Turn left when you reach a gate and enter Marine Parade which is gravel. Up the hill until it ends (no turns). Head straight at a multi-way intersection, running towards the yellow poles and commence running on a grass track along a front fence line. The stage finishes shortly in front of the Shoreham Tennis Club. The finish line is at the public telephone.

**Course record:** 12:39 – Mitch Clarke – 2010 \*\* Previous length of leg 3.05km

**Organiser notes:** Markers needed at beach exit and at Marine Parade/Byrnes Road intersection.



ELEVATION (meters)



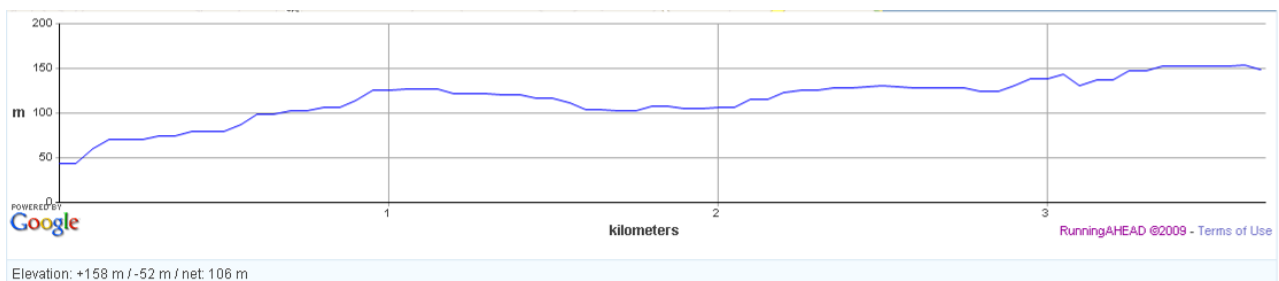
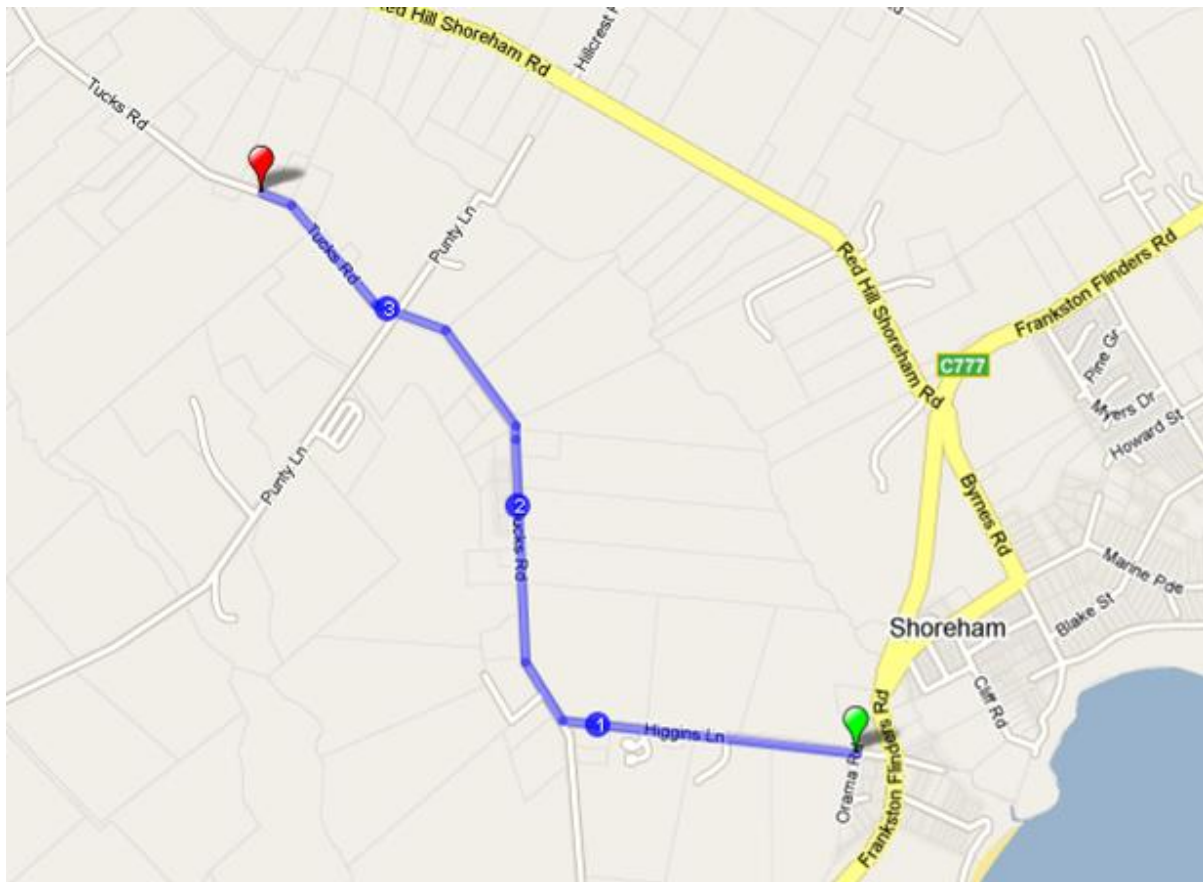
## Stage 9 – Past the punt

**Melways Ref:** Start 256 E9 End 255 J4

**Distance:** 3.66km

**Description:** Start corner of Orama Street & Higgins Lane. After 1.14km turn right onto Tucks Rd, after a few kms cross Punty Lane where the change over is approx another 700m further at the red letterbox (399 Tucks Road).

**Course record:** 13:06 – Brett Coleman – 2010





## Stage 10 – The Step Off

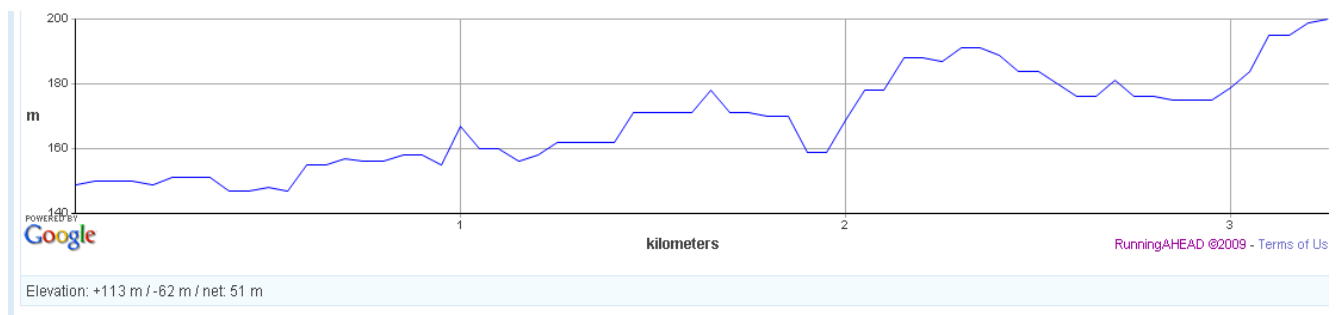
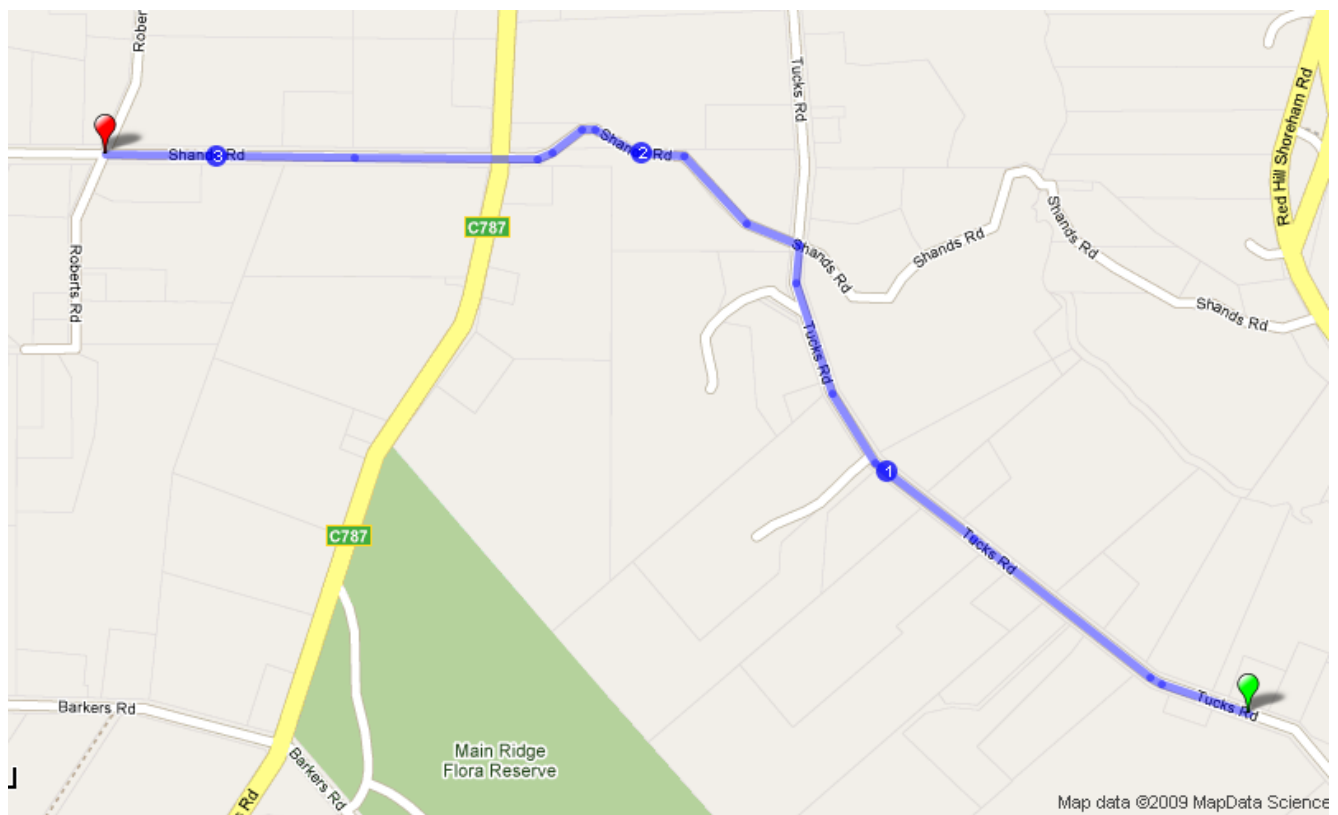
**Melways Ref:** Start 255 J4 End 190 B12

**Distance:** 3.25km

**Description:** Continue along Tucks Road, after 1.65km turn left onto Shands Road. Cross Mornington-Flinders Rd. **\*\*\*CAUTION - THIS IS A MAJOR ROAD\*\*\*** Continue to change over point at Roberts Road crossing.

**Course record:** 12:20 – Mark Deslandes – 2010

**Organiser notes:** Need a spotter to assist with crossing Mornington-Flinders Road



## Stage 11 – Wineview Lane

**Melways Ref:** Start 190 B12 End 254 E1

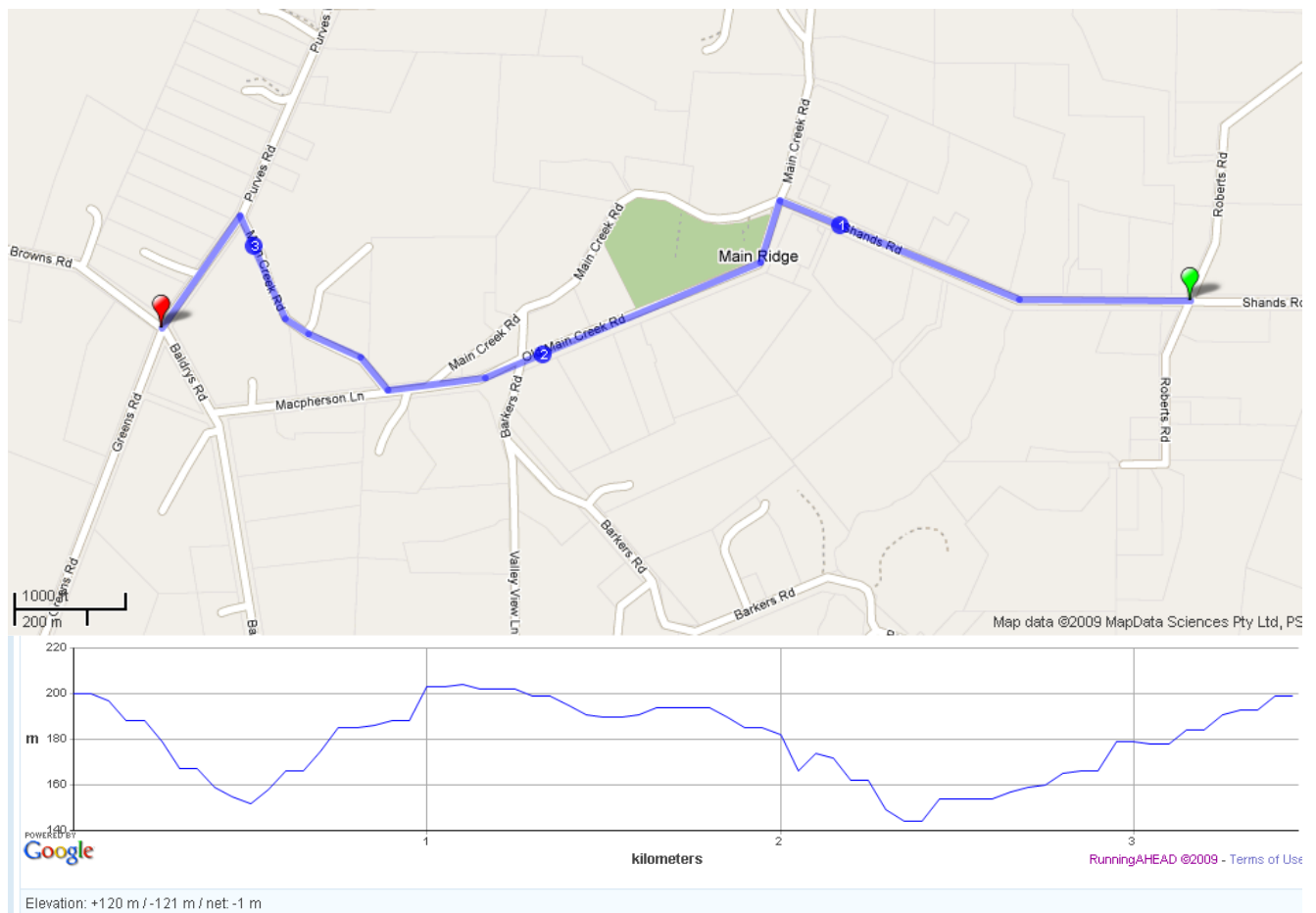
**Distance:** 3.47km

**Description:** Continue along Shands Road, sharp left onto Old Main Creek Road (gravel). At the T-intersection take caution and head straight on Macphersons Lane (track). After running down the track, turn left onto Main Creek Road. After running through the green barriers at the narrowing of the road, stay left and run up the hill. Turn left at the top of the hill just before Purves Road. Run on a horse riding track which is parallel to the road. Change over is on far side of roundabout.

**Driver notes:** There is no car access to MacPhersons Lane. Cars will need to turn right onto Barkers Road and then left onto Main Creek Road where they will rejoin the running route just before the green barriers.

**Course record:** 12:42 – Simon Duffy – 2010

**Organiser notes:** Need markers along Old Main Creek Rd.



## Stage 12 – Bora Bora

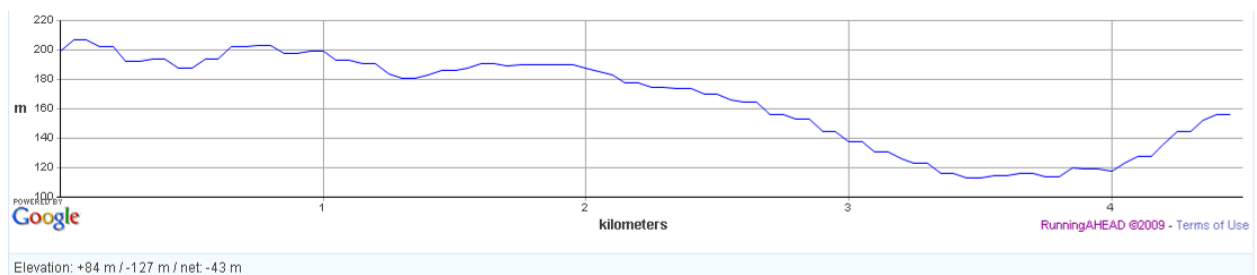
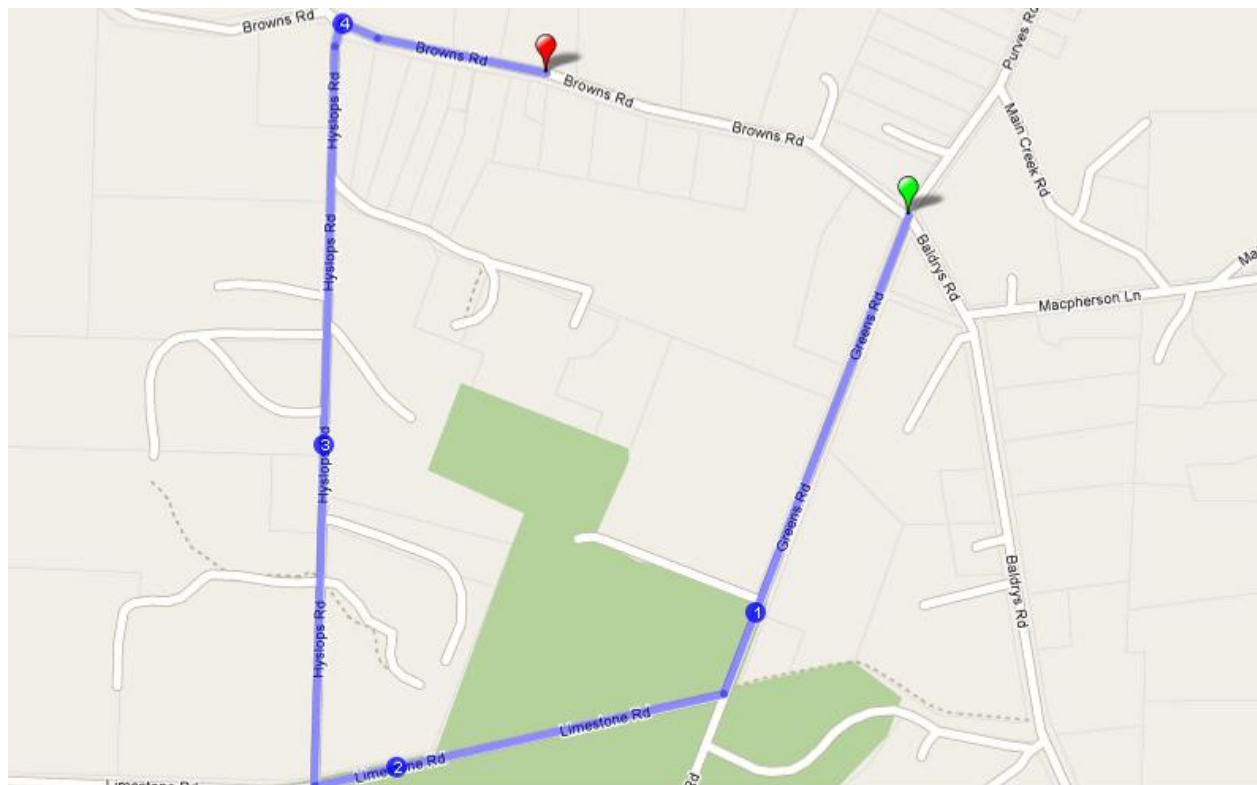
**Melways Ref:** Start 254 E1 End 171 C12

**Distance:** 4.5km

**Description:** Down Greens Road (gravel), right after 1.2km onto a horse track, running over cattle type grate as you enter (there will be a marker). Follow the sandy trail then after 1km right at the clearing where the sign says Browns Road. Follow this all the way. Right onto Browns Road heading up the hill & towards the change over point at a business called "B'tween Bays". Runners stay on **right** side of road for changeover.

**Course record:** 15:01 – Colin Thornton – 2010

**Organiser notes:** Need markers at turn onto horse track through to trail



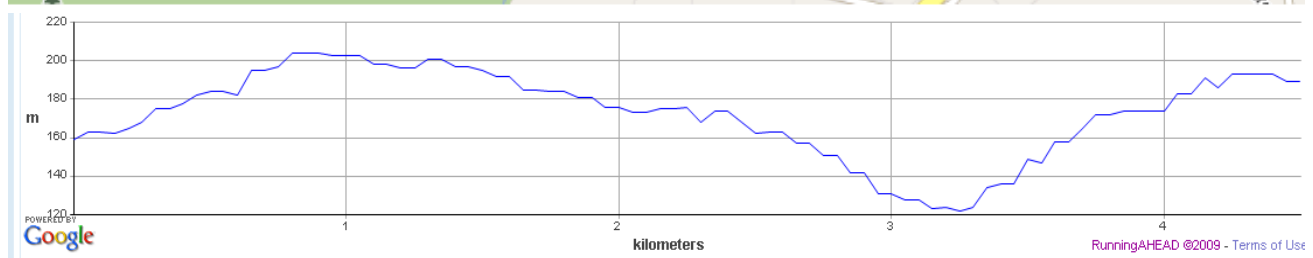
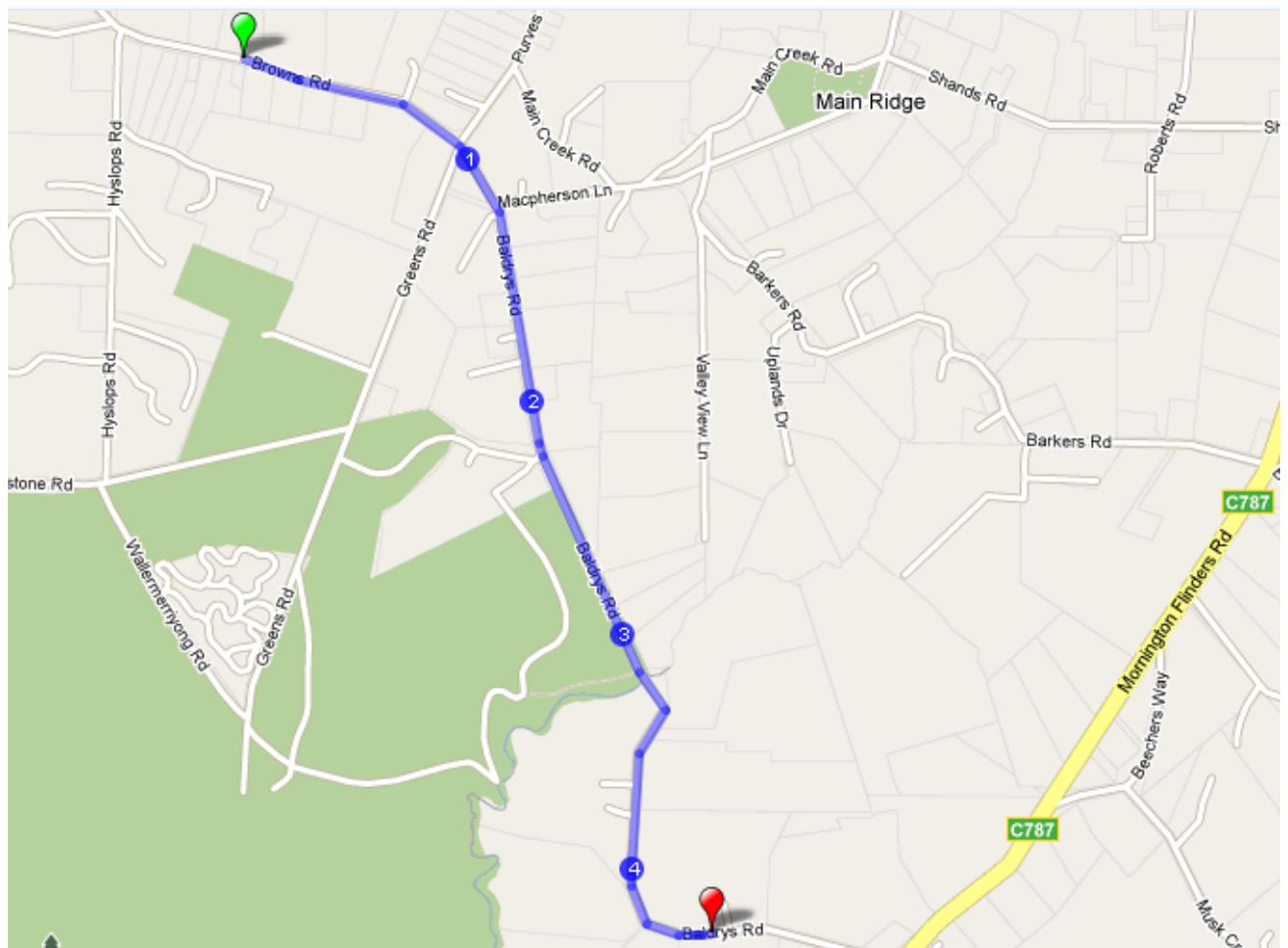
## Stage 13 – Crossing Baldry

**Melways Ref:** Start 171 C12 End 254 H8

**Distance:** 4.5km

**Description:** Continue along Browns Road and straight through roundabout onto Baldrys Road. There is a track on the left hand side of the road for the first couple of kms. Use it for as long as you can to avoid running near cars. At approx 3.2km mark, when you reach the car park at the bottom of the hill, keep left on the track just prior to the hill climb. Stay on the track as long as you can. The change over point is just after a left hand bend where there is a yellow horse riding sign on a lamp post.

**Course record:** 15:44 – Simon Bevege – 2010



Elevation: +142 m / -112 m / net: 30 m

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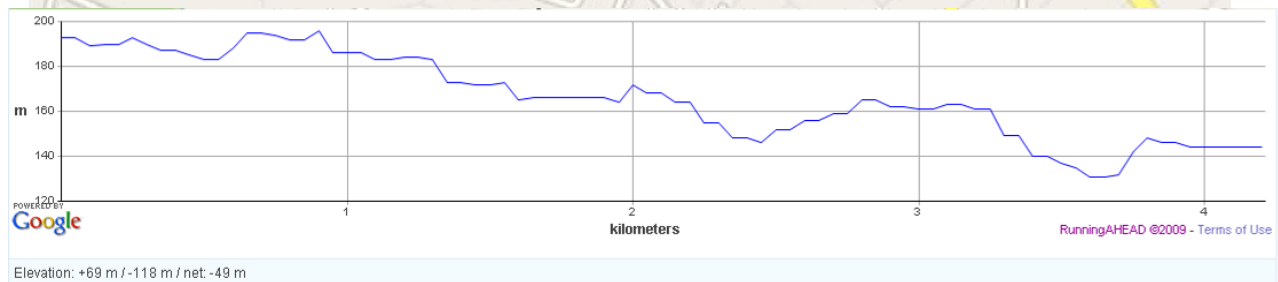
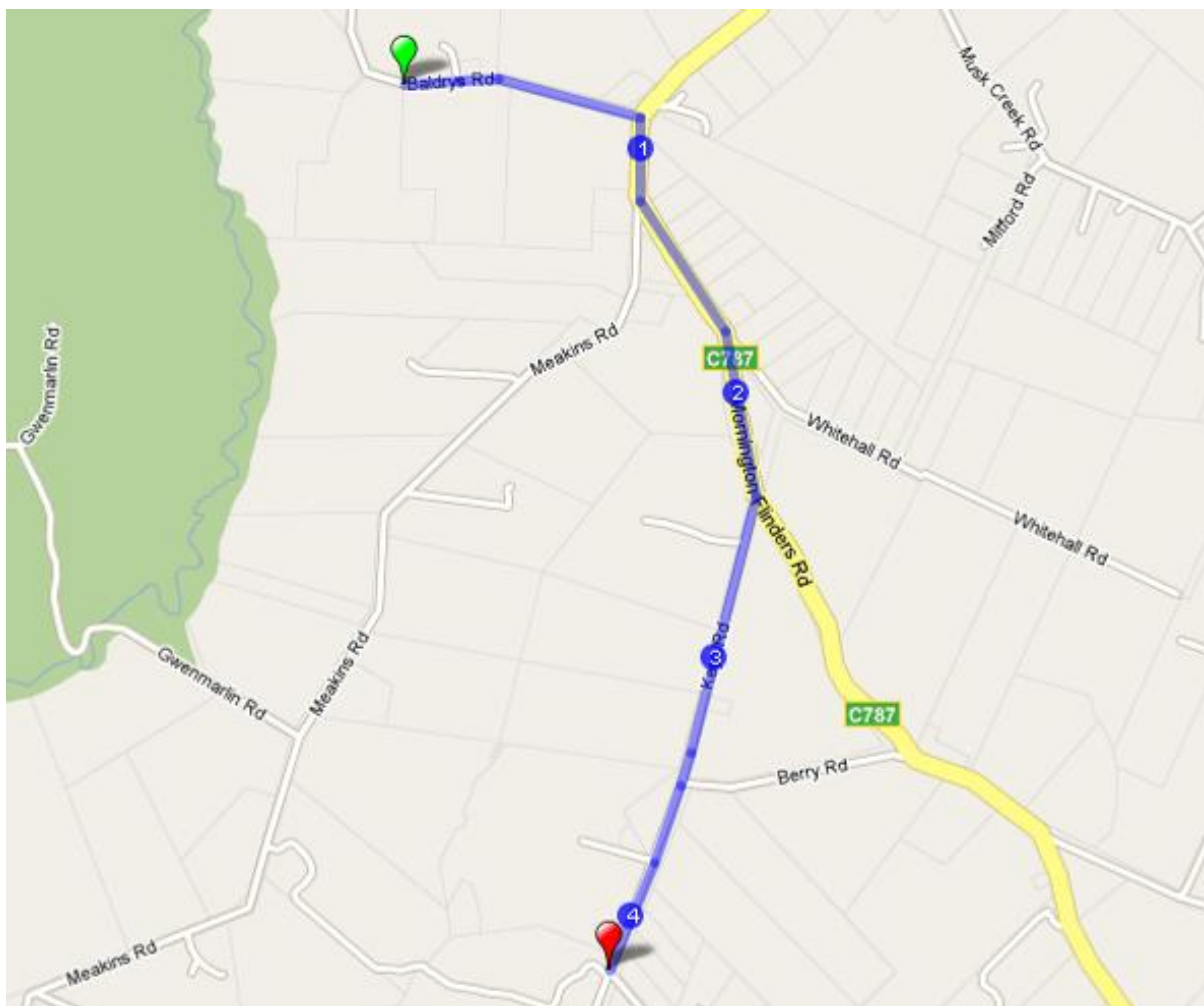
## Stage 14 – M1

**Melways Ref:** Start 254 H8 End 260 J4

**Distance:** 4.21km

**Description:** At the end of Baldrys Road turn right onto Mornington-Flinders Rd staying on the right hand side of the side. **\*\*\* CAUTION - THIS IS A MAJOR ROAD\*\*\***. Turn right after approx 2.3km onto Keys Road. Do not make any turns. Change over is at the Punchbowl Road corner.

**Course record:** 13:49 – Colin Thornton – 2010



## Stage 15 – Keys into the punch bowl

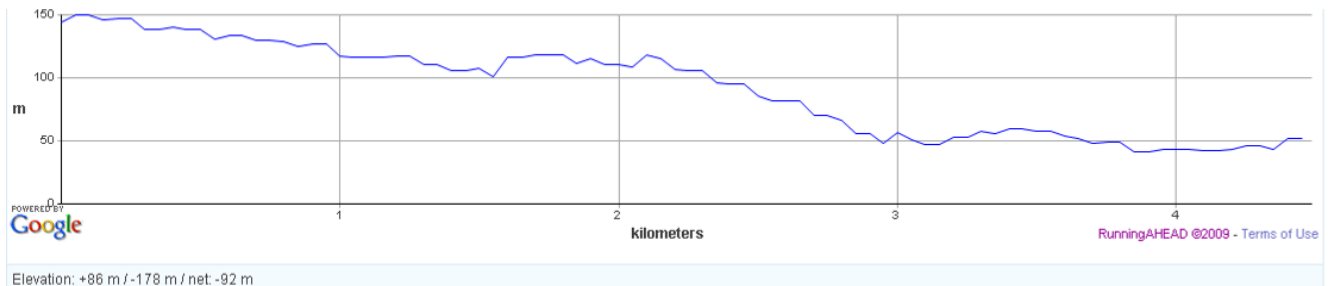
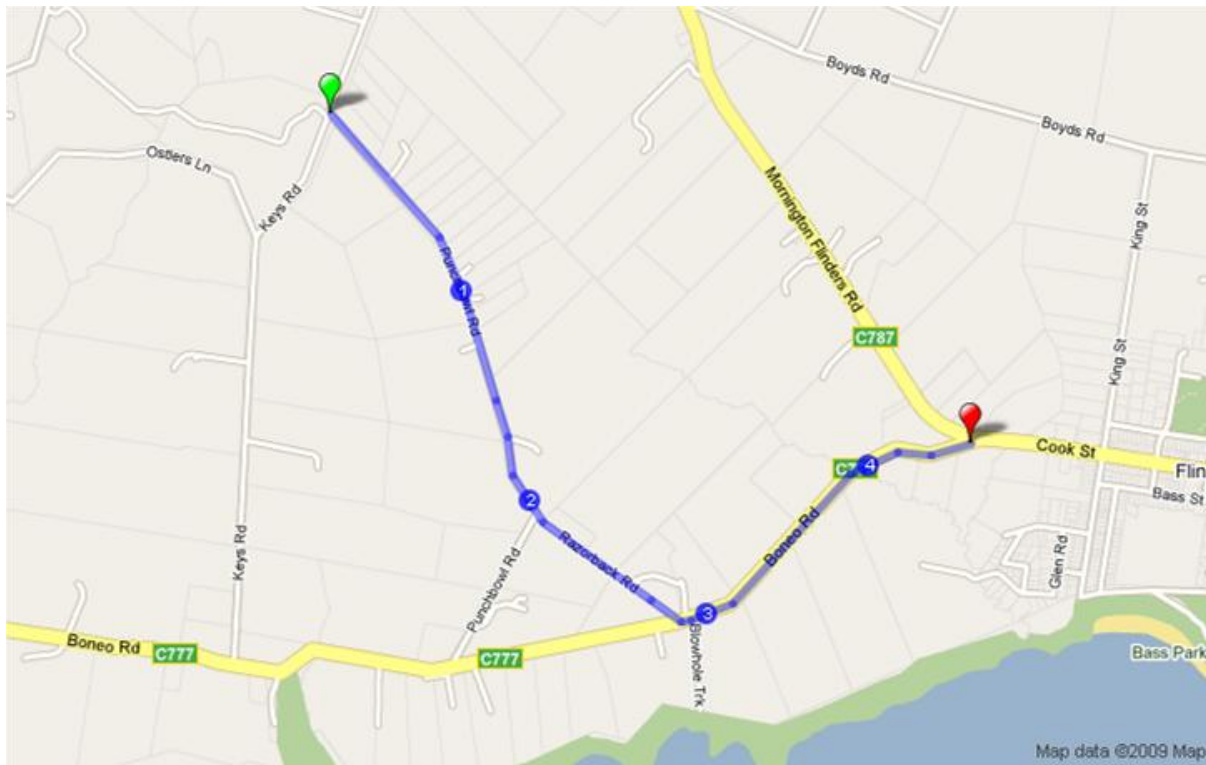
**Melways Ref:** Start 260 J4 End 261 G8

**Distance:** 4.49km

**Description:** Left onto Punchbowl Road and keep left after approx 2km onto Razorback Road. Cut the corner just before Boneo Road & then enter Boneo Road. **\*\*\*CAUTION - THIS IS A MAJOR ROAD\*\*\***. Change over to right hand side of road when safely possible. Run on the right hand side of the road towards the change over point which is at a gravel cut out just before a major T-intersection.

**Course record:** 14:16 – James Atkinson – 2010

**Organiser notes:** Need a spotter to assist with entering Boneo Road.



## Stage 16 – Run Tiger Run

**Melways Ref:** Start 261 G8 End 262 A9

**Distance:** 3.66km

**Description:** Start at gravel just before turning right onto Cook Street, heading towards Flinders. Turn right at King Street and at end turn left onto Golf Links Road. Following the winding coast line road continue straight onto The Esplanade & up the hill at the only 4-way intersection. The finish is at Monument Car Park in approx 400m. Cutting the corner at the Monument car park is legal. The finish line is the line between the monument and the tree on the beach side.

**Driver notes:** There is no car access through the golf course. Head straight to the finish line directly down Cook Street (entrance to parking is off The Esplanade).

**Course record:** 14:23 – Dave Percival – 2010

**Organiser notes:** Place a finish line on the grass between the monument and the tree.

