







Nigel Aylott Relay – Romsey - 2007

	<p>No 1 Dan Hornery</p> <p><i>Species: Sandyus Goldenboyus</i></p>	<p>Comments The class performer of the field. Coming off a magnificent Melbourne Half where he ended up being the first Victorian across the line. Will be looking to add another 4 records to his resume. The challenge for other teams will be finding good sledging material.</p>	<p>Recent Performances Tan: 11:27</p> <p>Melbourne Half: 68:38</p> <p>Recent 10km: 30:53</p> <p>Work colleague on the office desk</p>
	<p>No 2 Colin Thornton</p> <p><i>Species: Midday Alphamaleus</i></p>	<p>Comments Current lunchtime training group alpha male. After a stellar rise in 2007 Thorny finds himself at No.2 on the list. Performed like a veteran at Barwon Heads in March to show that he can run the day out. Highlight so far has been his 70 min half at Burnley. Can he add Hornery's scalp to this?</p>	<p>Recent Performances Tan: 11:43</p> <p>Burnley Half: 70:28</p> <p>Recent 10km: 32:20</p> <p>Wife with bun in the oven</p>
	<p>No 3 Brett Coleman</p> <p><i>Species: Fatass Organiserus</i></p>	<p>Comments Another class Geelong runner. Sat on Thorny nicely at Burnley before beating him to the line and teaching the new boy a lesson. Question mark: Paced the 3hr marathon group so could be a bit jaded.</p>	<p>Recent Performances Tan: 11:57</p> <p>Burnley Half: 70:26</p> <p>Recent 10km: 32:31</p>
	<p>No 4 Andre La Gerche</p> <p><i>Species: Heartdoctorus extrigeekus</i></p>	<p>Comments Yet another of the Div 1 Geelong team to grace us. Comes from a triathlon background and his times suggest he is now a very good runner. Being a cardiologist could come in handy when a few MMM pea-sized hearts "pop" going up some of the hills in the afternoon. 2007 Lowlight: Being overrun by Mitho in the 2007 GC marathon after hitting the wall.</p>	<p>Recent Performances Tan: 12:05</p> <p>Burnley Half: 70:30</p> <p>Recent 10km: 33:07</p>





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	<p>No 5 Paul Martinico</p> <p><i>Species: Mulletus Fryus</i></p>	<p>Comments Last year's No.1 ranked runner. Backed up after Romsey last year with a 2:33 marathon in Japan and carried that form over summer to record a sub 4minute 1500m. Ran a 70 min half at GC before it all went horribly wrong. Coming back from injury now and although not at his best, will still keep those above him very honest. POINT OF INTEREST – Ran a record slowest Stage 5 last year after taking a wrong turn. 25:30 for 4.7kms !!!!!!!</p>	<p>Recent Performances 2006 Fukuoka marathon: 2:33</p> <p>Gold Coast Half: 70:12</p> <p>Sandown 10km: 31:19</p> <p>5000m: 16:15</p>
	<p>No 6 Troy Williams</p> <p><i>Species: Trackis Steppoffis Nomoreus</i></p>	<p>Comments Could this be Troy's year? Has this been asked before? Hitting hot form at the right time with multiple PB's over the last month. May go missing in the afternoon if history repeats itself.</p>	<p>Recent Performances Tan: 12:03</p> <p>Recent 10km: 33:49</p> <p>800m – 2:03</p>
	<p>No 7 Stephen Paine</p> <p><i>Species: Houseoficus Painus</i></p>	<p>Comments Debuted at Barwon Heads in March and dominated the other No.2's. Still recovering from a sore back (along with Dan) after carrying an unfit AL & LG to victory in the relay. Recent times do not match his ability and he is showing signs of returning to top form.</p>	<p>Recent Performances Gold Coast Half: 75:30</p> <p>Tan: 12:24 (Sub 12 early 2007)</p> <p>Boston Mara: 2:45:46</p>
	<p>No 8 Matt Sandilands</p> <p><i>Species: Handicappus Avoidus</i></p>	<p>Comments Very little form to go on apart from a dodgy half-decent lap of the tan recently. Is rumoured to be in good form. Not a surprise however, as being one of the pros, this is par for the course. Went to great lengths to hide last year by wearing a wig on Stage 14 suspecting that a VAL official may be hiding in the trees. Looking forward to what he has in store this year.</p>	<p>Recent Performances Tan: 12:40</p>



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	<p>No 9 David Venour</p> <p><i>Species: Ohsosmoothoneis</i></p>	<p>Comments BUYER BEWARE. Pick the “Smooth One” up and you could be getting a bargain if he even shows a glimpse of his previous form. Can run very fast although has been hampered by persistent hamstring issues for the last year. If things go wrong with the body on the day picking him could be a disaster. Relays are not won by being conservative, so is he worth the chance? Is currently a multi-stage record holder.</p>	<p>Recent Performances Best 2006 Tan: 12:36</p> <p>Recent 10km: 36:45</p> <p>At his best he is an 11:50 tan runner.</p>
	<p>No 10 Nic Gilbert</p> <p><i>Species: Inthornus shadowus nomoreis</i></p>	<p>Comments Formerly just known as Thorny’s mate but recent form has now earned him some real credibility. Is suited to the shorter format and coming from a tri background should see the day out without a problem.</p>	<p>Recent Performances Tan: 12:40 (12:12 early in 2007 so has some speed)</p> <p>Sandown 10km – 34:42</p> <p>Burnley Half – 76:07</p>
	<p>No 11 Shane Fielding</p> <p><i>Species: Forumus photobandido</i></p>	<p>Comments Started 2007 in huge form and slumped a bit over the long winter campaign. Is on the way up now and has been burning the training track up lately. Is back to top form and will be primed for the event</p>	<p>Recent Performances Tan: 12:37</p> <p>Melb Half: 77:54</p> <p>10km – 35:43</p>
	<p>No 12 Richard Does</p> <p><i>Species: Goldenboyus recentimus</i></p>	<p>Comments <u>Debut relay runner.</u> The biggest improver of 2007 and the highest seed of the recent marathoners in this group. If not for doubts over marathon recovery would be ranked at No.8 above Sandilands. Stunning marathon debut and if he has recovered sufficiently may be the value pick of the day. Wouldn’t be surprised to see him picked up first.</p>	<p>Recent Performances Tan: 12:18</p> <p>Devil Bend Half – 75:36</p> <p>Secret Soc 10k – 34:38</p> <p>Melb Mara: 2:45:38</p>



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	<p>No 13 Anthony Lee</p> <p><i>Species: Presidentus onepaceus</i></p>	<p>Comments Put all his efforts for 2007 into the marathon and got a good result. Can recover slowly from long events and has questionable speed. Could be a value pick if the body has recovered sufficiently. Some harsh Sandy team mates have suggested that he should be the poster boy for Nike's "run yourself ugly" campaign.</p>	<p>Recent Performances Tan: 12:29</p> <p>Burnley Half: 76:23</p> <p>Sandown 10km: 34:22</p> <p>Melb Mara: 2:44:36</p>
	<p>No 14 Bruce Arthur</p> <p><i>Species: Directionist perfectus</i></p>	<p>Comments Has just picked up a 2007 double compass carrying state title. Probably will get picked by PM based on his navigational abilities alone. Not a big burst of speed but will run hard all day and has a big tank. Could easily run 5 or 6 stages.</p>	<p>Recent Performances Tan: 12:50</p> <p>Orienteering – Vic Champ</p>
	<p>No 15 Anthony Mithen</p> <p><i>Species: marathonus frillius</i></p>	<p>Comments Has carried a heavy load in 2007 running 2 sub 2:50 marathons. Always runs a few good legs but historically has not finished off the day. Maybe this is his year provided he has recovered enough from the marathon. Highlights the depth of the field that he is seeded as a No.3 runner.</p>	<p>Recent Performances Tan: 12:42</p> <p>Burnley Half: 76:58</p> <p>Sandown 10km: 34:46</p> <p>Melb Mara – 2:49:16</p>
	<p>No 16 Wayne Williams</p> <p><i>Species: Metronomus Goodpaddockus</i></p>	<p>Comments Reportedly in 36min 10km form. Former Metronome of the MMM pack. Has been rarely sighted since heading to the bush in 2006. There is no form to speak of but if you are looking for someone who knows the relay game inside out then Wayne is your man. Used to eat hills for breakfast now just consumes pies and milkshakes from the Wodonga bakery.</p>	<p>Recent Performances</p>
	<p>No 17 Anthony Weiland</p> <p><i>Species: Magpie Scummus</i></p>	<p>Comments Visited the Max Howard school of toe running as a junior and has maintained this style throughout his career. At his best is a sub 35 10k runner but injuries have hampered him in 2007. Ran a solid Melbourne half to show some form is returning. Question Mark: Has he recovered from the nightmares of being passed by 'Fairy-Stepping Pres' on the Rollercoaster leg in 2006.</p>	<p>Recent Performances Best 2006 Tan: 13:22</p> <p>Melb Half: 80:30</p> <p>Sandown 10km: 36:15</p>



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	<p>No 18 Ian Dent</p> <p><i>Species: Kivius Disorientatious</i></p>	<p>Comments Former No.1 runner who's running fitness has slipped of late. Has been spending too much time on bikes lately. Denti has been avoiding the MMM group and has been training alone. Maybe he has some secret form up his sleeve Possesses the navigational ability of Martinico.</p>	<p>Recent Performances Tan: 13:19</p> <p>Sandown 10km – 37:11</p>
	<p>No 19 Ashley Snowden</p> <p><i>Species: Big Ash Longstridus</i></p>	<p>Comments Not much reliable form but then again is another pro runner.</p> <p>Has run the relay twice before and is guaranteed to give an honest performance all day.</p>	<p>Recent Performances 10km – 37:20</p> <p>Tan – 13:22</p> <p>Half – 87:06</p>
	<p>No 20 Luke Goodman</p> <p><i>Species: quadus enormous</i></p>	<p>Comments Could run...once. Records show a sub 3hr marathon but that was many moons and 15 kilograms ago.</p>	<p>Recent Performances The word "performance" is very misleading!</p> <p>Tan – 13:36</p>
	<p>No 21 Tony Dell</p> <p><i>Species: Tiger boyus</i></p>	<p>Comments Ran a disappointing 2007 Melbourne marathon but he is a lot better than that, as his 38 min 10k and sub 14 tan times would suggest. Debuted here last year and was very impressive picking up the most courageous award on the day.</p>	<p>Recent Performances Tan: 13:58</p> <p>Burnley Half: 90:58</p> <p>10km: 38:21</p> <p>Melb Mara: 3:28:56</p>
	<p>No 22 Thai Phan</p> <p><i>Species: Thaichi marathonus</i></p>	<p>Comments 13:30 tan runner at his best, Thai has struggled to recapture his speed over the last 18 months. Ran a 3:00, 2006 Canberra marathon so has good endurance. Struggled in this year's marathon so question mark over what shape he will be in.</p>	<p>Recent Performances Tan: 14:20</p> <p>Burnley Half: 85:59</p> <p>10km: 39:21</p> <p>Melb Mara: 3:13:01</p>



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	<p>No 23 Juanita Liston</p> <p><i>Species:</i> <i>Maneaterus Oftenus</i></p>	<p>Comments Very little form on Juanita apart from anecdotal evidence that she is running well. Is more suited to the track and has good middle distance speed. Has been known to eat men for breakfast, so lookout! Could be black widow #2.</p>	<p>Recent Performances 10km PB – 37ish</p> <p>Almost wrote off <u>another</u> car</p>
	<p>No 24 Gary O'Dwyer</p> <p><i>Species:</i> <i>neverwasun</i> <i>Sub-species:</i> <i>neverwillbian</i></p>	<p>Comments Last year's MMM championship winner form has been indifferent this year due to injury and stage commitments. Is more suited to the track but has shown in the past that he still goes strong at the end of the day.</p>	<p>Recent Performances Tan:14:04</p> <p>Burnley Half: 87:54</p>
	<p>No 25 Kirsten Jackson</p> <p><i>Species:</i> <i>Marathonus focus</i> <i>blondus</i></p>	<p>Comments Has had a long distance focus in recent years culminating with a quality but frustrating 3:01 marathon in London earlier this year. Not known for her short distance speed but will still be running on strong at the end of the day. If we could get her to shut up she would easily break 3 hours. Could be a value pick if she brings her A game.</p>	<p>Recent Performances 10km – 39:13</p> <p>Burnley Half: 86:07</p> <p>Melb Mara – 3:09:57</p> <p>London Mara – 3:01:20</p>
	<p>No 26 Craig Harris</p> <p><i>Species:</i> <i>longdistance</i> <i>allergicus</i></p>	<p>Comments Former winner of the MMM mile handicap who has a dash of speed and prefers the short stuff. Some consistent training has seen his tan times tumble over the last year. Should run honestly all day.</p>	<p>Recent Performances Tan: 14:22</p> <p>Melb Half – 1:34:21</p>
	<p>No 27 Matt Lowth</p> <p><i>Species:</i> <i>Popstar</i> <i>expandicus</i></p>	<p>Comments Form is a lottery. Was running 13:15's but that was back in 2004. Has some speed but is a long way from any sort of fitness. Has got back into running recently so may be better prepared come race day than his recent 16:15.</p>	<p>Recent Performances Tan: 16:15 about a month ago</p> <p>2 chiko rolls and 2 milkshakes at lunch break of a relay</p>



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	<p>No 28 Jim Grelis</p> <p><i>Species: Diesel engineous</i></p>	<p>Comments Another experienced relay runner to round out the field. May have lost some of his former speed but will no doubt run the whole day out well.</p>	<p>Recent Performances Tan: 15:47</p>
	<p>Emergency 1 Charles Chambers</p> <p><i>Species: Localus onstandbyus</i></p>	<p>Comments Ready for the call up at short notice should anyone drop out.</p> <p>Is returning to form this year and will be strong all day if required to run.</p> <p>If needed he will slot in just behind Ian Dent in the seedings.</p>	<p>Recent Performances Tan: 13:27</p> <p>Paced the 3:30 marathon group off about 3 days notice</p>
	<p>Emergency 2 Scott Bales</p> <p><i>Species: Readyto go atanytimus</i></p>	<p>Comments Scott is the 2nd on the emergency list. Has just come home from an overseas stint and by his own account is not in great shape. Will slot in behind Jim in the seedings order.</p> <p>Scott has decided to make the trip up regardless of whether he runs and will be on hand for any last minute withdrawals.</p>	<p>Recent Performances Tan: 15:04 but this was 4 months ago</p>