






Nigel Aylott Relay – Romsey - 2010

	<p>No 1 Colin Thornton</p> <p><i>Species: Smashus Marathonus</i></p> <p><i>Nick: Thorny, Billy Bob, Nic's Mate, Croissant Boy</i></p>	<p>Comments</p> <p>The current MMM alpha male evidenced by a number of top 10 finishes over the AV winter series, topped off with a 6th in the Burnley Half and a stunning 8th in the Melbourne Marathon.</p> <p>"Good Col" shows up on race day, "Bad Col" can appear when the race turns into a time trial which some of the Romsey legs can become, especially later in the day.</p>	<p>Recent Performances</p> <p>Melbourne Marathon: 2:25 Burnley Half: 70:08 Tan: 11:59</p>
	<p>No 2 Stephen Paine</p> <p><i>Species: Chewbaccas Chewbuffetus</i></p> <p><i>Nick: House</i></p>	<p>Comments</p> <p>This man has continued to be an unstoppable force through 2010. More consecutive sub 12 tans than any man in history until he ran a 12:01 the morning after his wedding night. Also rolled out a 2:28 marathon off limited preparation. Has been in a big paddock in recent weeks, consuming 18 buffets in 11 days, restricting his running to hotel treadmills and will be fronting up to Stakes Day the day before Romsey.</p>	<p>Recent Performances</p> <p>Melbourne Marathon: 2:28 Burnley Half: 71:41 Tan: 11:41</p>
	<p>No 3 Simon Bevege</p> <p><i>Species: Swimus Bikeus Runus</i></p> <p><i>Nick: Bevo</i></p>	<p>Comments</p> <p>Went through a bit of a post wedding low patch mid year but has started to get it together in recent weeks. Has been heavily focussed on iron man training of recent times, with plenty of time on the bike and in the water. Endurance is certainly there so should run the day out well.</p>	<p>Recent Performances</p> <p>Burnley Half: 77:41 Tan: 12:13</p>
	<p>No 4 Troy Williams</p> <p><i>Species: Roous in Headlightus</i></p> <p><i>Nick: TW</i></p>	<p>Comments</p> <p>Went into hiding post ChCh marathon in April but has obviously been doing a bit of work behind the scenes and has come out firing on the track early into the summer season.</p>	<p>Recent Performances</p> <p>Tan: 12:35 800m: 2:08 1500m: 4:16 3000m: 9:39 5000m: 16:50</p>
	<p>No 5 David Venour</p> <p><i>Species: Didus a Smoothyus</i></p> <p><i>Nick: Smoothy</i></p>	<p>Comments</p> <p>Had a bit of a post ChCh downwards slide in form but seems to have found the desire to run again more recently. Some recent track times indicate that the Smoothy of old is not too far away. If you've ever run with Smoothy up at Ferny Creek, you'll know he loves the hills.</p>	<p>Recent Performances</p> <p>Tan: 12:50 1500m: 4:22 5000m: 16:43 Burnley Half 74:46</p>



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	<p>No 6 Richard Does</p> <p><i>Species: Iceskatus Nomoreus</i></p> <p><i>Nick: Dozer</i></p>	<p>Comments After an injury riddled start to the year, Dozer has put the injury and the disappointment of missing the ChCh marathon behind him and has been rebuilding his endurance and speed at a rate of knots over recent months. Not quite back to his form from earlier this year but not far off it.</p>	<p>Recent Performances Tan: 12:48</p>
	<p>No 7 Anthony Lee</p> <p><i>Species: Runus Uglyus</i></p> <p><i>Nick: AL</i></p>	<p>Comments Another Miller that had injury issues early in the year but has them under control now. Over recent months, he has been absolutely smashing himself on the training track and taking the meaning of “running ugly” to new levels. He’s not racing at 100% just yet but has a habit of peaking perfectly and finding that little bit extra for the NAR in November.</p>	<p>Recent Performances Tan: 12:47 1500m: 4:29 5000m: 17:20 Burnley Half: 79:10</p>
	<p>No 8 Bruce Arthur</p> <p><i>Species: Carryus Compassus</i></p> <p><i>Nick: ATB (Arthur the Bruce)</i></p>	<p>Comments Probably in some of the best form of his life at this point in time. Bruce has had some amazing recent results at both national and state level in the orienteering champs. Generally renowned for his metronomic like endurance, Bruce has also found a turn of speed over recent months, finding himself closer to the front of speed sessions than in previous years. Will run the day out strongly.</p>	<p>Recent Performances Tan: 12:57 Recent Orienteering results 4th place - Aus Champs - Sprint Distance 7th place - Aus Champs - Long Distance 1st - Vic Champs - Long Distance 3rd - Vic Champs - Middle Distance</p>
	<p>No 9 Anthony Weiland</p> <p><i>Species: Smileus Assassinus</i></p> <p><i>Nick: AW</i></p>	<p>Comments AL “runs ugly”, AW “runs happy”. Probably one of the few guys that has admitted that he enjoyed running a 2:45 marathon. Putting in plenty of time on the training track over the last year. Don’t be put off by his toe-running style that should be more at home doing short sprints on the track. He’s running well, even if he’ll try to convince you otherwise.</p>	<p>Recent Performances Tan: 13:07 ChCh marathon: 2:45 Burnley Half: 78:57</p>
	<p>No 10 Simon Duffy</p> <p><i>Species: Fushus and Chupus</i></p> <p><i>Nick: Duffman</i></p>	<p>Comments This full time athlete, part time student has plenty of time to do a heap of secret training. Word out of the Collingwood camp is that he’s moving along quite nicely on the training track.</p>	<p>Recent Performances 3000m: 9:52 Tan: 13:17 Half Mara: 80:05 ChCh marathon: 2:52</p>





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	<p>No 11 Mark Purvis</p> <p><i>Species:</i> <i>Oldus Scotchus</i></p> <p><i>Nick:</i> Hutz</p>	<p>Comments Hard to know where Hutz's form is at. Recently ran 18km of the Melbourne Marathon at 4:00 pace, before his APS mate got fed up with the ear bashing and dropped him. Based on that, expect Hutz to be able to run quicker than 4:00 pace over four separate Romsey relay legs.</p>	<p>Recent Performances Tan: 13:31 Marathon: 2:24*</p> <p>* 1992</p>
	<p>No 12 Dave Percival</p> <p><i>Species:</i> <i>Carrotus Expectus</i></p> <p><i>Nick:</i> DP, Perc or Spewy Lewy</p>	<p>Comments Has been putting in some big k's for a fair bit of 2010, regularly seen on Sunday mornings up at Ferny or along the beach trail rolling out lazy 30+ km runs all in preparation for the Melbourne Marathon. Unfortunately, hurt a calf muscle during the run and was unable to finish. Could be carrying a bit of excess phlegm into Sunday's run.</p>	<p>Recent Performances Melbourne Marathon: Calf muscle</p>
	<p>No 13 Glenn Goodman</p> <p><i>Species:</i> <i>Trainingus Overratedus</i></p> <p><i>Nick:</i> GG</p>	<p>Comments A regular competitor at Romsey, he's been running them for years. Some of the newer Milers however may never have met GG as his motto is "Drink heavy, train lightly". The newer Milers running on Sunday may also be unprepared for the barrage of sledging thrown their way as GG drives past – he is the master – don't be offended, especially if you're on his team.</p>	<p>Recent Performances Tan: 14:19 1500m: 5:02 5000m: 18:58</p>
	<p>No 14 James Merrington</p> <p><i>Species:</i> <i>Colourblindus Optometristus</i></p>	<p>Comments Not much known on the optometrists form. A former state grade junior Rugby Union player, he's now fairly handy at touch footy. He's reasonably comfortable with his Samson like curly locks so if he's over-performing his seeding during the day, a quick snip may see him lose his powers.</p>	<p>Recent Performances 10k: Sub 40 min form (Estimate only)</p>
	<p>No 15 Josh Rosen</p> <p><i>Species:</i> <i>Loveus Lycraus</i></p>	<p>Comments Not much known about Josh's form either. Likes the triathlons so probably has plenty of endurance. Usually runs a 10km in 45 minutes off the bike leg so 10 km estimate is probably about right. Could do anything on the day.</p>	<p>Recent Performances 10k: Between 40 and 42 min form (Estimate only)</p>



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	<p>No 16 Rory Heddles</p> <p><i>Species:</i> <i>Infordayus</i> <i>Ofmuchpainus</i></p> <p><i>Nick:</i> <i>Racer</i></p>	<p>Comments</p> <p>Rory's racing form is limited to the Tan where he's been knocking off PB's fairly regularly since joining the Milers. Most recent endurance event was running drinks support crew with AL at the Melbourne Marathon where he was run ragged trying to keep up with the president.</p>	<p>Recent Performances</p> <p>Tan: 15:27</p>
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	<p>1st emergency Dale Nardella</p> <p><i>Species:</i> <i>Steadius Improvus</i></p> <p><i>Nick:</i> <i>Rafa</i></p>	<p>Comments</p> <p>Continued his steady development over 2010 with regular PB's around the tan. A 97:10 PB at the Burnley Half in September 2010 was smashed one month later when he went sub 90 in the Melbourne Half.</p>	<p>Recent Performances</p> <p>Tan: 14:44 Melbourne Half: 89:46</p>
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