



2015 Mornington Peninsula 5M's Race Details

We will meet at 8.15 am on Sunday 1st March 2015 at Geoff Nicholson's (Nicho) 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 compiled by the seeder with information on each runner will be circulated with his/her suggested seedings a few days before the race.

Please note, there are no toilets at the start at Geoff's place (apart from bushes for a pee). If you need a pre-race toilet stop use toilets in Balnarring (opposite Balnarring & Frankston Flinders Rd) or Red Hill (close to cnr Red Hill & Pt Leo Rds) before you arrive.

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

The race proper will start at approximately 9.00 am.

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 30 – 60 minutes. 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 – 2pm. (In 2014 the last runner finished at 1:55pm)

We will then drive back Geoff'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 drinking water. We will provide sausages, bread, beer and soft drink. Your family is welcome to join us here, though please let us know in advance so we can cater (or BYO extra few snags). Geoff has a totally awesome pool so plan for a swim too!

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. Captains have the final say.
2. All team number captains and race organisers will then gather to vote on the winner. This may happen a few days after the event via email.



Entry fee is \$10 cash on the day (\$30 for non members which includes a free membership!) In appreciation of Geoff hosting us, we will pass the hat around and ask for donations to Hanover. Geoff is the chairman of Hanover which is a Melbourne based agency that provides a range of service to Victorians experiencing housing crisis or homelessness. Donations are entirely voluntary, but thinking about what you pay for a 10km fun run compared to the value this \$10 relay delivers, please be generous! Further details re Hanover can be found at www.hanover.org.au

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. This year is our fourth time over the Mornington Peninsula course which is testament to Nicho's awesome hosting! We've made a few changes to the course this year to avoid people from racing across the major highway's in the area. As you will see in the following pages, there are a couple of instances where a stage will finish on one side of the road, and the next stage will start on the other side via a wave. Please be careful and remember we're not racing for sheep stations.

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'.

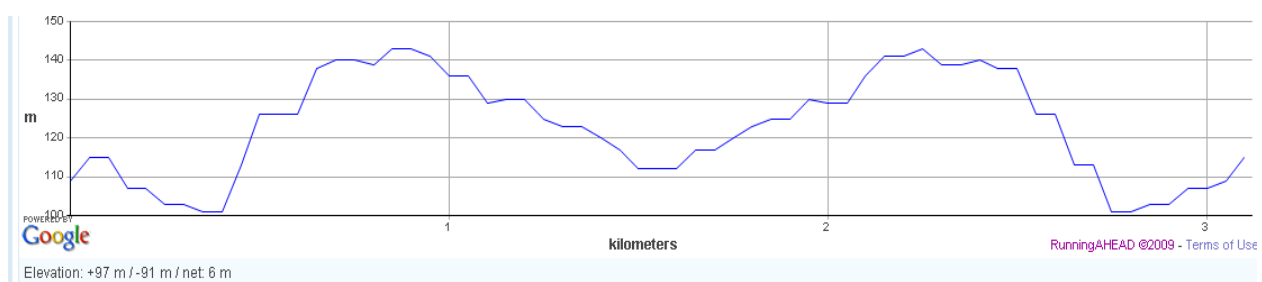
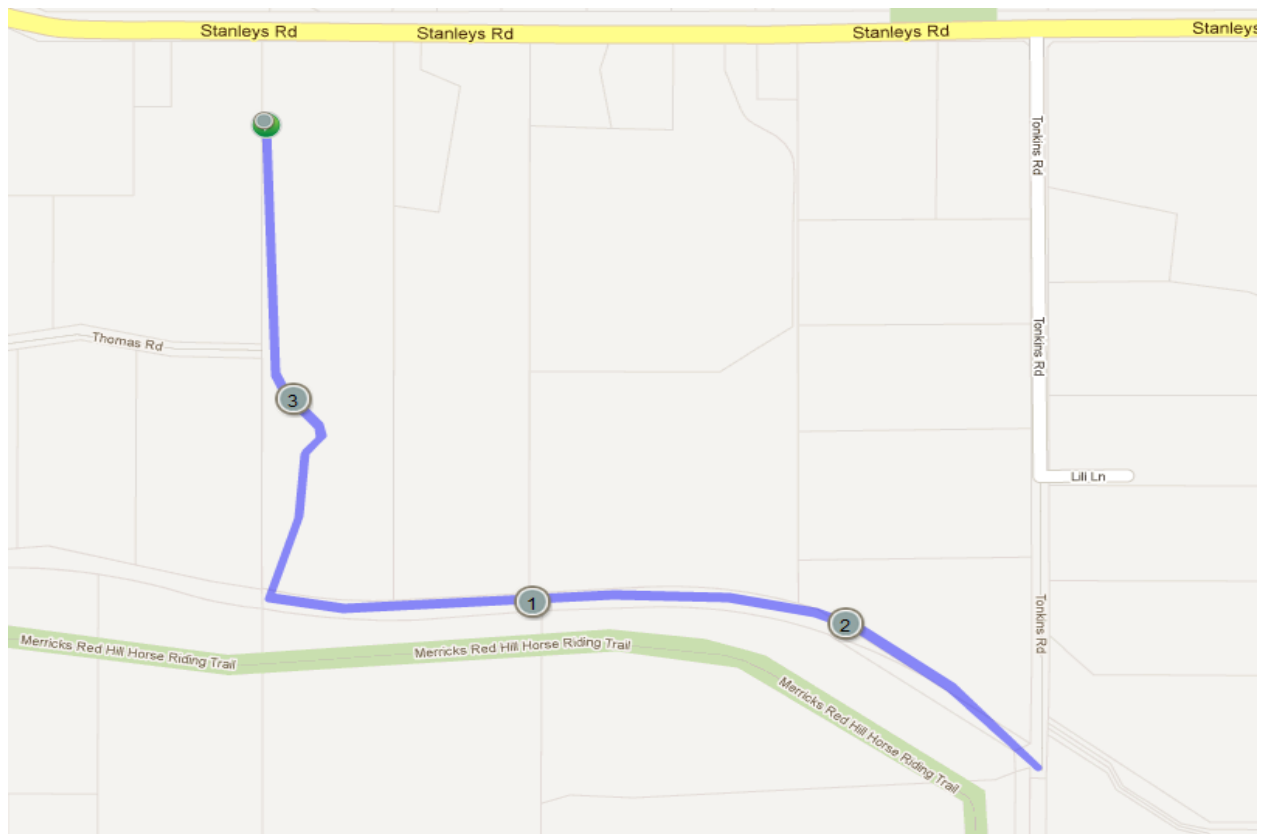
Stages 1 - 4 - Nicho's revenge (run as a relay)

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 you touch the gate at approx 1.7 km just before Tonkins Rd. Return to where you started.

Course record: 11:09 – Simon Bevege - 2012



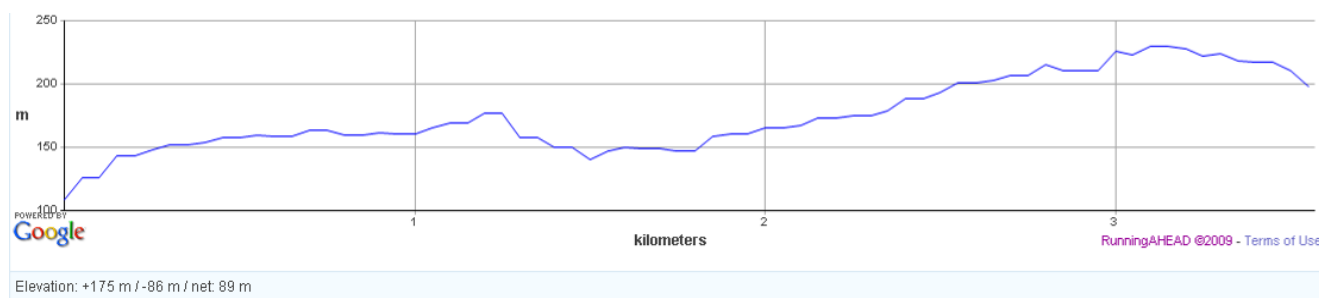
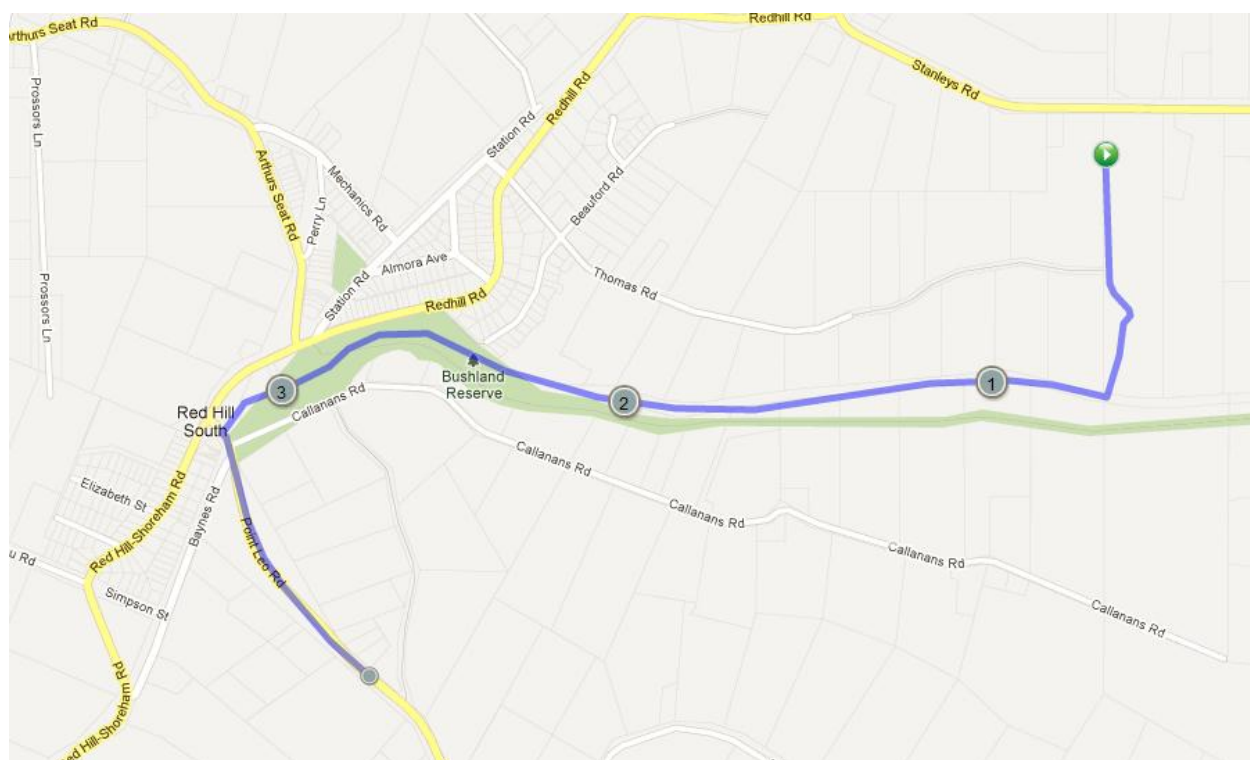
Stage 5 – Giddy up

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: 14:24 – Simon Bevege - 2012



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



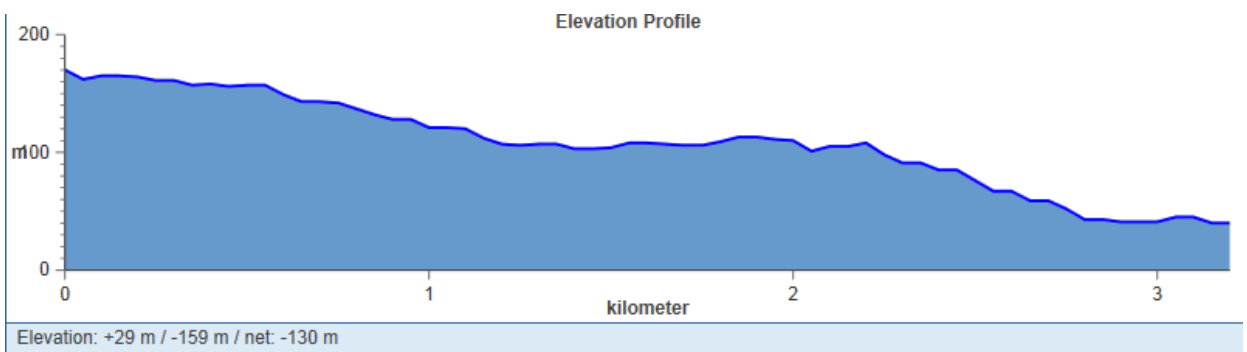
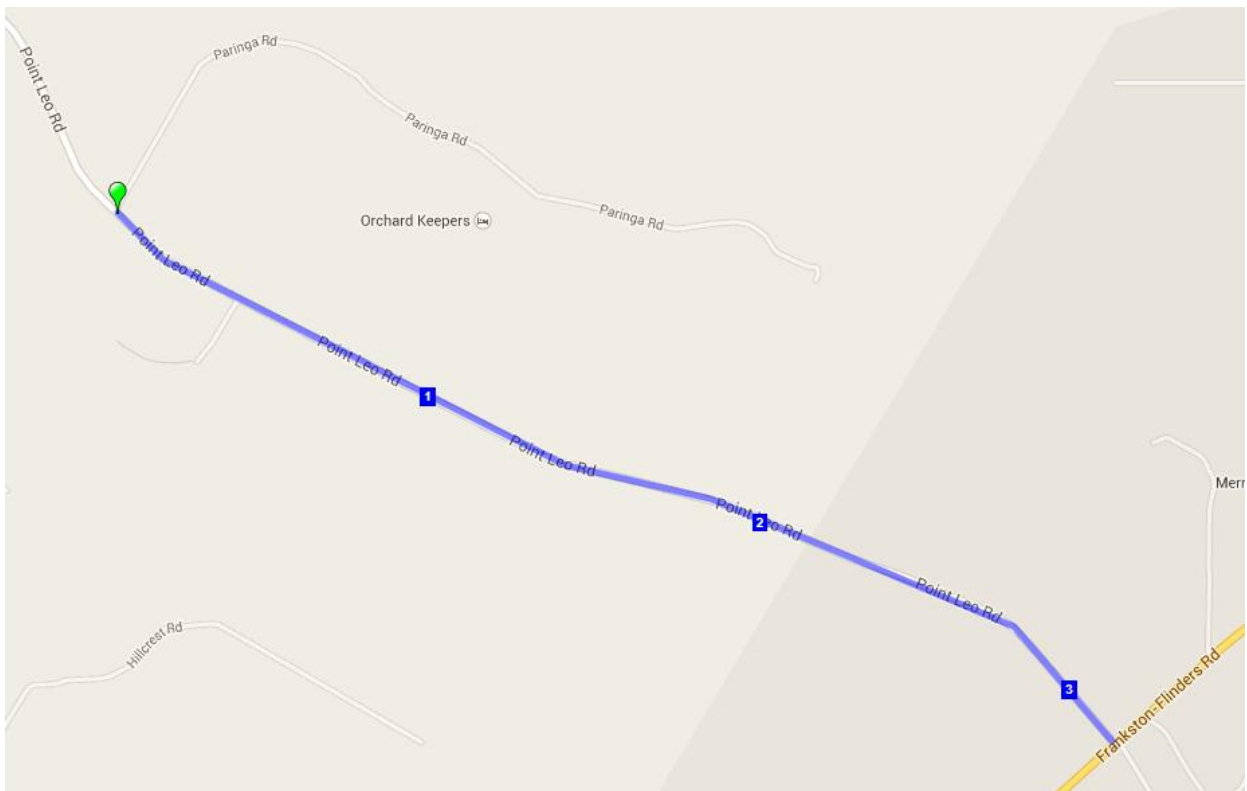
Stage 7 – The Patrick Swayze

Melways Ref: Start 191 C10 **End** ?? (does anyone still use Melways!)

Distance: 3.2km

Description: Down Point Leo Rd, finish at Keep Left sign on the traffic island situated just before crossing Frankston-Flinders Rd. Once past the sign, wave to release runner who is waiting by the Keep Left sign on the other side of Frankston-Flinders Rd. **DO NOT RUN ACROSS FRANKSTON-FLINDERS ROAD, THIS IS A MAJOR HIGHWAY.**

Course record: New stage 2015



Stage 8 – Fury’s Delight

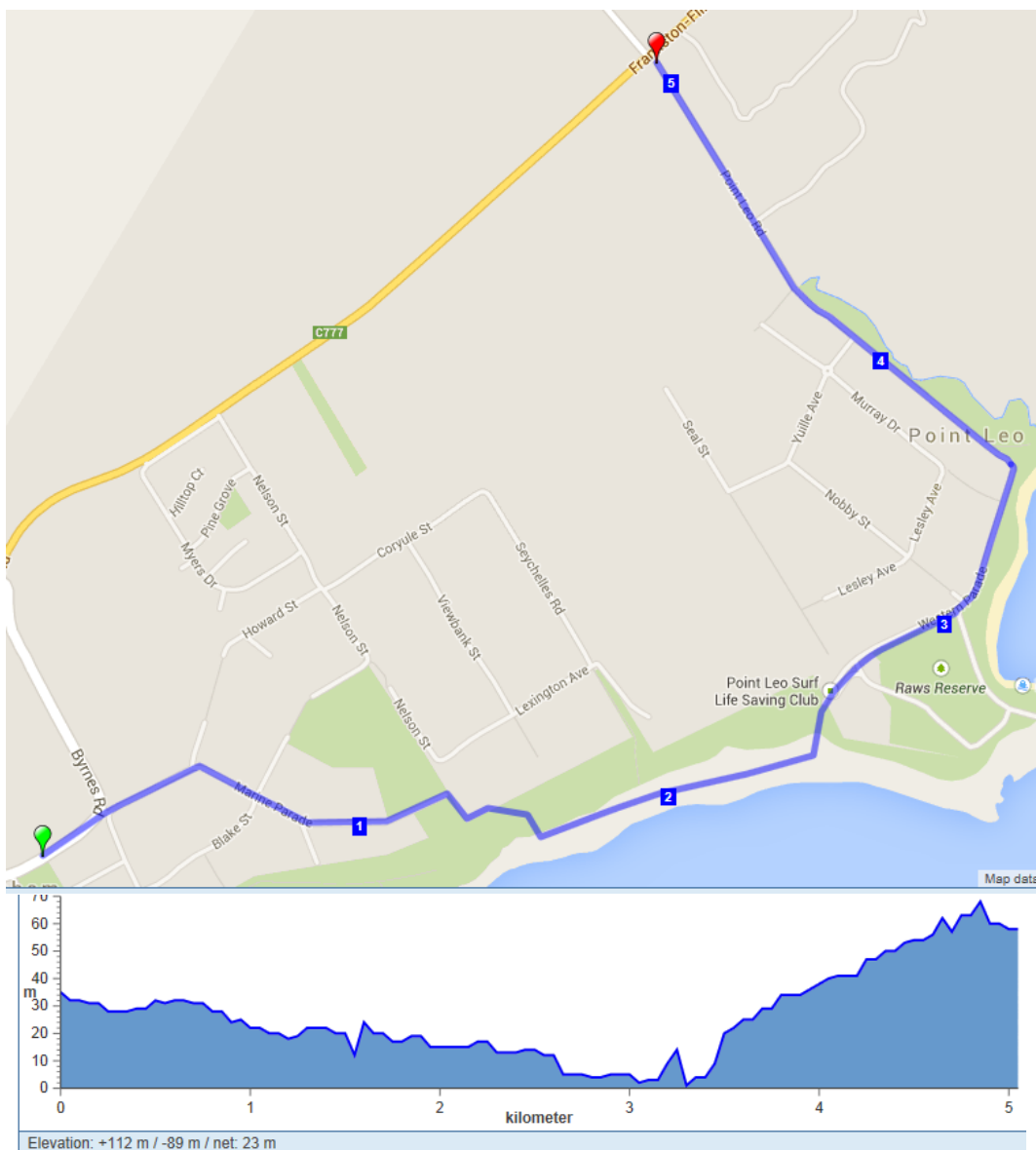
Melways Ref: Start TBA End 256 F8

Distance: 5.0km

Description: Continue along Point Leo Road and right into Western Parade. From the boom gate it's just over 1 km to the beach. Turn right onto 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 in front of the Shoreham Tennis Club at the public telephone.

Course record: New stage 2015

Organiser notes: Markers at beach exit and Marine Pde/Byrnes Rd intersection.



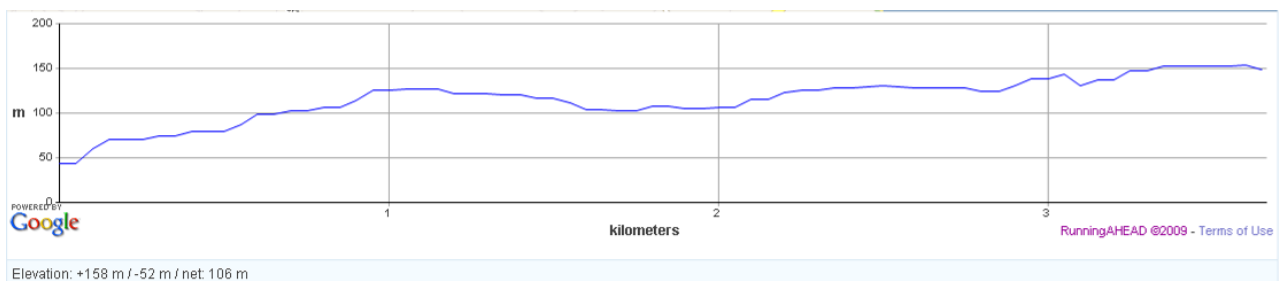
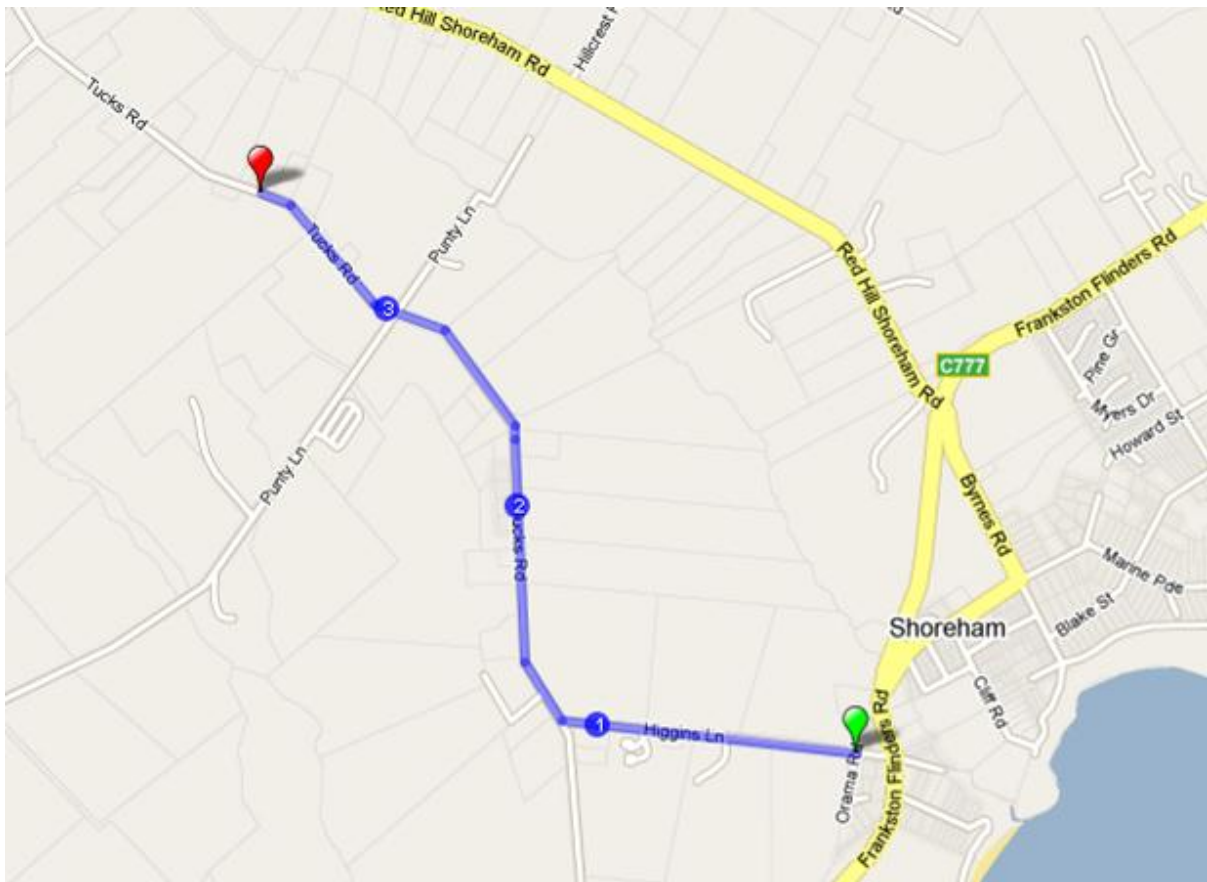
Stage 9 – Past the punt

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: 12:40 – Dan Hornery - 2012



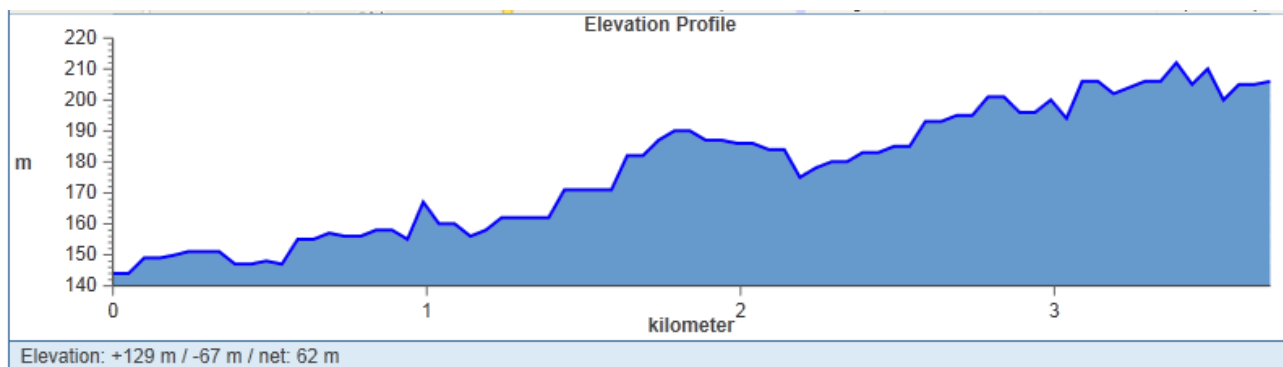
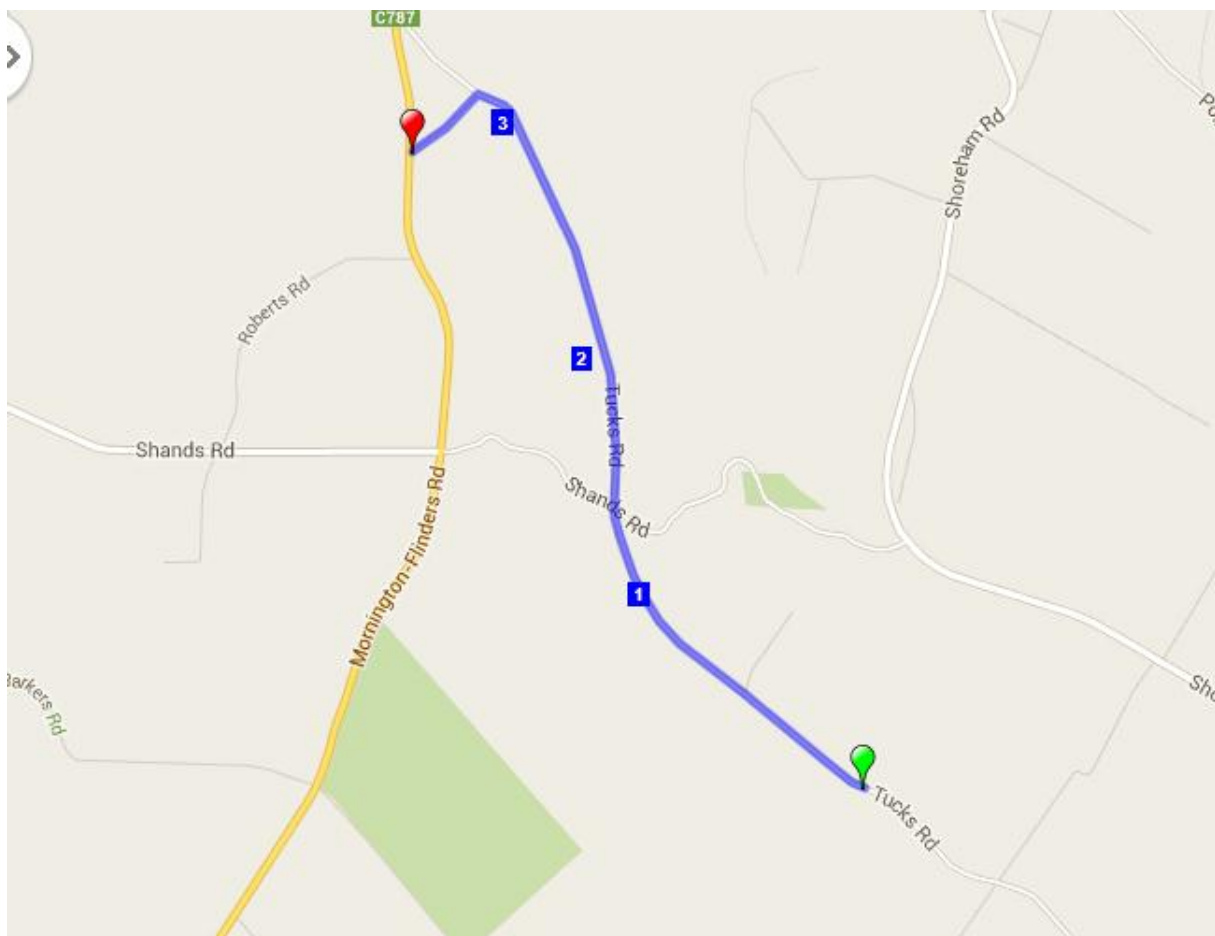
Stage 10 – The Step Off

Melways Ref: Start 255 J4 End ???

Distance: 3.7km

Description: Continue along Tucks Road, after 3.3km turn left into Orchard Way. Shands Road. Finish 10 metres before Mornington-Flinders Rd and wave to release runner who is waiting on other side of road. **DO NOT RUN ACROSS MORNINGTON-FLINDERS ROAD, THIS IS A MAJOR HIGHWAY.**

Course record: New stage 2015



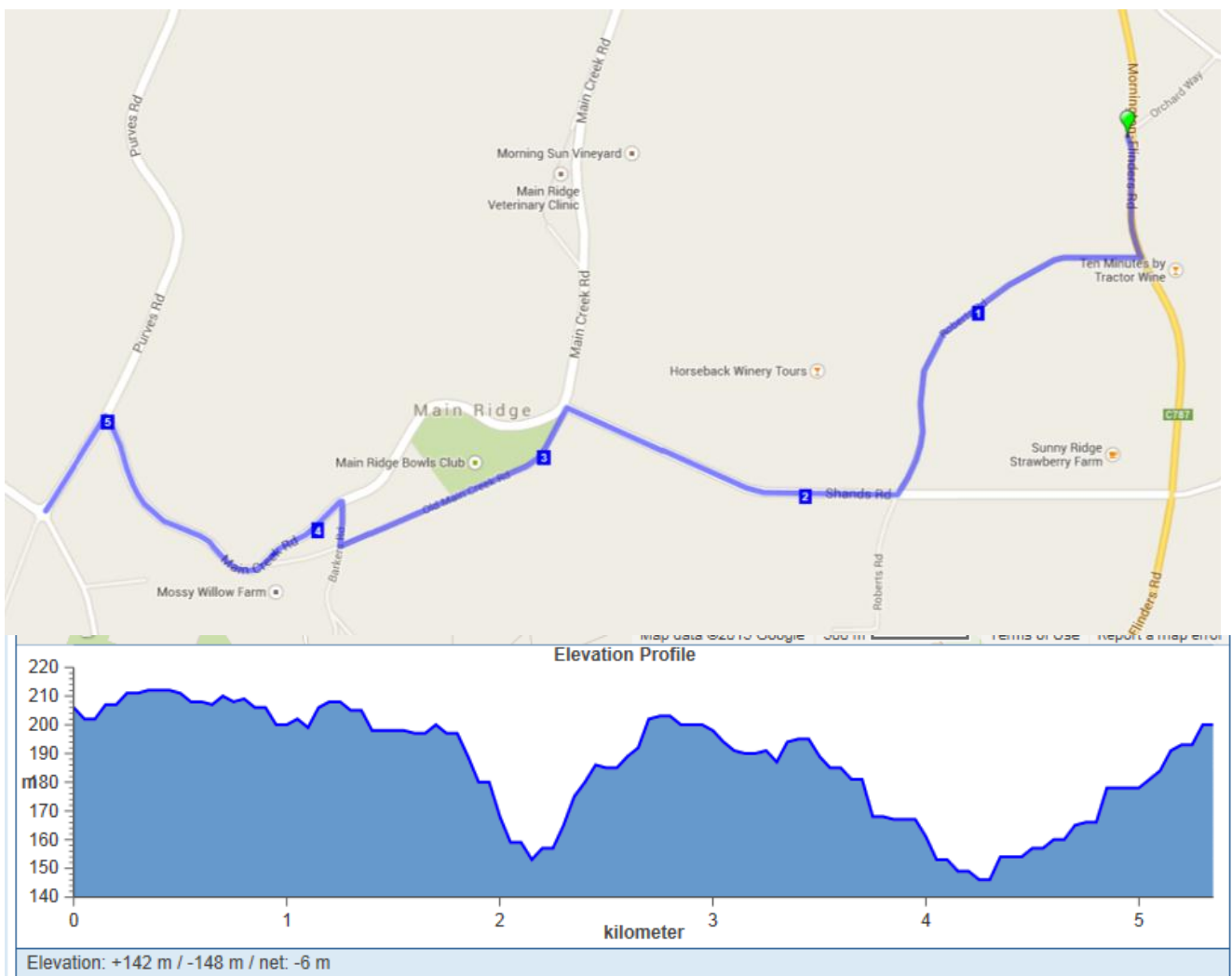
Stage 11 – Wineview Lane

Melways Ref: Start ??? End 254 E1

Distance: 5.3km

Description: Head south along right hand shoulder of Mornington-Flinders Road for 400 metres, turn right into Roberts Road, right into Shands Road, sharp left onto Old Main Creek Road (gravel). At the T-intersection turn right onto Barkers Road then left onto Main Creek Road. At end of Main Creek Road turn left on to Purves Road carefully go through the roundabout to the handover.

Course record: New stage 2015



Stage 12 – Bora Bora

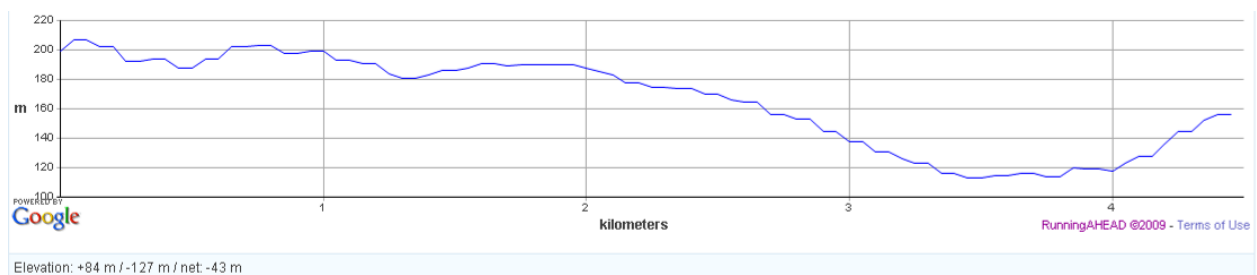
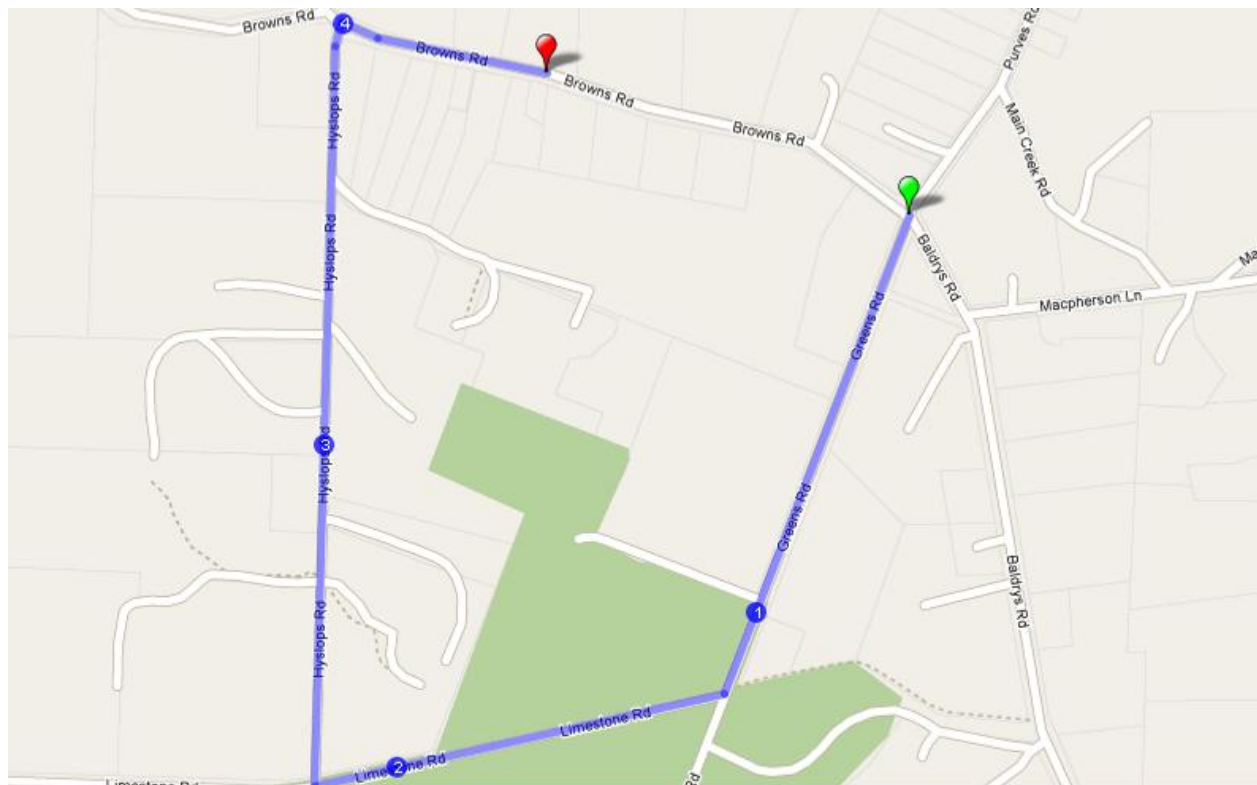
Melways Ref: Start 254 E1 End 171 C12

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: 14:59 – Joji Mori - 2014

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



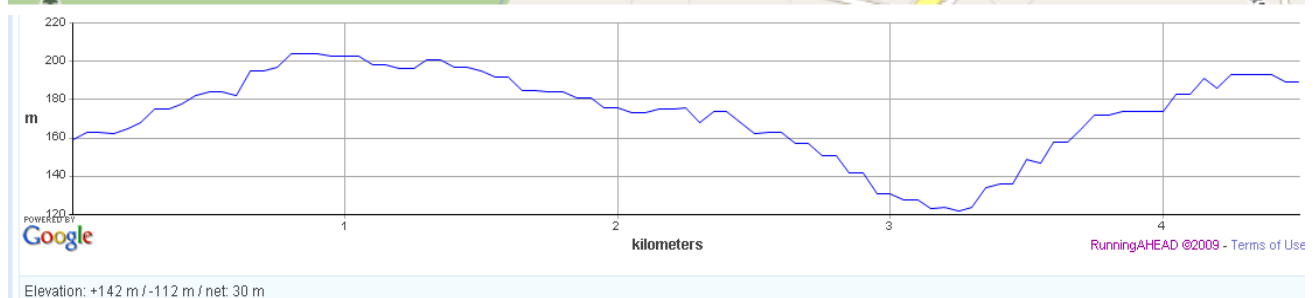
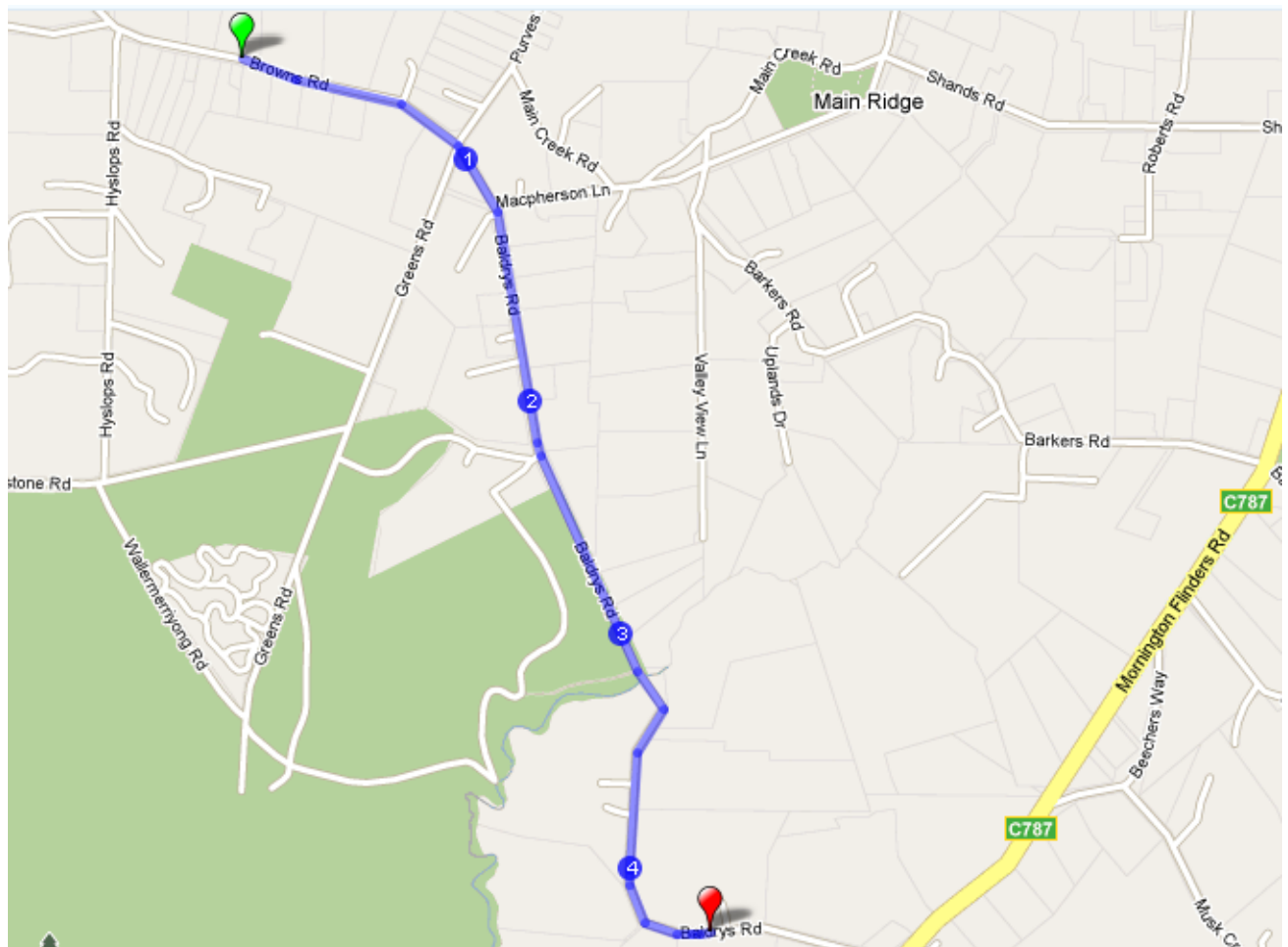
Stage 13 – Crossing Baldry

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: 15:05 – Simon Bevege – 2012



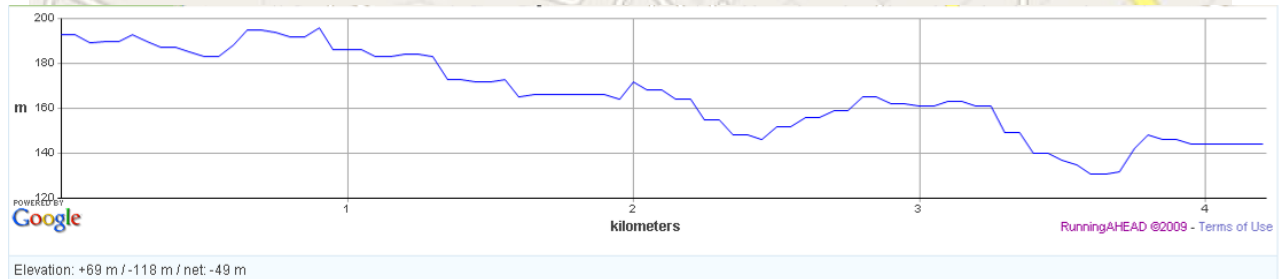
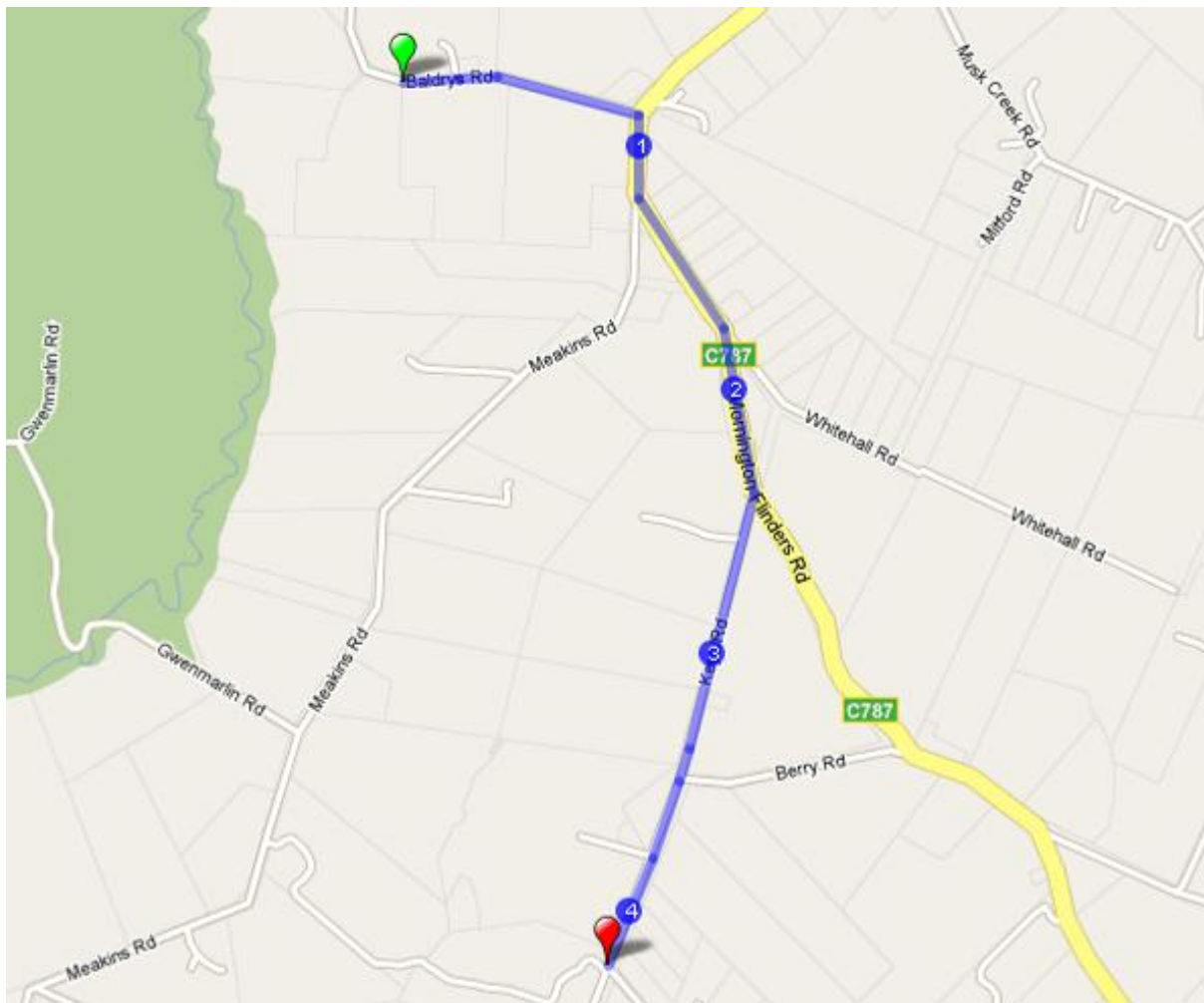
Stage 14 – M1

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

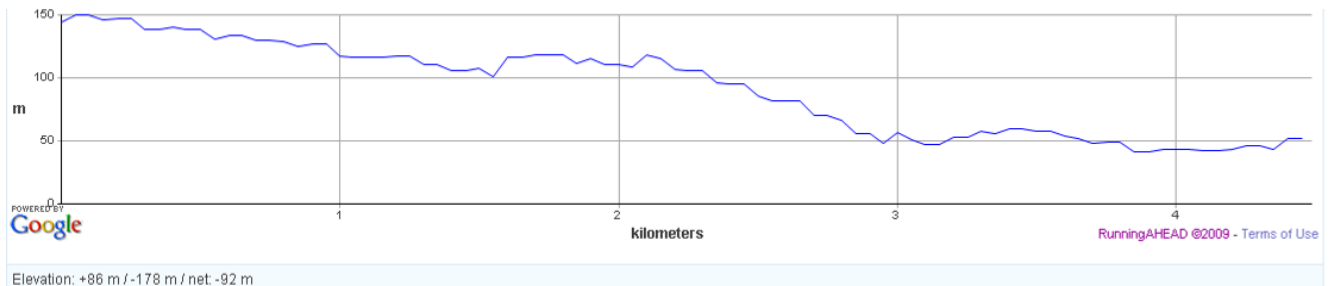
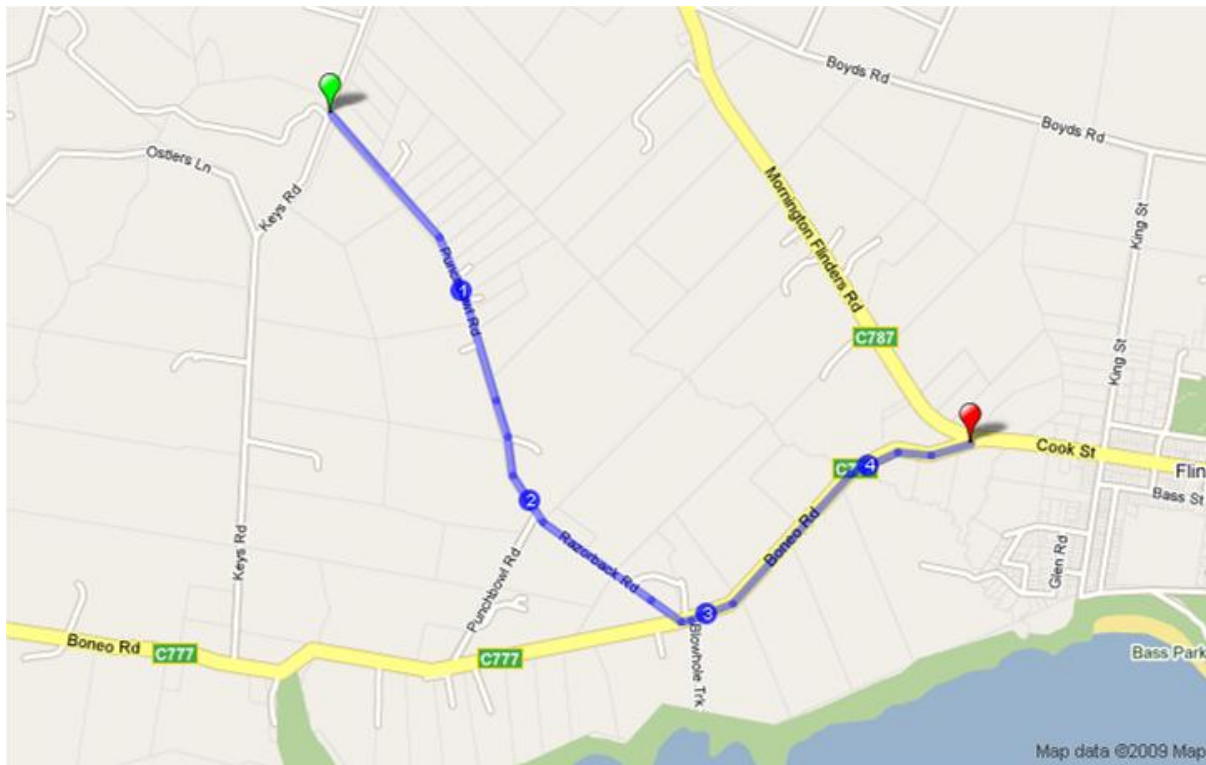
Melways Ref: Start 260 J4 End 261 G8

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: 13:26 – Simon Bevege – 2012

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: 14:07 – Glenn Goodman – 2012

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

