Vin.du Yealth r eve	No 1 Dan "Doctor Dan" Hornery Species: Roadrunnerus exempliaris No 2	Comments The class of the field. Only the wind is likely to see him fail to set stage records in all 4 legs that he runs. Won't have The General contaminating his team selection this time. Will be interesting to see if his Lorne Mountain to Surf finish has left any scars.	RecentPerformancesFast & bloody fast.5000m:15:053000m steeple:9:20(State champ)Mile:4:221500m:3:58Recent
S.	Paul "Mullett" Martinico Species: Mulletus fryus	In great form & benefiting from hard work on the training track. Shouldn't get lost this time as he has raced this course before. Proved his strength at the recent Falls Ck camp & the big question is whether or not he can beat Dr. Dan on just one stage.	Performances 5000m: 15:11 Mile: 4:23 1500m: 3:59
	No 3 Colin " <i>Billy Bob</i> " Thornton <i>Species: Singletus</i> <i>tooclingis</i>	Comments Still doesn't know what he is capable of around the Tan (& neither does anyone else). Due to smash the 12 minute barrier this season. Concern: May feel a need to protect his DFSCPR handicap.	Recent Performances 2 Bridges TT: 12:37 3000m: 9:09 Mile: 4:27 1500m: 4:10
GAR	No 4 Vaughn Harber Species;Sandy Youngus Gunnus	Comments Proved the critics wrong at Romsey with 4 great stages. In hot form on the track, but untried as a captain & stage selection will be a critical factor at Barwon Heads.	Recent Performances Staying below the radar most of the time. 800m: 1:59
	No 5 Troy " <i>Troy Boy</i> " Williams Species: Strongerus allthetimis	Comments Could this be Troy's year? (Or is that what we said in 2006? And 2005?)) Troy Boy knows how tough these events can be if things don't go well. In top form at the moment though, & could match it with the number ones. Past experiences should help.	Recent Performances 2 Bridges TT: 12:38
	No 6 Gerard Robb Species: Trackus specialitis Sub-species: Youngus-gunus	Comments Comes to Barwon Heads under the same cloud that covered Harber at last year's NAR, i.e. sensational track form but no guide to his endurance. The guy is seriously quick though & shouldn't be discounted.	Recent Performances 1500m: 4:17 800m: 2:03 400m: 0:57
	No 7 Stephen Paine Species: Bankerus nabitis	Comments A bit of a dark horse. Easily won this year's 1 st timetrial, looking like he was just pacing Slips. Has a reputation for showing inconsistent form. Concerns: Spends way too much time with Handman.	RecentPerformancesMarathon:2:552 Bridges TT:13:14

	No 8 Shane " <i>Slips</i> " Fielding <i>Species: Trainingus</i> <i>housedownus</i>	Comments In lifetime best form despite his aging years, proven by a PB in Round 1 of the Corporate Cup Has been cited in tabloids as being the inspiration for Brittney's new hairstyle.	RecentPerformances2 Bridges TT:13:16Tan:12:41
	No 9 Anthony " <i>Mitho</i> " Mithen <i>Species: Marathonic</i> focus	Comments Inexplicably often bypassed in relay team selections. Could have a hard day ahead if he gets selected by a short track specialist. Having survived the Falls Ck training camp, he should be in top shape. (Or at least as good as he'll ever get.)	RecentPerformances2 Bridges TT:13:231500m:4:26
VICTORIA	No 10 Bruce " <i>Arthur</i> <i>The Bruce</i> " Arthur Species: Compassian carryus	Comments Always consistent & reliable. Will run the day out with no problems & one of the few who could handle a 5 th stage. Unlikely to have difficulty with directions, although may be prone to stop at benches & poles to look for controls.	RecentPerformances2 Bridges TT:13:36Tan:13:03
	No 11 Anthony " <i>AL</i> <i>Prez</i> " Lee Species: Ouchis pubis deteriosis	Comments On the comeback trail after a couple of months very easy going cunningly disguised as injury management. Did take the plunge at Falls Creek, but not in top shape. Very good recent track performance though. May be hurting physically & mentally by the end of the day.	RecentPerformances2 Bridges TT:13:44Tan:13:091500m:4:28Fitzgerald's Hut 19kloop:1h38m
	No 12 John " <i>Handman</i> " Hand <i>Species:Formus</i> <i>long-gonitis</i>	Comments Used to be able to run (so he says), but has lately taken to wheeling out excuses slicker than Biggers. (Must be a Pommie thing.) After being towelled up by NFM in the 1 st timetrial he brought his heart with him to the 2 nd . Concerns : Unknown in this format & may be frightened by the waves.	Recent Performances 2 Bridges TT #1: 14:45 2 Bridges TT #2: 13:53 Tan: 13:14 3000m: 10:34 1500m: 4:41 800m: 2:22
	No 13 Scott "Lawry" Lawrence Species: Trackus specialitis Sub-species: Over-the-hillus	Comments Track performances this season have been good, but slightly injury prone. (Not as bad as fellow oldies Grunter & GGO though.) Concern: Will he be willing to put it all on the line with the Aust. Masters Champs only 5 weeks away?	RecentPerformancesTan:13:531500m:4:33

No 14 Max " <i>NFM</i> " Howard Species: Negative Forward Motionus Sub-species: Serialus under- rankus	Comments His first relay as a rank & file Miler. In good form on the training track, but the OLD knees could be a worry on the sand. Look for a funniest home video winner if Max has to run up a sand dune.	RecentPerformances2 Bridges TT:14:30Tan:13:531500m:4:43
No 15 Glenn " <i>GG</i> " Goodman Species: Lunchus specialitis	Comments Once a force to be reckoned with in relays, will now cause more problems to other teams with his sledging. His lack of devotion to training has allowed him to concentrate on mentoring other sledgers on the Forum.	RecentPerformancesMile:5:171500m:4:47
No 16 Luke " <i>LG</i> " Goodman Species: Stealthius preparius	Comments Strangely missing from the timetrials & other training sessions after showing signs of returning to some semblance of form before the seedings were announced. Cleaned up cousin GG in the Mile recently & will be looking to repeat in the Relay.	Recent Performances Mile: 5:15 Tan: 14:20
Emergency #1 Annette " <i>Mrs</i> <i>Mitho</i> " Mithen Species: Determinis Extremis	Comments Possesses incredible endurance (to be able to put up with Mitho). A survivor of the recent Falls Creek training camp where she humbled some of the other runners. Concern: Barwon Heads has not been a happy hunting ground for the fairer sex in the past.	Recent Performances Half Mara: 1:36 10k: 43:20 5k: 20:51 Tan: 15:13 3k: 11:31 Fitzgerald's Hut 19k loop: 1h45m
Emergency #911 Gary "GGO" O'Dwyer Species: Neverwasun Sub-species: Neverwillbian	Comments Hardly sighted since fleecing the Club of the Championship last December. Claims of hamstring, back & achilles injuries. All of which are probably related to pulling a heart-string. Surprisingly is capable of genuine speed (when running steep down hills trying not to fall over).	RecentPerformancesYou've got to bejoking! Appeared atthe timetrials with pen& notebook & whenpressed to "run",recorded 15:24.Tan:16:59!!!

The Biggers List

(an excuse for every occasion)

	Lame Mike " <i>Grunter</i> " Bialczak Species: Gruntus Inpainus	Comments Was looking set for a big Autumn, but even the freakish one has limits & his hamstring has decided to throw in the towel. So much for the altitude training.	Recent Performances Combined with Mitho to defeat Team Sandy at 500.
R-A-C	Wrinkly David " <i>Smoothie</i> " Venour <i>Species:</i> Ohsosmoothoneis	Comments There'll be no sign of the infamous board shorts on the beach at this year's 5M's. The Smooth One will be otherwise occupied, i.e. he'll be doing what his other half told him he'll be doing.	Past Performances If you've got a spare afternoon he'll tell you all about them.
S-A-C	Stepped Off Jason "Jaymondo" Eagleton Species: Hornerus shadowus	Comments Is on record as saying that he runs "To beat little punks like Hornery". Well first you have to toe the line <i>Jaymondo</i> .	Recent Performances 1500m: 4:14
	NQR Ross "OST" Becroft Species: Legalitis practitionist	Comments Would have loved to make the journey down to <i>The Heads</i> , & shout <i>Ra-ra</i> at the Geelong Grammar eights as he crossed the Barwon, but he unfortunately tweaked a heart er hamstring earlier this week.	Recent Performances 2 Pinot's, 1 Moet & a dry Martini (shaken, not stirred) between Acts at the opera.
	JPS (Just Plain Soft) Anthony Weiland Species: Magpie Scummus	Comments Living up to his reputation by withdrawing from the Relay with a similar complaint to OST. Except that in AW's case the blame was laid on an errant ITB.	Recent Performances Reached Fitzgerald's Hut on the same day that he started. (<i>Finally</i> !!)