











5M's Relay – Mornington Peninsula - 2012

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| <p>No. 1 Dan Hornery</p> <p>Species: Alphaus Maleus</p> <p>Nickname: Dr Dan</p> |  | <p>Comments</p> <p>2nd only to SCUZ as ANZ's finest export, Dr Dan rightfully returns to the no. 1 spot after a lengthy break from MMM events. Word on the street is that Dan will run 30km the day before the relay as he chases a second sub 2.20 marathon and a new pb. Will his huge workload take the sting out of the legs? Expect a few stage records but also expect Bevo to keep him honest. Has been known to wear ridiculous head accessories such as wigs or headbands.</p> <p>Caution on beach leg: The Dr has been known to throw himself down on the sand in front of a pack of runners hurtling along a beach leg, sending them flying like a set of tenpins. Recommended to run very wide of Dan if he goes anywhere near stage 8.</p> | <p>Performance</p> <p>PB's: Marathon: 2:19:40 1/2 marathon: 1:06:53 10km: 30.22 5km: 14:28</p> <p>Recent: 20 miles: 1.47.36 5km: 15:21 Training : Face plant</p> |
| <p>No. 2 Simon Bevege</p> <p>Species: Quadus Thunderus</p> <p>Nickname: Bevo</p> |  | <p>Comments</p> <p>And speaking of ridiculous accessories, look no further! The only thing Bevo loves more than stocking his wardrobe with headbands, black socks, 'package' pants and purple suits, is updating his status on the Book of Face. Despite his poor fashion choices, he seems to be in career best form but as a captain, don't be surprised to see him save himself for some soft records. Punched out a massive 6 x 750m session leading into the race.</p> | <p>Performance</p> <p>PB's: Marathon: Soft 1/2 marathon: 1:11:37 10km: 31.57 Tan: 11:40</p> <p>Recent: 5000m: 15:06 3000m: 8:39 1500m: 4.10 Triathlons: Impressive</p> |
| <p>No. 3 Jay Phillipotts</p> <p>Species: Postraceus Octoberfestivus</p> <p>Nickname: Flash??</p> |  | <p>Comments</p> <p>Look at those pbs! They're quick! The long ones stack up better than the short ones though – will he have the pace to go with Bevo? One thing's for sure – he'll be as quick in his 4th stage as his 1st. As Dan's training partner, I presume he does lots of quality distance and reps, knows his way around a bottle of red wine, and does his best work after dark.</p> | <p>Performance</p> <p>PB's: Marathon: 2:24:32 1/2 marathon: 1:08:13 10km: 31.34 5km: 15:14</p> <p>Recent: 10km: 32.51 5km: 15:44 1500m: 4.12</p> |



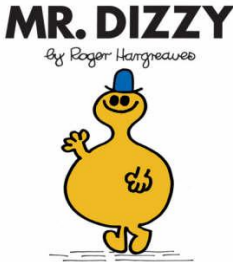

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| <p>No. 4 Stephen Paine</p> <p>Species: Hairy-wan Kenobi</p> <p>Nickname: House</p> |  | <p>Comments</p> <p>Raced sparingly over summer hoping to get a soft seed for Red Hill. And it looks like it has worked.</p> <p>Has been doing some big kms in preparation for Oxfam so will be very fit. Loves a downhill stage so will no doubt run Stage 7.</p> <p>Has some big decisions to make on his first pick that may impact his team's chances.</p> | <p>Performance</p> <p>Put on another great golf weekend.</p> <p>Monstered too many buffets to mention over summer.</p> <p>5km: 15:40 ish</p> <p>Mile: 4:48</p> |
| <p>No. 5 David Venour</p> <p>Species: Bouffantus Silverus</p> <p>Nickname: Smoothy</p> |  | <p>Comments</p> <p>What a Smooth mover! What great hair! Has an abundance of strength and will eat hills for breakfast after spending an excessive amount of time getting up to crazy ultra-running antics.</p> <p>Track form is non-existent but a recent 750m rep session showed he can still produce some speed when required. Solid performer last time at Red Hill so write him off at your peril. This writer is happy to ignore murmurings about his impending retirement and bleating about his high seeding.</p> | <p>Performance</p> <p>PB's:</p> <p>Marathon: 2:34:19 1/2 marathon: 1:11:46 10km: 32.36 Tan: 11:51</p> <p>Recent:</p> <p>56km: 4:26:57 10km: 2nd place somewhere in Woop Woop, just behind an African</p> |
| <p>No. 6 James Atkinson</p> <p>Species: Hammius Twingus</p> <p>Nickname: Moo</p> |  | <p>Comments</p> <p>Seems to have bounced back strongly after hammy issues over the last month. Reigning AV 45-49 champion and rarely puts in a bad race. Recent form includes 40 stableford points off a very generous handicap on day 1 of the golf weekend but he followed this up with several near air-swings on day 2. Did he celebrate too hard between rounds? Is somewhat more consistent from a running perspective.</p> | <p>Performance</p> <p>PB's:</p> <p>Marathon: 2:29:57 1/2 marathon: 1:08:29 10km: 30:18 (so close) Tan: 11:14 (fastest ever Miler!)</p> <p>Recent:</p> <p>5000m: 15:58 Tan: 12:18 (Sep 2011) 1500m: 4.17 800m: 2.09 Winner: Shortest drive (Rich River CC)</p> |
| <p>No. 7 Andrew Coles</p> <p>Species: Altitudus Trainus</p> <p>Nickname: Woolies</p> |  | <p>Comments</p> <p>Has completed a significant training block in sub-zero conditions on a nice flat treadmill. Neither of these things should hold him in good stead for Sunday. Like training partner Paula Radcliffe, is well past his best on the track. Nevertheless, big things are expected in 2012 as he gears up for his marathon debut. Can still produce a sprint finish to rival most Milers. Little recent form to go on.</p> | <p>Performance</p> <p>PB's:</p> <p>Marathon: Soft but not for long 1/2 marathon: 1:13:04 10km: 31:15 (different millennium) 1500m: 3:52</p> <p>Recent:</p> <p>Half marathon: 1.14.07 (Sep 2011) Tan: 12.01 (Sep 2011) Mile: 5:02</p> |


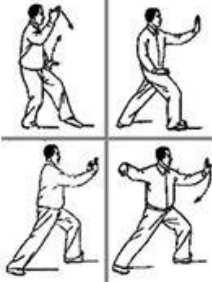


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| <p>No. 8 Mike Taylor</p> <p>Species: Busterus Stylus</p> <p>Nickname: Iron Mike</p> |  | <p>Comments</p> <p>Was the backmarker for the recent mile handicap and now sees himself as a #2. The handicapper must have not liked what he saw.</p> <p>With a Bustersque running style he will certainly add some class to Team Woolies, but will he be able to run 4 quick stages?</p> <p>Rumoured to bite the ears off opponents who threaten to beat him.</p> | <p>Performance</p> <p>PBs</p> <p>800: 1:52.0 1500m: 3:52.2 Tan: 12:01 5000m: 16:00 10km: 34:34</p> <p>Recent</p> <p>800m: 2:03 1500m: 4:09 Mile: 4:33 Tan: 12:24 5000m: 16:00 10km: 35:07 (off bike) City to Sea 14km: 50:47</p> |
| <p>No. 9 Shane Fielding</p> <p>Species: UBus Oneus</p> <p>Nickname: Slips</p> |  | <p>Comments</p> <p>The ageless Kenyan from the rarely seen pale tribe just keeps getting better and better.</p> <p>Turned his focus to new pursuits over short hurdles and other such novelties this summer, and still turned in top state level performances. Is there no stopping this man?</p> <p>Will probably get picked by Moo because of Waverley club loyalty, but is probably unlucky to be above the all conquering Bacchus.</p> <p>Time will tell.</p> | <p>Performance</p> <p>PB's</p> <p>Tan: 12:20 800m: 2:05 1500m: 4:18 Mile: 4:38 3000m: 9:24 10km: 34:41 (2011) Half: 76:30 (2011) Mara: 2:41:48 (2011)</p> <p>Recent</p> <p>400 Hurdles: 64 secs 800m – 2:10 Mile: 4:59</p> |
| <p>No. 10 Paul Marsh</p> <p>Species: UBus Twous</p> <p>Nickname: Bacchus</p> |  | <p>Comments</p> <p>Wow!!!!!!!</p> <p>Those recent performances are impressive you have to wonder who he paid off to get seeded below Slips.</p> <p>A running sensation throughout 2011 and his fans will be out in force on Sunday looking to see him inflict some pain.</p> <p>Value pick and could go as high as #8. What will Woolies do?</p> | <p>Performance</p> <p>Recent</p> <p>Marathon – 2:38 – October 2011 Half Mara – 75:03 – September 2011 10km – 33:57 – September 2011 Tan – 12:09 - September 2011</p> |



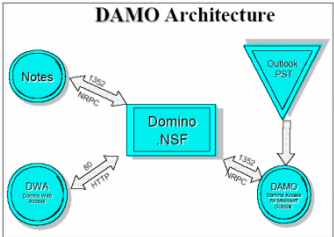
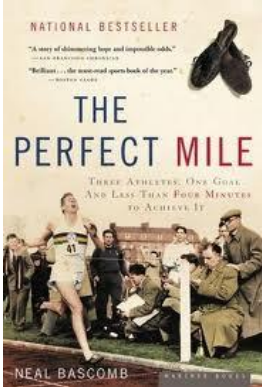
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| <p>No. 11 Anthony Lee</p> <p>Species: Runnus Uglius</p> <p>Nickname: AL or Tilt</p> |  | <p>Comments</p> <p>Has won 7 of 13 relays. Yes, that's too many. No doubt 'fooling the handicapper' is a skill listed on Tilt's LinkedIn profile and extends all the way from the running track to the golf course. A master at talking himself down (except when Wayne Arthurs' name comes up) and peaking for the big events, this former President can never be discounted. And just when you thought his track career was dead and buried, up he bobs with a 2nd in the handicap Mile. Runs as ugly as an Andrew Dunkley drop punt but is as wily as a Shane Warne flipper.</p> | <p>Performance</p> <p>PB's: Marathon: 2:39:06 1/2 marathon: 1:14:29 10km: 33.04 3000m: 9:07</p> <p>Recent: 56km: A very long time 5km: 16:55 1500m: 4.31 800m: 2.16 Shot put: 6.94m</p> |
| <p>No. 12 Troy Williams</p> <p>Species: Getus Stuffedus</p> <p>Nickname: TW or Troy Boy</p> |  | <p>Comments</p> <p>Has been low on motivation since Boston marathon 2011. Training form is scratchy and has been seen closer to the rear of the A group of recent times. Still a quality runner and if given a guernsey on the day will be a good pick up at #12. Endurance may be lacking at the end of the day.</p> | <p>Performance</p> <p>May have run quickly to the toilet at some stage last week.</p> |
| <p>No. 13 Mark Deslandes</p> <p>Species: Nunawadus Representus</p> <p>Nickname: Dizzy</p> |  | <p>Comments</p> <p>Former winner of a 5Ms runner of the day award. He knows how to get the job done. Ignore recent form as he is going better than that. Can run all day on his diesel engine, and will push those above him as the day goes on.</p> | <p>Performance</p> <p>5000m 17:46 1500m 4:59 3000m 10:56</p> |
| <p>No. 14 Bruce Arthur</p> <p>Species: Shortus Cuttus Findus</p> <p>Nickname: ATB (Arthur the Bruce)</p> |  | <p>Comments</p> <p>Probably not in career best form but a massive bargain at #14. Could well be picked up before Dizzy or AL. That will be a decision for Chewbacca as #4 captain. A master tactician who can find a shortcut in a hallway. Like Dizzy, is an endurance machine, and will dish out 4 good quality efforts.</p> | <p>Performance</p> <p>18/2 Collingwood 10,000m 36:21</p> <p>10/3 National Orienteering League Sprint - 6th in Men's Elite</p> <p>Mile: 5:34</p> |

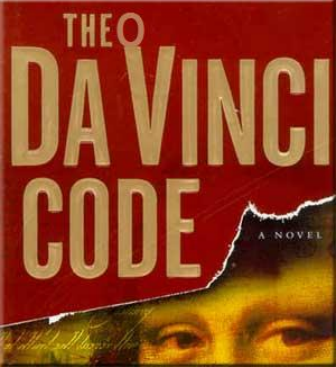



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| <p>No. 15 Katie Seibold</p> <p>Species: Fannus of Bobsquarepantus</p> <p>Nickname: Katie</p> |  | <p>Comments</p> <p>Returning to the MMM relay scene after a 6 year break. Very little form to go on so could be an X Factor. Multiple National Rep so the quality is there, but running volume has been lower of late. Is a known endurance runner so will be solid over 4 stages.</p> <p># Still holds the stage 8 record at Romsey and set it back in 2002.</p> | <p>Performance</p> <p>PB's: 1500m 4:23 3k 9:23 5k 16:26 10k 34:12 Half 77:45 Full 2:44 Tan 12:36</p> |
| <p>No. 16 Thai Phan</p> <p>Species: Onepaceus Alldayus</p> <p>Nickname: Chi</p> |  | <p>Comments</p> <p>When he's hot he's hot, but when he's not Well, just think back to the recent MMM Mile. A reigning 5Ms champion with plenty of MMM relay experience. Still has to warrant serious consideration.</p> | <p>Performance</p> <p>PB's: Marathon: 2:52:18 1/2 marathon: 1:24:59 10km: 38:50</p> <p>Recent: Mile: 5:55</p> |
| <p>No. 17 Garth Calder</p> <p>Species: Thelongerus Thebetterus</p> <p>Nickname: Licka</p> |  | <p>Comments</p> <p>Another one just back from Africa, but Licka has been training. Seriously training! May be in the best form of his life – for ultra marathons. Not known for his blistering turn of speed, but will run out the day strongly & will relish the tougher stages that will see the soft, track runners crumbling.</p> | <p>Performance</p> <p>PB's: Marathon: 2:57:50</p> <p>Recent focus: Training for 6ft</p> |
| <p>No. 18 Norval Hope</p> <p>Species: Noseus Tothegroundus</p> <p>Nickname: Lurch</p> |  | <p>Comments</p> <p>Any resemblance between Lurch & a runner is purely coincidental. Gives new meaning to the term "running ugly". In good form at the moment & is guaranteed to give his team 100% effort.</p> <p>Caution: May have to take the team photo with the other members standing on the side of a hill.</p> | <p>Performance</p> <p>PB's: Marathon: 3:01:40 1/2 marathon: 1:23:28 10km: 37:03 5km: 17:41</p> <p>Recent: Mile: 5:21 5000m: 17:41 1500m: 4:35</p> |



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| <p>No. 19 Tony George</p> <p>Species: Barakus Lookalikus</p> <p>Nickname: Cheddar</p> |  | <p>Comments</p> <p>Could be a surprise early pick from a captain looking for a luxurious team car, if he presents in his pristine BMW.</p> <p>Has been building up the kms on the training track of recent times after an extended family holiday in the US where the number of times he was mistaken for the US President outnumbered the number of kms he ran on the holiday.</p> <p>Caution: May be prone to stop & pose for photo opportunities, saying "cheese".</p> | <p>Performance</p> <p>PB's: 1/2 marathon: 1:21:28 10km: 37:16</p> |
| <p>No. 20 Ewen Vowels</p> <p>Species: Mushroomus Domicilus</p> <p>Nickname: Smurf</p> |  | <p>Comments</p> <p>A real standout at MMM events. Because he's in a blue top while everyone else is wearing red. Whichever captain gets Smurf needs to ensure that he gets a blue singlet, as running in any other colour could produce unexpected & potentially disastrous results.</p> | <p>Performance</p> <p>PB's: Marathon: 3:02:40 1/2 marathon: 1:32:30 10km: 38:47</p> <p>Recent: Mile: 5:32</p> |
| <p>No. 21 Damien Arnold</p> <p>Species: Improvus Improvus</p> <p>Nickname: Damo</p> |  | <p>Comments</p> <p>A reborn runner & MMM success story in the making. A relative newbie to the MMM ranks who is in the enviable stage of his running where PBs are coming thick & fast. Part of the winning NAR team on debut last year. The tougher Red Hill stages will test his mettle though.</p> | <p>Performance</p> <p>PB's: 1/2 marathon: 1:27:52 10km: 37:45 5km: 17:38</p> <p>Recent: Tan:13:45 1500: 4:48 10km: 38:29</p> |
| <p>No. 22 Tony Hally</p> <p>Species: Mileus Winnerus</p> <p>Nickname: Waterboy</p> |  | <p>Comments</p> <p>Starting to build up the kms again after a few niggles in late 2011 and didn't he start the year off with a bang, handing out a walloping to all-comers in the opening Milers event for the year, a 14 second win in the Mile handicap.</p> <p>Tone has one pace over all distances and can run this pace all day. A very solid #4.</p> | <p>Performance</p> <p>PB's: Tan: 13:50 10k: 36:58 Half: 81:49 Mara:2:51:19</p> <p>Recent Mile: 5:42</p> |

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| <p>No. 23 Theo Code</p> <p>Species: Footballus Playerus</p> <p>Nickname: Da Vinci</p> |  | <p>Comments</p> <p>Brand new to the Milers and a MMM relay debutante all within a few weeks. Da Vinci's first MMM session was 10 x Airlie and he actually came back for another run (many have been scared off after an Airlie debut). Next up was his first crack at a Mona Fartlek where he went out easy not knowing what to expect and came home hard with plenty of gas in the tank. Four tough 5M's legs is another story.</p> <p>The big question is...Will the 5M's be the session that cracks the Code?</p> <p>Caution: Rumour has it that he may have a 400m race on Saturday where he's hoping to go low 50's.</p> | <p>Performance</p> <p>Previous races</p> <p>R4K 2011 – 62mins Go the tan (late 2011) – 14:28 Run Melbourne 2010 10km – 44:16 R4k 2010 – 68mins</p> <p>PB around the tan might be 14:15.</p> |
| <p>No. 24 Rory Heddles</p> <p>Species: Morphsuitus Obsceneus</p> <p>Nickname: Racer</p> |  | <p>Comments</p> <p>The first man (or woman) to turn up to the annual MMM Christmas breakfast run in a bright red morphsuit shows that Racer has balls...and there was certainly no doubt about that, as most runners coming towards us that fateful morning can attest to.</p> <p>The question is, will Racer put those balls on the line on Sunday over 4 tough legs? If so, he will be a quality pick at number 24.</p> | <p>Performance</p> <p>PB's: Tan: 14:09</p> <p>Recent</p> <p>5km - 19:27 (31st Dec) and 19:39 (28th Jan),</p> <p>Rip to River 10km (beach run) in 43:27 (27th Dec).</p> |
| <p>No. 25 Glenn Goodman</p> <p>Species: Trainasaurus Rarius Exceptus Beforeus Relayus</p> <p>Nickname: GG</p> |  | <p>Comments</p> <p>We tell this story every year, mainly to explain to all relay newby's what's about to happen to their team if GG isn't in it.</p> <p>This wily old fox trains rarely, unless there's a relay in the near future. He then peaks to perfection and regularly walks away with the silverware.</p> <p>An absolute steal at #25 and will most likely perform well above seeding on the day...or will he??</p> | <p>Performance</p> <p>PB's: 10k: 33:20 (year unknown) Half: 78:50 (1996) Mara: 2:52:50 (1996)</p> <p>Recent</p> <p>1500m: 5:12 Mile: 5:36 5000m: 18:37</p> |
| <p>No. 26 Jarrod Abbott</p> <p>Species: Lurchus Mateus</p> <p>Nickname: Monk</p> |  | <p>Comments</p> <p>The Monk has been a regular attendee at MMM sessions over the last year and his improvement showed at last years Melbourne Marathon when he ran a 10 minute PB from the year before. Yet another tough decision for the captains as there's not much between the #4's.</p> | <p>Performance</p> <p>Mile: 5:54</p> <p>Melbourne Marathon 2011: 3:02:59 (PB)</p> |

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| <p>No. 27 Dale Nardella</p> <p>Species: Doreenus Residentus</p> <p>Nickname: Rafa</p> |  | <p>Comments</p> <p>2011 turned out to be a disrupted year of training for Rafa with a young family taking up a lot of his time (and sleep routines). Over recent months he's starting to show a bit of his old form on the training track but with little recent racing under his belt, he may find the second half of the day tough. Will give his captain and team everything he's got – Rafa won't let you down.</p> | <p>Performance</p> <p>PBs: Tan: 14:42 Half: 89:30</p> <p>Recent</p> <p>Took some great video of people running at the recent Mile Handicap. Joined the Oxfam training group on a long 30km run 6 weeks ago, Rafa's longest run ever.</p> |
| <p>No. 28 Danny Rey-Conde</p> <p>Species: Actorus on Stageus and Screenus</p> <p>Nickname: Jed</p> |  | <p>Comments</p> <p>5M's 2012 shows the current depth of the MMM training group when Danny, our resident thespian (in GGO's absence), scrapes in as the bottom seed. A regular at sessions over the last couple of months, Danny's form on the training track is improving by the week. No racing under the belt so probably won't get selected out of order, but will be a solid number four nonetheless.</p> | <p>Performance</p> <p>No recent races to speak of</p> |

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Emergencies

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| <p>No. ?? John Hand</p> <p>Species: Michelinus Manus</p> <p>Nickname: Job</p> |  | <p>Comments</p> <p>Was starting to get some form and body shape back over recent months but has hit a bit of a hurdle with some niggling injuries. Unlikely to be called up.</p> | <p>Performance</p> <p>Watched his son make a few runs in cricket last week</p> |
| <p>No. 28 Heidi Wolff</p> <p>Species: PMus Betterhalfus</p> <p>Nickname: Heids</p> |  | <p>Comments</p> <p>Very disappointing that Mrs PM isn't running as we had plenty of great lines for the form guide about how she's now the leading runner in the household and how great her navigational skills are around car parks...but unfortunately we won't be able to use them now. Currently in heavy training for the Canberra marathon so will be completing a 30+ km run this weekend if she doesn't get a late call up.</p> | <p>Performance</p> <p>Kept busy running around after 2 children and a lycra-clad husband.</p> |

Out

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| <p>No. 15 Simon Duffy</p> <p>Species: Mungu ibariki Afrika</p> <p>Nickname: Homer or SD or Duffman</p> |  <p>"Duffman says a lot of things, oh yeah!"</p> | <p>Comments</p> <p>Appears to have been following a training plan prepared by GG lately, & has been more intent on building frequent flyer miles than training miles. A class runner on his day, but suspect that this won't be that day.</p> <p>Concern: Suspect adductor</p> | <p>Performance</p> <p>PB's: Marathon: 2:52:13 1/2 marathon: 1:16:16 10km: 35:29 5km: 16:47</p> <p>Recent: N/A</p> |
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