



## 5M's Relay – Mornington Peninsula – 2015

Seeding/Name	Photo	Comments	Performances
<b>No. 1</b> <b>Simon Bevege</b>  Species: Ironmanus Pacmanus  Nickname: Bevo		<p>Course record holder in various stages, but is currently searching all over town for his lost form. Supposedly. Or is he just stoozing?</p> <p>Normally in peak form at this stage of the season, but may be off his best (see marriage reference).</p>	Hawaii Ironman Oct '14 (10 hours-ish)  Married Nov '14  Running – bugger all
<b>No. 2</b> <b>Mark Stodden</b>  Species: Whipitgood  Nickname: Stods		<p>Reigning 5M's champion.</p> <p>Runs like a whippet and weighs about as much.</p> <p>Has got faster and faster after a year with the Milers.</p> <p>Guaranteed to break some hands on the turnover with his brutal hand slaps. Be Warned!</p>	2015 Mile: 4:43  5 km: 16:52  Tan: 12:46  2014 MM 2:47
<b>No. 3</b> <b>Richard Does</b>  Species: CantrunnusDownhillus  Nickname: Dozer		<p>Club Capitano. Currently has his sights on something longer, and may have dropped a bit of speed. Expect to run hard all day though.</p> <p>Likes to complain about his handicap, and then runs quicker than expected – go figure?</p>	Mile: 4:57 Tan: 12:44 10km 34:20 2015  Podium finish in Rottnest Marathon 2:51 on tough course in October
<b>No. 4</b> <b>Anthony Mithen</b>  Species: Hawkus Frillypants  Nickname: Mitho		<p>Parent, home builder, runner and part time government official who spends time between beachside areas and his dwelling. Gets confused when Miler sessions are held at lunchtime as this isn't normally a consideration in his daily planning. Historically has references to frilly knickers in his resume, but the facts are vague.</p>	Park Run 17:39  2014 podium finisher at Oxfam



## 5M's Relay – Mornington Peninsula – 2015

Seeding/Name	Photo	Comments	Performances
<b>No. 5</b> <b>Dave Alcock</b>  Species: TrickusShotus  Nickname: Hustler		A long lost relative of the famous Alcock Billiard Table manufacturers*, he has shown he is as canny on the road as he is around a snooker table.  <i>*Artistic license may have been used</i>	Summer Tan 13:51  2014 MM 2:48
<b>No. 6</b> <b>Rob Dalton</b>  Species: Endurance Freakus  Nickname: 700		700 prefers the longer races, but has shown some serious speed recently in the Mile Handicap.  Will run fast and strong all day.	2015 Mile 5:00  Tan 13:23  Park Run 18:00  2014 MM 2:49 Burnley ½ 1:20
<b>No. 7</b> <b>Glenn Carroll</b>  Species: TrackusTo Trailwalkus  Nickname: RunGMC		Has plenty of speed, especially over 800m, then stepped up to Oxfam last year and finished with a marathon in Oct. Unfinished business.  Won't stop trying all day!	Mile: 5:13  10km 36:16 in '14  Burnley ½ in 1:22:34
<b>No. 8</b> <b>Nick Turner</b>  Species: FitterusTurnerus  Nickname: Fitter		An extremely solid mile followed by an equally blancmange like tan time trial have seen accusations of tanking levelled at Nick but the seeder hasn't been fooled.  Training very well and will make a very dependable number 2.	Mile: 5:05 Tan: 13:37 5km: 18:12



## 5M's Relay – Mornington Peninsula – 2015

Seeding/Name	Photo	Comments	Performances
<p><b>No. 9</b> <b>Ewen Vowels</b></p> <p>Species: Hipbonus Fragilius</p> <p>Nickname: Smurf</p>		<p>Reigning 5M's champion. Runs in any colour top as long as it's blue. Plenty of long bike rides, but apparently not too much running in '15. Often relies on Suzy the dog to drag him along, but won't have that sort of assistance at 5Ms.</p>	<p>39 trips to the medicos ('14-'15)</p> <p>Reckons he is in 38 minute form for 10km, but did a low 36 last year in AV.</p> <p>Pick at your peril.</p>
<p><b>No. 10</b> <b>Norval Hope</b></p> <p>Species: OvertrainusLeanerover</p> <p>Nickname: Lurch</p>		<p>Continues to fluctuate between long kms and long miles in his training, plus cross training just to make sure. Looks fast and ready to go.</p> <p>Can tend to get a lean up as the day goes on.</p>	<p>Burnley ½ 1:23:39</p> <p>1500m 4:54</p>
<p><b>No. 11</b> <b>Glenn Goodman</b></p> <p>Species: Trainingus Peakus For5Mus</p> <p>Nickname: GG</p>		<p>Once described (by the knowledgeable SCUZ) as "the softest sack of s**t to put on a pair of runners".</p> <p>GG will have no problem with the distance on the day BUT the question remains: can he force the pace above 6 mins/km without going into the red zone?</p>	<p>1500m 4:52</p> <p>Burnley ½ 1:25</p> <p>Oxfam 2014 14:30</p>
<p><b>No. 12</b> <b>Thai Phan</b></p> <p>Species: NoisyReptilius</p> <p>Nickname: Taipan</p>		<p>Been absent from the last few relays, but has been a regular since 2000, coming up to his 14<sup>th</sup> relay. Tough runner who will go all day. Showed he still has some speed in the mile.</p> <p>Best calves across the field.</p>	<p>Handicap Mile 5:12</p> <p>Burnley ½ 1:24:57</p>






## 5M's Relay – Mornington Peninsula – 2015

Seeding/Name	Photo	Comments	Performances
<b>No. 13</b> <b>Chris Wright</b>  Species: Sonus of Agunus  Nickname: Doc		Last ran a 5M's at Barwon Heads in 2011 and ran strongly throughout the day.  Recently joined up with the Milers and has been a regular at sessions and running very well. Don't be surprised if he runs well above seed.	10km 38:48 1500m: 4:42 Tan: 13:15
<b>No. 14</b> <b>Ian Dent</b>  Species: Oldtimeringoodnickus  Nickname: Denti		Crafty New Zeelander. First Relay in 8 years. Showed some good form last year in AV, and still goes pretty well on the bike.  Plenty of quality, if he can just remember where it is.	AV Tan Relay 13:58 10km Oct '14 38:14
<b>No. 15</b> <b>Shane Kent</b>  Species: Triatholope  Nickname: Kenty? Or The Terrorist?		His recent Half Ironman demonstrated that he's a pretty handy triatholope.  May be lost without a swim and a ride before each run leg. His team may need to carry a toddler pool and tricycle to warm him up for the real deal.	Challenge Melb half ironman - 4:49 incl 1:33 run leg  Summer Tan 13:43
<b>No. 16</b> <b>David Hartley</b>  Species: Swillus of Beerus  Nickname: Duff		If only Dave spent as much time running as he did drinking beer he'd be a quality pick...  That said a recent PB and ROTD at the Summer Tan Timetrial shows he's in good nick after a tough summer of swilling beer.	2015 Two Bays 56km 6:05  Summer Tan 13:59 (PB and ROTD)








## 5M's Relay – Mornington Peninsula – 2015

Seeding/Name	Photo	Comments	Performances
<p><b>No. 17</b> <b>Chris Osborne</b></p> <p>Species: CanTalkus YourEaroffus</p> <p>Nickname: CC</p>		<p>Back for a second consecutive crack at this 5M's course. He ran very well last year, finishing the 2<sup>nd</sup> fastest number three on the day.</p> <p>Starting to put in some good training weeks in recent times so could be another who runs above his seed on the day.</p> <p>Will be in your ear all day so beware those running against him – he will wear you down.</p>	<p>Mile: 5:25 Tan: 14:21 Half: 86:09</p>
<p><b>No. 18</b> <b>Kirsten Jackson</b></p> <p>Species: Bleeding Heart Artist</p> <p>Nickname: KJ</p>		<p>A gun runner from Waverley Athletics club.</p> <p>A proven race performer who will step up on the day.</p> <p>Team may have difficulties keeping her on track as she may stop to paint a landscape or two.</p>	<p>Park Run 19:25</p> <p>Burnley ½ 1:28</p> <p>2014 New York Marathon 3:14</p>
<p><b>No. 19</b> <b>James Chiriano</b></p> <p>Species: Headphoneus AndSkinus</p> <p>Nickname: JC</p>		<p>Reigning 5M's champion.</p> <p>A heart of gold and great Miler club man.</p> <p>Has "Eye of the Tiger" blaring non-stop on the headphones – which can be a little distracting for his team mates.</p> <p>Was an unknown at last year's 5M's but has improved his speed significantly since then.</p>	<p>Summer Tan 14:30</p> <p>2015 Mile 5:20</p> <p>Park run 19:34</p>




## 5M's Relay – Mornington Peninsula – 2015

Seeding/Name	Photo	Comments	Performances
<b>No. 20</b> <b>Martin Duchovny</b>  Species: Springbokus Downunderus  Nickname: Mulder		<p>This man is keen as mustard to improve his running and has done plenty of racing over the last 12 months to test himself over a range of distances, resulting in a number of PB's.</p> <p>Will have a great duel on the day with those seeded around him but could well have the X-FileFactor.</p>	Mile: 5:24 Tan: 14:00 5 km: 20:52 10 km: 39:21 City2Sea: 62:46
<b>No. 21</b> <b>John Dixon</b>  Species: LongusJohnus  Nickname: JD		<p>Not much running form on JD other than a recent Sri Chinmoy 15km.</p> <p>Currently in training for Boston marathon in April so will have plenty of kms in the legs. Expect him to run out the day well and use those long legs to advantage on some of the hillier parts of the course.</p>	15 km: 62:54
<b>No. 22</b> <b>Nick Tobin</b>  Species: ActivusSweatglandus  Nickname: Undertaker		<p>Another miler who is dedicated to improving his running and has been training very strongly over the last few months. Recently rolled his ankle badly running down the Birrarung Marr footbridge but seems to have recovered fully.</p> <p>Sweats it up a treat, even on the coolest of days, so will be looking for plenty of post-race rehydration.</p>	Mile: 5:44 Tan: 15:10 10 km: 43:04



## 5M's Relay – Mornington Peninsula – 2015

Seeding/Name	Photo	Comments	Performances
<p><b>No. 23</b> <b>David Burnheim</b></p> <p>Species: D'us 3'us</p> <p>Nickname: The Torch</p>		<p>On the improvement track over recent months. Ran the New York marathon in November but should be fully recovered.</p> <p>A 5M's virgin who should hit 4 min/km early in the day, but like many, will find the going tough in the back half of the course.</p> <p>Fun Fact: Dave is number 3 in the alphabetical list of the 9 Dave's on the MMM membership list.</p>	<p>Mile: 5:59 Tan: 15:27 5 km: 20:02</p>
<p><b>No. 24</b> <b>Simon Walker</b></p> <p>Species: WalkerusRannerus</p> <p>Nickname: Walks</p>		<p>For the first time in 5M's history, we have Simon's topping and tailing the seeding's and there's a good chance they'll end up on the same team. Not much separates Walks and The Torch so expect some great duels over the day.</p>	<p>Mile: 6:03 Tan: 15:31 5 km: 21:22 MM '14 - 3:35:40</p>