









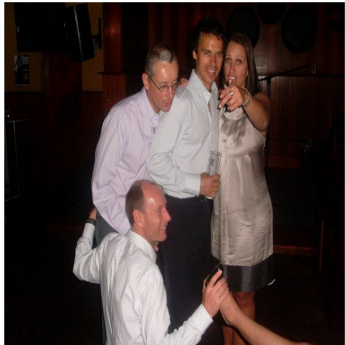
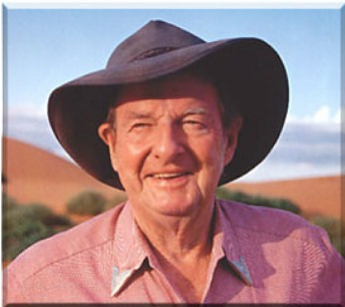
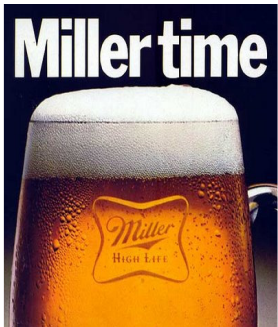

5M's Relay – Barwon Heads - 2011

No. 1 Stephen Paine Species: Hairy-wan Kenobi Nickname: House		Comments Definitely the man this year. The only true MMM Alpha in the field and has a good record of performing well in relays. Added to that he is in his prime time training for Boston. Other teams will need good support to bridge the gaps he will set up. Is likely once again to keep his jumper on for the group beach shot.	Performance 1500: 4:20 Mile: 4:34 2000: 5:44 5000: 15:03 15k: 49:41 Mara: 2:28:04 (Melb)
No. 2 Troy Williams Species: Bostonus Targetus Nickname: TW or Troy Boy		Comments A recent cold should not put much of a dent in this man's Boston marathon plans. Should have a great base and expect a strong showing in his first competitive hit out for a while. Expect him to run out the day strongly, but which sunglasses will he wear this year?	Performance 800: 2:08 1500: 4:16 5000: 16:50 15K: 55:30
No. 3 David Venour Species: Ultramanus Inwaitingus Nickname: Smoothy		Comments Trained the house down before hitting a few issues on the goat tracks in the blue mountains during 6 foot track. Came away with a credible result but will still be reeling after getting chicked. Will play his chances down but will no doubt be ready to fire and get some small redemption. Knows the relay game better than anyone.	Performance 5000: 16:12 15K: 52:42 45K: 4:00:18 (6 foot track)
No. 4 Andrew Coles Species: Trackus Preferus Nickname: Woolies		Comments Better known as a track specialist who has promised more in training than he has delivered in races of late. Nevertheless, some strong results during XCR2010 showed that he may be more versatile than some had thought but will we see Tarzan or Jane at Barwon Heads this year?	Performance 800: 2:05 1500: 4:12 Mile: 4:36 5000: 16:30

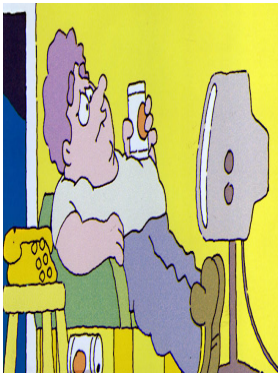
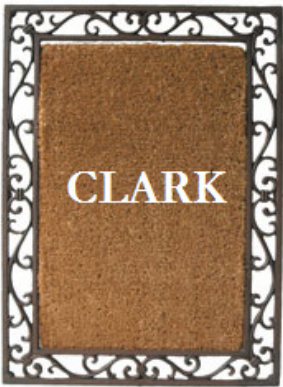


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<p>No. 5 Shane Fielding</p> <p>Species: Paleus Kenyanus</p> <p>Nickname: Slips</p>		<p>Comments</p> <p>His first relay as the man in the top MMM job. Teammates need to clear the beaches of shells, rocks and anything resembling a pine cone as these objects have been out to get the Kenyan in recent years.</p> <p>Comes into the relay in solid but not spectacular form. Will have the added pressure of being a captain but should handle it well. Will have the measure of ATB & Frilly.</p>	<p>Performance</p> <p>800: 2:10 1500: 4:25 2000: 6:16 Mile: 4:53 3000: 10:02 5000: 17:35 10K: 35:30 Mara: 2:43:13 (Melb)</p>
<p>No. 6 Bruce Arthur</p> <p>Species: Captainus Firsttimus</p> <p>Nickname: ATB (Arthur the Bruce)</p>		<p>Comments</p> <p>Has recorded some excellent recent results in state and national orienteering events and training form suggests he should be running pbs over a range of distances. Will this be the event at which he produces the breakthrough performance that his many fans have been waiting for?</p>	<p>Performance</p> <p>Mile: 4:58 2000: 6:26 10k: 35:03</p> <p>Orienteering: 1st 7km State series race</p>
<p>No. 7 Anthony Mithen</p> <p>Species: Magpieus frillius</p> <p>Nickname: Mitho</p>		<p>Comments</p> <p>Not the frilly thing again. When will that start getting old????? Possibly in a few years.</p> <p>Hard one to gauge this year as there has been little form except for a half step off at the Collingwood 10 k race.</p> <p>Like Slips will have the added pressure of being captain and will most likely look to Pie team mate Duffy to give him some much needed support.</p>	<p>Performance</p> <p>Mile: 5:03 2000: 6:29 5000: 16:56 10k: 36:19</p>
<p>No. 8 Simon Duffy</p> <p>Species: Sheepshagasaurus</p> <p>Nickname: Homer or SD or Duffman</p>	 <p>"Duffman says a lot of things, oh yeah!"</p>	<p>Comments</p> <p>After some outstanding results in mid 2010, recent results for the kiwi have been well below par. Shuffled round in the Hobart marathon in January after a disappointing DNF in the graded Zatopek race late last year. Has only run 2 relays for a first and a second so expect him to be on the improve as we head towards XCR2011.</p>	<p>Performance</p> <p>5000: 17:12 8k: 30:40</p>


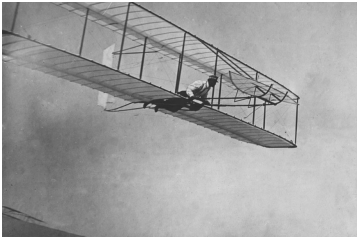


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No. 9 Chris Wright Species: Sonus of Agunnus Nickname: Doc		Comments Has multiple sub 13 tans recently under his belt so is good to go. Has a footy practice match the day before so will be sore, but that is not enough to sway a skipper from picking him up above the rabble below him.	Performance Tan: 12:58 (2010) 4k: 14:00 10k: 38:07
No. 10 Mark Deslandes Species: Twingus Hamstringus Nickname: Dizzy		Comments Has kept a low profile of late as he returns from injury. This paparazzi snap suggests that he may have embraced The Job's training methods, an obvious cause for concern. At his best however, he has picked up 'runner of the day' at a Milers relay. Rarely puts in a shocker and it would be a brave captain who overlooks him.	Performance 5000: 19:00
No. 11 Selim Ahmed Species: Facebookus regularus Nickname: Dusty		Comments Pops up more these days on Facebook than at the tan for a solid session. Certainly looks the goods in terms of fitness but not much data to go on. Having a tri background would suggest the multiple stages won't be an issue.	Performance Melb Mara 2010: DNF due to broken tooth
No. 12 Steve Miller Species: Veterani Evergreeni Nickname: Frosty		Comments A quiet achiever who tends to fly under the radar at times but recent age group wins in Super Sunset Series races at both the Zoo and Prince's Park suggest that the form's not too bad. Last ran a Milers relay in 2005 so may have forgotten how hard the beach legs can be in the afternoon.	Performance 15k: 1:00:08
No. 13 Norval Hope Species: Fancius Shoeus Nickname: Lurch		Comments Has been setting the track alight lately not only with his fancy new spikes but with his new found form. Is currently leading the MMM champs table and will be looking to extend that lead in Barwon Heads. Could easily surprise and match it with the likes of Frosty Miller & Dusty.	Performance Mile: 5:11 2000: 6:32 Mara: 3:11:44




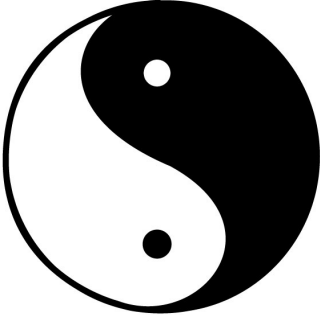
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No. 14 Glenn Goodman Species: Trainasaurus Rarius Nickname: GG		Comments You know it must be relay time when the rarely sighted GG starts putting in regular appearances on the track. A veteran of some 20 relays (and a victor on 4 occasions), this wily campaigner is always a reliable team member and strong recent track results suggest that this year he may be plotting something special. Request: please leave the green bike shorts at home!	Performance 1500: 4:53 Mile: 5:16 2000: 6:48 5000: 18:58 10k: 39:45
No. 15 Matt Clark Species: Clarkus Onwaybackus Nickname: Unknown Suggestion: Clarky		Comments Intelligence suggests that he has fallen into a self-inflicted hole after a cracking 2009. He is on the upwards swing again and should be around 13:25 tan shape	Performance Tan: 13:26 (2009) GOR ½: 89mins (2010) Relay Virgin
No. 16 Thai Phan Species: Onepaceus Alldayus Nickname: Chi		Comments Not the most explosive in terms of track speed, but make no mistake, this man will run all day. Another Miler who looks to be running near his best having clocked up a marathon pb at the Gold Coast last year. Has 9 relays under his belt but is still chasing his first victory. Will this be his year?	Performance Mile: 5:18 2000: 6:53
No. 17 Kirsten Jackson Species: Blondus Artistus Nickname: KJ		Comments Plenty of slow twitch fibres in her legs to help her go all day, and some well trained fast twitch fibres in her jaw always make KJ an entertaining team mate. Has the potential to chick a few guys above her as the day gets longer. She is a multiple sub 3hr marathoner so could be a smoky at #17	Performance 2010 AV Sandown Relays 6.2km: 24:33




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No. 18 Rory Heddles Species: Movemberus Pornstarius Nickname: Racer		Comments Like the Duffman, has completed 2 relays for a first and a second. After a string of tan pbs during the last Corporate Cup season, sightings of Racer have become increasingly rare. Will the big fast bowler sink into the soft sand of Barwon Heads or will he lope gracefully to a second consecutive victory?	Performance Tan: 14:22 (2010)
No. 19 Terry Wright Species: Barwonus Secondtimearoundus Nickname: Unknown Suggestion: Tezza		Comments Has pushed past the 60yo mark and is still kicking on strong with an 88min HM and a 14:38 tan in 2010. The word on the street however is that he is hanging on.....just. Was at Barwon Heads in 2003 so is returning for a 2 nd look. Can run, but take as a Grunteresque type risk.	Performance Tan: 14:38 (2010) 4k: 15:47 (Feb) 10k: 41:55 (2011) Half: 88:25 (2010)
No. 20 Gary O'Dwyer Species: Calfa Fragilia Nickname: GGO		Comments Injuries thwarted the Milers' favourite thespian in his attempt to run the Melbourne Marathon late last year but he seems to be on the improve. Relay statistics show 3 wins from 10 starts and an impressive consistency of 71% - overlook at your peril!	Performance 800: 2:21 1500: 5:16 2000: 7:11 3000: 11:41 5000: 19:55
No. 21 Dave Percival Species: Huffandpufferus Nickname: Spewy Lewy		Comments A long time Miler whose form and weight goes up and down but his efforts and willingness to run to chunder never waivers. Is he Thorny's long lost cousin? Spewy Lewy will run his guts out for his team.....literally. Has been doing semi-regular runs up at Ferny and will put in a good honest effort throughout the day. Could be a massive smoky, or his day could go up in smoke on Stage 1	Performance 10k: 41:16

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<p>No. 22 Michael Carney</p> <p>Species: Sojournus Abroadus</p> <p>Nickname: Unknown</p> <p>Suggestion: Sideshow (from carny folk)</p>		<p>Comments</p> <p>Recently returned from 6 months overseas and may or may not have done much running over this period. In a gutsy move, he quickly put up his hand to fill the HUGE hole left by the withdrawal of Milers stalwart Jugs Ganly. PB for the tan is solid enough but has he ever run four of them, flat out, in one day? Distance pedigree remains a mystery.</p>	<p>Performance</p> <p>Tan: 14:14 (2009)</p>
<p>No. 23 John Hand</p> <p>Species: Michelinus Manus</p> <p>Nickname: Job</p>		<p>Comments</p> <p>Personally put his own stamp on the 2011 MMM Mile footage with his bare breasted antics, and changed the rating from a family oriented G to a shock and awe MA. Let's be honest, The Job is a mere shadow of himself, albeit a big shadow, but he is starting to make inroads in his fitness. Will be better for the run...MAYBE.</p>	<p>Performance</p> <p>Mile: 5:59 2000: 7:15 Guinness: 16.2 (26/03/11)</p>
<p>No. 24 Hugh Hunter</p> <p>Species: Haggis Consumeris</p> <p>Nickname: Unknown</p> <p>Suggestion: Hefner</p>		<p>Comments</p> <p>Little is known about the big Scot apart from the fact that he works with Woolies. Went out hard in the 2000m handicap recently before providing a handy mid-race windbreak for the Job. Rumours abound that he has a tendency to go out a little too hard on occasion but hell, if it works for the Thunderbolt, who am I to question such a method...</p>	<p>Performance</p> <p>2000: 7:23</p>
<p>No. 25 Yin Kuan Ho</p> <p>Species: Couldus chickus TheJobus</p> <p>Nickname: Unknown</p> <p>Suggestion: Yang</p>		<p>Comments</p> <p>Described as fit fast and determined. Now that is a big rap. Ran a very solid 2010 marathon in under 3:30 so has the endurance needed for the event. Will be the Punter's favourite if she can find enough on the day to "Chick" the Job.</p>	<p>Performance</p> <p>Tan: 15:53 (2010) 4k: 16:20 (?) Half: 1:37 (2010) Mara: 3:29 (2010)</p>

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<p>No. 26 Shirley Ching</p> <p>Species: Dodgyus Kneeus</p> <p>Nickname: Unknown</p> <p>Suggestion: Shirl</p>		<p>Comments</p> <p>Endurance background and ran a 3:45 at the 2010 Melbourne Marathon. Consistent performer and always in good shape. Dodgy knees create some uncertainty</p>	<p>Performance</p> <p>Tan: 16:21 (2010) Mara: 3:45 (2010)</p>
<p>No. 27 Emma Tinning</p> <p>Species: Octoberus Seekglorius</p> <p>Nickname: Unknown</p> <p>Suggestion: Tinny</p>		<p>Comments</p> <p>Good history of distance running with an impressive half marathon pb to back it up though this was some time ago. Currently in training for 2011 Melbourne Marathon so should be in reasonable shape.</p>	<p>Performance</p> <p>4k: ~ 16 mins Half: 92:30 (2003)</p>
<p>No. 28 Mark Purvis/Max Howard</p> <p>Species: Oldus and Buggerdus</p> <p>Nickname: Hutz/NFM</p>		<p>Comments</p> <p>Both gents have stepped in at the very last minute to fill a vacancy. Will commit to run at 4:30 pace all day. Hutz to run first two legs, NFM to run the second two</p>	<p>Performance</p> <p>1km: 4:30 2km: 9:00 3km: 13:30 4km: 18:00 5km: Stuffed</p>