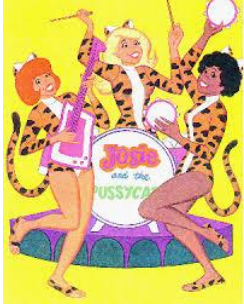















5M's Relay – Barwon Heads - 2013

Seeding/Name	Photo	Comments	Performances
<p>No. 1 Joji Mori</p> <p>Species: Headbandus Richmondus</p> <p>Nickname: Josie</p>		<p>Rumoured to have completed some huge training weeks over the last year or so, little is known by many Milers about this relay debutant. It is believed he shares Woolies' passion for the hills of Churchill and Lysterfield and has a wide range, racing everything from the 800m to the marathon. 4 flat out stages will surely hold no fear for the lad.</p>	<p>800m: 2:05.7 1500m: 4:19.27 5000m: 15:30 10k: 33:01 Half Mara: 70:59</p>
<p>No. 2 Colin Thornton</p> <p>Species: Offspringus Keepsproducingus</p> <p>Nickname: Thorny</p>		<p>This gifted athlete has occasionally failed to produce his best at relays and is still recovering from an outstanding marathon in Japan less than two weeks ago. A Miler who has been known to 'pork up' after a big race, will we see good Thorny or bad Thorny at Barwon Heads?</p>	<p>Lake Biwa M'thon 2013: 2:26</p>
<p>No. 3 Stephen Williams</p> <p>Species: Stickinsectus Fragilius</p> <p>Nickname: Stevearoonie</p>		<p>Although made mainly of glass, there can be little doubt of the class of the lightest of all Milers. Has rarely been able to string more than 3 months together without injury, but has still managed some very impressive achievements. Has both speed and endurance and barring broken nails or split ends, should have a big day.</p>	<p>Little recent form. 2 Bays 28km: 2:04:09</p>
<p>No. 4 David Venour</p> <p>Species: Bouffantus Perfectus</p> <p>Nickname: Smoothy</p>		<p>We knew he could run all day having looked stronger than his teammates in 2 Oxfam campaigns, but the Oh So Smooth One has also produced some blistering speed on the track in recent weeks. Combine this with a solid marathon preparation and it seems likely that age shall not weary him. Set for a big day.</p>	<p>800: 2:09 1500: 4:16 15km: 54 2 bays (28km): 1:58</p>
<p>No. 5 Andrew Coles</p> <p>Species: Longsoxus Atrocious</p> <p>Nickname: Woolies</p>		<p>A would-be track runner slowly realising he's a marathoner, this MMM alpha seems to think he's training for the NAR rather than 5Ms given the number of hill sessions he's running. Despite confusing many with his late night Forum and Facebook posts, we can be fairly certain that his solid training will see him run out the day strongly.</p>	<p>800: 2:09 1500: 4:23 Marathon: 2:36:38</p>



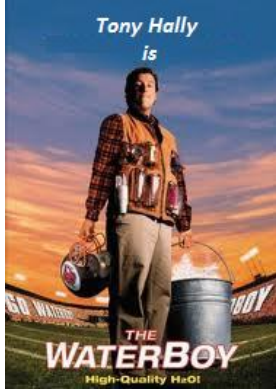

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<p>No. 6 Paul Marsh</p> <p>Species: Golfhandicapus Dodgius</p> <p>Nickname: Bacchus</p>		<p>Looks to be moving beautifully as the Canberra marathon approaches but doesn't always pull up well after hard efforts as evidenced by his performance on the 8th hole at Tocumwal recently. Should have a good day – just don't feed him a beer during the break before the second half.</p>	<p>1500: 4:25 Mile: 4:46 5000: 16:35 10k: 36:14 (Pacer)</p>
<p>No. 7 Shane Fielding</p> <p>Species: Paleus Kenyanus</p> <p>Nickname: Slips</p>		<p>Looks to be moving beautifully as the Canberra marathon approaches (hang on a second, that was Bacchus). Looks to be moving beautifully around the 800m track races in preparation for his marathon. What does all this mean for the relay. Well: He is damn quick, BUT Can he last? AND Will his hammy hold out? X Factor!!!!!!!!!!!!!!!!!!!!</p>	<p>800: 2:06 1000: 2:45 1500: 4:16 2000: 6:07 5000: 16:42</p>
<p>No. 8 Ewen Vowels</p> <p>Species: Preferus Blueus to Redus</p> <p>Nickname: Smurf</p>		<p>The man in blue has had a stellar rise up the ranks in the most recent 12 months. He currently leads 2 MMM stats. Shortest stride length and highest cadence. Must be worried about the beach legs as his stride length (or lack of) and sand slippage may bring back Negative Forward Motion. No doubts about being able to go hard all day.</p>	<p>1500: 4:37 Mile: 5:15 5000: 17:27</p>
<p>No. 9 Bruce Arthur</p> <p>Species: Canreadus Amapus</p> <p>Nickname: ATB (Arthur the Bruce)</p>		<p>Mr dependable. You know what you will get and you know he will know how to get to the next checkpoint. Former Stage 10 record holder so can turn on the pace when required and is coming off some hot form. Always a value pick.</p>	<p>Recent National Orienteering League results Sprint distance: 4th Long distance: 5th</p>

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<p>No. 10 Jeremy Grey</p> <p>Species: Lateus Callupus</p> <p>Nickname: Jerry</p>		<p>Put his hand up at the 11th hour to run.</p> <p>Had a reasonably good Summer on the track but has reportedly (essentially his report) had a very ad-hoc approach to training since. A quality runner at his best.</p>	<p>800: 2:15 1500: 4:34 5000: 17:34</p>
<p>No. 11 Katie Siebold</p> <p>Species: Fannus of Bobsquarepantus</p> <p>Nickname: Katie</p>		<p>Still finding her way back to peak form but attending regular MMM sessions and often up the front setting the pace. Not much recent racing form to go by but a couple of recent 17:50's over 5 km is a guide.</p>	<p>5k: 17:51</p>
<p>No. 12 Tony George</p> <p>Species: Barakus Lookalikus</p> <p>Nickname: Cheddar</p>		<p>Recently re-elected for a 2nd term so should not have any issues getting picked appropriately.</p> <p>Will run consistently all day and give his team good value for money. Currently in peak training for Canberra marathon in one month.</p> <p>Likely to strip off the shirt in the arvo and embarrass the young ones in the field with his ripped torso.</p>	
<p>No. 13 Theo Code</p> <p>Species: Trackmeista Stupenda</p> <p>Nickname: Da Vinci</p>		<p>This 90kg footballer turned distance runner shows pretty good endurance for a big unit and continues to improve with every Milers session. When you factor in his R4K endurance with a sub 51s 400m run in his school days, this is a man to avoid in a sprint finish.</p>	<p>800m: 2:09 Tan: 13:38 R4K 2012 (14.38km): 54:56</p>
<p>No. 14 Stephen Paine</p> <p>Species: Ironmanus Soonus</p> <p>Nickname: House</p>		<p>Has committed to run at 3:40 pace all day and won't run beach legs.</p> <p>Has the best sunsmart technique amongst the MMM clan, although his back has recently suffered Vitamin D deficiency issues.</p> <p>Has to be applauded for running the relay 7 days out from Ironman Melbourne, but team mates should be worried when the gun goes off in the afternoon</p>	<p>Mile: 4:35</p>

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		and he heads for the water. What will happen when he is in an afternoon stage and 3:38 pace will get his team the lead?	
No. 15 Glenn Carroll Species: Coburgus Harrius Nickname: Christmas		Another MMM newby and relay virgin who is now a regular at MMM sessions and improving quickly. Has run AV in recent years with Coburg Harriers and is a sub 2:00 800m runner at his best. His 37:40 at Albert Park 10km is a sign that he's back in form and the MMM training is paying off.	Mile: 5:11 10k: 37:40
No. 16 Glenn Goodman Species: Trainingus Peakus For5Mus Nickname: GG		Captains – overlook GG at your peril. This man has a wondrous ability to get his fitness up to peak* levels just in time for the 5M's through some focussed^ training and racing over the Summer months, including some recent altitude training on the snowfields of Japan. Will run out the day well. * Sarcasm ^ Sarcasm	800: 2:24 1500: 4:52 5000: 18:24
No. 17 Tony Hally Species: Onepaceus Alldayus Nickname: Waterboy		The current MMM Club champion slayed all comers in last year's championship. He has one pace, but can run it all day and if picked in the right spot, can be the difference between a win and a loss for the team. Recent surgery has slowed him down a bit lately but fitness is returning.	Mile:5:54
No. 18 Dale Nardella Species: Doreenus Residentus Nickname: Rafa		In a peak training phase for Canberra marathon and will have run 34km the day before 5M's. Will have tired legs but has got heaps of endurance and is fresh off the back of a 4 second tan PB.	Mile: 5:25 Tan: 13:55

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<p>No. 19 Gerard Koelmeyer</p> <p>Species: Gerryus Gerryus Gerryus</p> <p>Nickname: Coalminer</p>		<p>A MMM newby and relay virgin who's more accustomed to the long stuff, including his recent Wang Half. Currently preparing for a sub 3 hour tilt at Boston marathon so should have some good endurance and will run out the day well.</p> <p>Regular attendee at MMM sessions so has also been working on his speed over recent months.</p>	<p>Half mara: 89:39 Marathon: 3:09:57</p>
<p>No. 20 Gary O'Dwyer</p> <p>Species: Calfus Fragilius</p> <p>Nickname: GGO</p>		<p>Calves held together by a few sinews. Looking for speed. Hasn't raced since the Winter Romp over 6 months ago – it's not normally a 'race' but GGO did race it...and won... did I mention that was over 6 months ago!</p> <p>Enuff said!</p>	<p>Winter romp, 31/08/2012, 8 km in 31:16</p>