

# Michelle Woods

Sponsored MTB Team Athlete for **Infinitt Nutrition Australia**

**Age:** 46  
**Category:** Masters 4  
**Discipline :** XCM  
**Equipment:** Specialized Epic Comp Carbon 29er  
**Sponsors:** [@Infinittnutritionoz](#)  
[@championhealthaus](#)  
**Coach:** Donna Dall  
[@pcskoachingsystems](#)  
**Club :** Rats Cycling Club



Not your stereotypical hairdresser! Fortunately for Michelle Woods, being a self-made small business owner has allowed her the freedom to feed her hunger for Mountain Biking and be a strong role model for her two sons. Encouraging women into the sport of Mountain Biking also drives Michelle to push hard.

A dose of determination and a will to overcome adversity has seen Michelle out on the trails supporting others to achieve their goals, not only as a Marshall hollering encouragement from the sidelines as an avid Club member but also as personal support person to athletes during events. Michelle is always offering words of encouragement and comradeship to all members of the Mountain Biking community, whether veterans or new comers.



## Race Resume 2020 - 2016 Category.. Masters 4

- 1st 2019 National 24h Solo Championships
- 1st 2019 Asia Pacific 24h Solo Championships
- 2nd 2019 Flight Centre Epic 100km
- 1st 2019 Giant 3plus3
- 2nd 2019 National Marathon Championships
- 1st 2018 National 24h Solo Championships
- 1st 2018 New Italy XC Enduro
- 3rd 2018 Giant 3plu3
- stacked big time 3 broken ribs, punctured lung kidney and spleen damage. First race sponsored by Infinitt, Hospitalised the following day. Risked it for the biscuit in a world of hurt!
- 1st 2018 New Italy XCM
- 4th 2018 Bayview Blast Marathon  
4 weeks post distal radius fracture

@Shreddershell can also be found on the weekends, with a shovel, volunteering to restore old and create new trail networks.

2015 a chance meeting with RatsCC member Anne Flood sparked a life changing passion. Clunking around Daisy Hill on a 2002 26' Jamis was the first taste of MTB, later that year came the introduction of Strava and the need for an upgrade. In comes the GT Avalanche alloy hardtail! Early 2016 entry into the Rats Summer Sprints finishing a cool 14th in C grade the fun of racing was evident!

Later that year entering Bayview Blast as a team of two female with a Bronze Podium finish was the moment a serious bike upgrade was needed. Enter the Specialized ERA Comp Carbon 29r , from that moment on life got faster, more competitive, notching up both hospital and medal tally's!



One week before my first race back from the next injury, I had a low velocity fall and fractured my distal radius, missing the first of the New Italy XC Series.

July 2017 I had a major spill and spiral fractured my Tibia and Fibula absolute doozy and had me off the bike for nearly 6 months

3rd 2017 Bayview Blast half Marathon

1st 2017 Merida 24h Team Two Female with Seb Mitaros @queenofthemtn

3rd 2017 Rats Summer Sprints

