

# COME AND RACE MICHAEL SHELLEY!

We are pleased to announce the 2010 Commonwealth Games silver medallist, Michael Shelley, will be competing in the STROMLO Running Festival Age-Sex Adjusted Cross Country Championship. The 27 year old Queenslander will start from the rear of the field with his handicap of 20 minutes and will try to catch all of the other competitors in front of him, as well as beating his fellow back-mark. How much start head-start will you have on Michael based on your age and gender? Come along and see if it will be enough for you to take out the \$3000 first prize.

Another elite joining Michael Shelley to compete for the total prize pool of \$12,000 is Jessica Trengove, who will be making the trip over from South Australia. Jessica is one of Australia's most talented female distance runners and is the current Australian Cross Country Champion. The 23-year old has a handicap of 17:28, which will see her set off 2:32 in front of Michael Shelley, but will ensure she will be part of the last group of females leaving the start line.

The unique format of the Australian Age-Sex Adjusted Cross Country Championships allows all runners to compete based on their current age and gender. The event is held over 7.5km as part of Canberra's STROMLO Running Festival on the 19th of February 2011.

And don't forget there is \$2000 for the fastest club which is open to formal running groups or running clubs. You qualify as a 'running group' or 'running club' if you have a club or team singlet, but you don't need to have a formal affiliation with Athletics Australia or any other association. You need at least 15 individuals to register a finishing total for the team's competition and the prize will be awarded based on the lowest accumulated finishing position for your best placed 15 team members.

### Prize Money Breakdown

#### Overall Finishing Position

1. \$3,000 2. \$2,000 3. \$1,000 4. \$750 5. \$500 6. \$350 7. \$250 8. \$200 9. \$150 10. \$100

#### Prize Money for Fastest Times (both male and female)

1. \$500 2. \$250 3. \$150

#### Club/Group Competition (Lowest accumulated score for first 15 team members)

1. \$2,000



### Male start times (min:sec)

14 years	16:34	51 years	16:53
15 years	17:06	52 years	16:42
16 years	17:43	53 years	16:30
17 years	18:02	54 years	16:18
18 years	18:45	55 years	16:06
19 years	19:25	56 years	15:53
20 years	20:00	57 years	15:41
21 years	20:00	58 years	15:28
22 years	20:00	59 years	15:15
23 years	20:00	60 years	15:02
24 years	20:00	61 years	14:48
25 years	20:00	62 years	14:35
26 years	20:00	63 years	14:21
27 years	20:00	64 years	14:07
28 years	20:00	65 years	13:52
29 years	19:59	66 years	13:37
30 years	19:57	67 years	13:22
31 years	19:54	68 years	13:07
32 years	19:50	69 years	12:50
33 years	19:46	70 years	12:31
34 years	19:40	71 years	12:11
35 years	19:33	72 years	11:48
36 years	19:26	73 years	11:23
37 years	19:17	74 years	10:56
38 years	19:08	75 years	10:26
39 years	18:58	76 years	09:53
40 years	18:49	77 years	09:17
41 years	18:39	78 years	08:38
42 years	18:29	79 years	07:56
43 years	18:19	80 years	07:09
44 years	18:09	81 years	06:18
45 years	17:59	82 years	05:22
46 years	17:48	83 years	04:21
47 years	17:38	84 years	03:13
48 years	17:27	85 years	01:58
49 years	17:16	86 years	00:34
50 years	17:05		

### Female start time (min:sec)

14 years	16:12	51 years	13:27
15 years	16:23	52 years	13:06
16 years	16:36	53 years	12:44
17 years	16:47	54 years	12:22
18 years	16:56	55 years	11:59
19 years	17:13	56 years	11:35
20 years	17:28	57 years	11:11
21 years	17:28	58 years	10:46
22 years	17:28	59 years	10:21
23 years	17:28	60 years	09:54
24 years	17:28	61 years	09:27
25 years	17:28	62 years	08:59
26 years	17:28	63 years	08:30
27 years	17:28	64 years	08:00
28 years	17:28	65 years	07:29
29 years	17:28	66 years	06:57
30 years	17:28	67 years	06:25
31 years	17:26	68 years	05:51
32 years	17:24	69 years	05:16
33 years	17:21	70 years	04:40
34 years	17:17	71 years	04:02
35 years	17:12	72 years	03:23
36 years	17:06	73 years	02:43
37 years	16:59	74 years	02:02
38 years	16:51	75 years	01:18
39 years	16:42	76 years	00:33
40 years	16:32		
41 years	16:21		
42 years	16:08		
43 years	15:55		
44 years	15:40		
45 years	15:23		
46 years	15:06		
47 years	14:47		
48 years	14:28		
49 years	14:08		
50 years	13:48		