

## Asics Wests Athlete of the Year – 2009/10

Joel Milburn

At the World Championships in Berlin in August Joel set a season best of 45.56 in the heat of the 400m to qualify for the semi-final. In that race Joel finished 6<sup>th</sup> with a time of 46.06. Joel then ran in the heat for the Australian 4 x 400m relay team which qualified for the final. The team went on to win the bronze medal in the final.

Back home Joel competed for the club at the State Relay Championships, club premierships and the Club Championships and also finished 6<sup>th</sup> at the Sydney Track Classic. He then competed in the Melbourne Track Classic 400m in March finishing in 5<sup>th</sup> place.

Joel won his fourth straight NSW Open 400m title in late March running 46.02, also placing 2<sup>nd</sup> in the NSW Open 200m again. Then traveling to Perth for the Australian Championships Joel ran a strong race in the 400m final for 3<sup>rd</sup> place in a time of 45.75 and was rewarded by being named in the Australian Team for the Commonwealth Games to be held in India later this year in the Individual 400m and the 4 x 400m relay team.

Congratulations and all the best to,

Joel Milburn