

Asics Wests Athlete of the Year – 2008/09

Joel Milburn

The season started in Europe for the 2008 national 400m champion at the prestigious Golden Gala Meet in Rome, Italy, then 5 days later he ran a personal best of 44.99 at the Spitzen Meet in Switzerland, showing he was in great form leading up to the Beijing Olympics. The Olympics were the highlight of his athletics career so far, running another PB of 44.80 in the heat to place 2nd and progress to a lane in the semi-finals, where he ran a great third in 45.06 missing the final by 0.15 seconds. Joel is now the 5th fastest Australian 400m runner of all time, behind Darren Clark (44.38), Miles Murphy, PB at Dwyer and John Steffensen.

After a well deserved rest he returned for the domestic season in order to confirm his place in the Australian team for the 2009 World Champs in Berlin. Joel won his third NSW Open 400m title in February running 45.92, also placing 2nd in the NSW Open 200m. Joel finished 5th in a very strong national 400m final, but a couple of days was confirmed as a member of the team for Berlin in both the individual and 400m Relay events,

Congratulations,

Joel Milburn