

## Asics Wests Athlete of the Year – 2010/11

### Joel Milburn

The season started in Europe for the bronze medalist from the 2010 national 400m championships. He competed at the Spitzen meet in Luzern, Switzerland in good form and ran 46.06 leading up to the Commonwealth Games in Delhi.

The Commonwealth Games was the highlight of his season. He ran a 46.72 to finish 2<sup>nd</sup> in his heat and 45.79 to finish 2<sup>nd</sup> in the Semi-Final and qualified automatically for the Final along with teammates Ben Offereins & Sean Wroe. In the final he ran a season best of 45.71 to finish 5<sup>th</sup> and things were looking good for the relay. Joel was rested from the heat of the relay and they still qualified for the final in a good lane. Then the team of Joel, Kevin Moore, Brendan Cole & Sean Wroe won the Gold medal in 4x400m Relay on the last day of athletics in Delhi ahead of Kenya & England.

After a well deserved rest he returned for a few races in the domestic season in order to try and qualify for the 2011 World Champs in Korea. Joel had a couple of shorter races and two 400m races in Sydney & Brisbane, with a best of 47.75 and then he decided to have a break and do some proper training before he starts to race again and tries to qualify for the team for Korea later this year.

Congratulations and all the best to,

Joel Milburn