

WORLD JUNIOR UPDATE – No 2

On the weekend of the 30th June/1st July our three World Junior Athletes Jenny Blundell, Ben Jaworski and Shelly Jenneke competed at an Under 23 State Championships in Karlsruhe / Germany. All three performed well.

Jenny proved she was in the best form of the season in the 800m, clocking a season best of 2.07.89 to win the race, two and a half seconds in front of her closest competitor.

Ben conquered the windy conditions to pull out some impressive sprint performances, in the 100m Ben did a 10.56, 2nd in the heat and 10.61 and 3rd in the Aust Vs NZ Final. In the 200m Ben won overall in 22.18 a great time for the conditions. Ben's 4 x 100m Australian relay team also won in a time of 40.83, demonstrating that they are a good medal chance in Barcelona. Shelly despite feeling unwell dominated in the sprint hurdles, winning her heat in a time of 13.84, the fastest time of the day by 0.4. Shelly did not compete in the final due to not feeling well.



On Monday 2nd July having spent just under 2 weeks in Mannheim Germany Jenny, Ben and Shelly together with the rest of the Australian World Junior team departed for Barcelona. In the week leading up to the championship the athletes will be acclimatized to the hot conditions and continue training and familiarizing themselves with the track, all in preparation for their big competition. The World Juniors will run from the 10th – 15th July and our Cherrybrook athletes will hopefully be competing on most days of the championships (hopefully they will all make semi's and Finals) The schedule of when they are competing is listed below, the times given are Sydney times and the races can be viewed live at <http://justdwl.net/tracks/2012-IAAF-World-Junior-Championships-in-Barcelona-Live-Stream.html>

10 th July	8.35pm	Ben's 100m Heat
11 th July	1.30am	Opening Ceremony
12 th July	3.30am	Bens 100m Semi
	5.45am	Bens 100m Final
	5.55pm	Bens 200m Heat
13 th July	3.00am	Bens 200m Semi Final
	6.05pm	Shelly's Hurdles Heat
	7.40pm	Jenny's 1500m Heat
14 th July	3.05am	Ben's 4 x 100m Relay Heat
	5.30am	Bens 200m Final
15 th July	2.35am	Shelly's Hurdles Semi Final
	5.50am	Ben and Nicks 4 x 100m Relay
16 th July	-	2.20am Shelly's Hurdles Final
	3.05am	Jenny's 1500m Final
	4.30am	Closing Ceremony



For more details on the World Junior Championships, visit http://www.bcn2012.org/Home/CLwfRg15zB_9Qj2AvpuG9bupMs_m01T1qkZy4EpUjXKbGKz4FB9Nw