

WORLD JUNIOR UPDATE No1

On 20th June Cherrybrook Athletics farewelled it's three World Junior Athletes, Jenny Blundell, Ben Jaworski and Shelly Jenneke, who will compete at the IAAF World Junior Championships in Barcelona from the 10th – 15th July. The three athletes are part of a strong Australian Junior (Under 20's) team of 59 Athletes.



For Jenny Blundell, this is her third consecutive year of International representation having competed at the Youth Olympic Games in 2010 in the 1000m and in the 800m at the World Youth Championships in Lille France in 2011. Coached by our Clubs coach Valmé Kruger, Jenny Blundell had a sensational season, achieving multiple World Junior Qualifiers in the 1500m and is in good form to make the final in Barcelona.

For Ben Jaworski this will be his first international experience outside of Australia, but after a fierce season gaining multiple qualifiers in the 100m and 200m he is ready for the challenge of international competition. Coached by our Senior Club President and coach John Sharpe, Ben is the current 100m Junior Mens Sprint National champion and has been selected on the team in the 100m, 200m and also the 4 x 100m relay team and will have one of the busiest programs of any athlete at the Championships.

Shelly Jenneke last represented Australia at the Youth Olympic Games where she achieved a Silver Medal in the Women's 100m hurdles. Shelly is the current Australian Junior champion and is trained by Club Coach Mick Zisti. Shelly is also the current NSW Open State Champion in the 100m Hurdles and is currently a junior club sprints and Hurdles coach with Cherrybrook.

WORLD JUNIOR ATHLETES WITH THEIR COACHES



From left to right in this picture – Coach Mick Zisti, Shelly Jenneke, Coach Valmé Kruger, Jenny Blundell, Ben Jaworski and Coach John Sharpe.

In preparation for the World Juniors, the Australian World Junior team will be competing at two major events in Germany. The first of these was the Bauhaus Junioren Gala held on the 23rd and 24th of June in Mannheim. This competition was contested by Junior Athletes from 20 countries all preparing for World Juniors in a few weeks time.

Jenny Blundell ran a great 1500m race, leading the field for most of the race. The race became very competitive in the last lap, which saw Jenny battle it out over the last 400m, clocking a brilliant last lap time of close to 64 seconds. Jenny sprinted down the home straight crossing in 2nd position in a time of 4.22.27 just 0.19 off first place.

Despite a slow start out of the blocks in the 100m heat, Ben proved he was in great form, sprinting his way into the 'A' final in fast time of 10.55. In the final Ben came 5th in 10.79 and then backed up shortly afterwards to run a blistering third leg in the 4 x 100m relay team which achieved bronze position. In the 200m the following day Ben battled windy conditions to clock 21.70 and come 10th. Shelly was in great form at the meet running 13.58 in her heat, but struggled with her timing into the hurdles due to the unfamiliar track. By finals time she had mostly resolved these issues and had a brilliant final where she led for most of the race coming in silver position just 0.08 behind first place in a pb of 13.39, now ranking her as Australia's fastest Women's 100m Hurdler this year after Sally Pearson.

