

## Athletics Club News

During the week Steve Solomon won the Pacific Games 400m title in the quick time of 45.62sec – his best run for quite a while (due to some uninterrupted training over the past 6 weeks).

Great effort by Steve.



We are hoping this victory will allow the Australian selectors to nominate Steve to run in the individual 400m at the World Athletic Champs to be held in Doha later this year.

**Hi All**

Jemima Montag did it again – winning a silver medal for Australia in the 20K race walk event at the World University Games in Naples recently – sensational! And also winning **gold** as part of the 20K race walk team.



**The Albert Park 10K road races was held recently.**

Julien Schulberg and Brad Serry were the quickest Maccabi runners (Just under 36 minutes), whilst Sheree Brown ran a very solid sub 42 minute race. Others to compete were Kevin Lieberthal, Adam Bogatin and Len Bryer (pictured together with Sheree).



Friend of the club Catriona Bisset set a new Australian record in the 800m winning the London Diamond League race yesterday in the time of 1min 58.78sec!  
Catriona is a training partner of club athlete Shanie Landen – and participated in the Maccabi walk/run recently (in the photo l-r front row, Jemima, Leroy, Shanie Catriona) to raise funds for Dementia Australia.



We wish Catriona great running for the rest of the European season – and of course for the World Championships.

And good luck to club 800m champion Shanie Landen who is in Israel to compete in the Israeli Track and Field Championships. Shanie will compete on the 25<sup>th</sup> July.

Had a wonderful turnout of 25 athletes training last Sunday at Duncan Mackinnon – great to see the unbridled enthusiasm!

**The cross country season continues:**

For more details on the forthcoming Athletics Victoria x country races refer to the attached: <http://athsvic.org.au/events/competitions/avcompetitions/xcr/>

Please contact Adam Bogatin (ph 0411 512426) for Open competition AND Marc Blecher (ph 0431 417225) for all junior events.

**Training this week:**

**Tuesday 23rd July – 6pm at Caulfield Park with Dave, Abbey and Ilia**

**Thursday 25th July – Training to be confirmed**

**Sunday 28th July – 4pm Duncan MacKinnon with Abbey, Dave and Ilia**

Thanks,

**Len Bogatin ([0411 512404](tel:0411512404))**

Maccabi Athletic Club