

Athletics Club Newsletter

Welcome back to Maccabi Athletic Club x country competition to ex club champion Sheree Brown (nee Freedman) a past 800m specialist – now married to another club great Garry Brown, and parents to 2 young boys. Sheree ran the 8K St Anne's Winery x country event recently and is in fine form.

Also running was the men's Division 5 team of Brad Serry, Kevin Lieberthal, Adam Bogatin and Len Bryer. The team finished 6th out of the 12 teams just being pipped for 4th spot!



Next weekend will see the running of the 3rd x country race of the season at Bundoora over 10K. Entries close 11.59am on Wednesday 12th June. The club is expecting half a dozen open men and women to compete.

For more details on the forthcoming x country races refer to the attached: <http://athsvic.org.au/events/competitions/avcompetitions/xcr/>
Please contact Adam Bogatin for further details (ph 0411 512426).

The **Victorian All Schools x country championships will be held on 15th June at Bundoora** - we encourage our distance athletes to enter this event. Details: <http://athsvic.org.au/events/competitions/avcompetitions/schools/>
Please contact Marc Blecher for further details (ph: 0431 417225)

There was quite a turnout of “masters” athletes running recently in the Adelaide marathon (photo). Amongst the group were: Michael Nathan (3rd from left – ex club junior 800m champ) and 3 father’s of current day club junior members: Gavin Donner (5th from left), Elan Pamensky (6th from left) and Clive Finkelstein (far right). Hopefully the off spring have the stamina of their dads!



And well done to the 14 athletes and 3 coaches who braved the impending weather tempest and trained like trojans on Sunday afternoon at Duncan MacKinnon – with medicine balls, scaling steps and stairs and some decent running.



Great to see the Traub family all there to support dad Craig at the finish line of his second Comrades Ultra, running the “up” course this year over the 86.8K distance! We have a great distance relay team of Traubs developing in the club!



And there is quite a bit of interest developing out of Sydney of junior track and field athletes (ranging from 100m to 3K runners) keen to qualify for the Maccabiah Games. We are adding names to our newsletter data base – and hope to invite down to the club the Sydneysiders, to train and compete with us as we get closer to the track and field season in October.

Training this week:

Tuesday 11th June – 6pm at Caulfield Park – with Dave and Ilia

Thursday 13th June – 6pm at Caulfield Park - with Ilia

Sunday 16th June – 4pm at Duncan Mackinnon – with Dave, Abbey and Ilia

Thanks,

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

Maccabi Athletic Club



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