

NORTH

Northcote all-rounder leaps to success in Australian Junior Track and Field Championships

- JULIA IRWIN
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Sport Star Timothy Dodd, 13, won the under 15 high jump and under 15 400m at the Australian Junior Track and Field Championships in Sydney earlier this month. Picture: CARMELO BAZZANO

ATHLETIC all-rounder Timothy Dodd rose to the challenge to win gold medals in high jump and 400m in the Australian Junior Track and Field Championships last month.

The 13-year-old from Northcote won the national under 15 high jump title with a personal best leap of 1.81m and won the under 15 400m championship with a time of 51.84.

"It was a nice surprise because I wasn't really expecting to win," a modest Timothy told the *Leader*.

"High jump was very nerve wracking at the start, but once I'd cleared the bar the first time I felt better and with every jump after that I gained a little more confidence."

Timothy said his strategy for the 400m was to run as fast as he could while keeping a little bit more in the tank for the last 150m.

"I got a bad start so I had to catch up," he said.

He overtook a fellow Victorian competitor who came second and a boy from NSW came third.

Timothy described coach Kylie Italiano as a massive help, particularly with high jump, and he was also grateful for support from his home club, the Collingwood Harriers.

The Princess Hill Secondary College student said he was also indebted to his mother's athletic genes — saying she competed for the state in high jump and hurdles and gave him plenty of tips and encouragement.

Timothy planned to continue with 400m and high jump but said he would also step up training for the 100m, 200m and 800m events.

He said he would love to represent Australia at the Olympics one day.

While he has loved running and jumping since he began with Collingwood Little Athletics as a five year old, Timothy said he also had a passion for basketball and more recently kickboxing.

"Kickboxing teaches you a lot about self control and developing quick reflexes," he said.

"It's a good way to get anger out."

Timothy Dodd is eligible to be a Northcote and Preston Leader junior sports star nominee. To nominate a sports star, presented by [Sportsmart](#), go to [the Leader Sports Star page](#).