

# Mount Isa Athletics



## PRESS RELEASE

28 October 2011

Mount Isa athletes put on a great showing at the Secondary Schools State Athletics Championships recently. The quality of the athletes in Mount Isa shone through with six of the eight being Mount Isa students.

Our best result of the Championship was fifteen year old Brianna Smiths' second place in the Hammer throw. Smiths' 40.70m throw was six metres short of first place but well clear of the rest of the field, however she was a little disappointed as she had been consistently throwing around the winning distance of 46.76m in the weeks prior to the event. Smith now has the opportunity to compete in the upcoming National Championships on the 3<sup>rd</sup> & 4<sup>th</sup> December in Brisbane.

Smiths' coach, Ken Dickson said "Brianna has really put in the hard yards this year with gym work and training nearly every day. The only thing that been troubling her is the claustrophobic nature of the hammer cage. The only real way around this is to train in a regulation cage so hopefully we can secure approval through Council to construct one at the Sunset Oval".

Another standout at the Championships was sixteen year old Holly Johnstone. Johnstone's intense training paid off when she placed third in the 400m final with a time of 59.13 seconds. Johnstone was over the moon to have run under the elusive minute mark and to have finished in the top three in the state. Johnstone continued to impress with a fifth place in the 200m final running 26.65 seconds and also ran a time of 13.04s after a bad start in the 100m.

Fifteen year old Adam Farlows' blistering 800m time of 2m10.68s still saw him miss out on a finals berth amongst a quality field. Farlow also ran a personal best in his 200m event with a time of 24.47s and had a consistent time of 55.96s in his 400m.

Also running impressive PB's was fifteen year old Lachlan Ryder. Ryder ran under 12 seconds for the first time clocking 11.98 seconds and managed 24.35 seconds in the 200m heats.

Seventeen year old James Sweeney ran his best 200m time to date running 23.31s and is now eyeing off the 22 second mark. His 100m time of 11.68 seconds was around his best but he was slightly disappointed with his triple jump distance of 12.07m.

Daris Marshall, the only Mount Isa representative not part of the Mount Isa Athletics Club, did well but was not at his best jumping 11.89m in the seventeen years triple jump and three fouled his long jump.

Club Representative, Ken Dickson, said the Mount Isa contingent of the North West team should be extremely pleased with themselves for putting on a good showing and thanks need to go to Michael Johnstone for his time and effort put into the sprinters. Kate Sternes of the Good Shepherd Catholic College also needs to be thanked for the great work she did as team manager. The only disappointing thing for me is the underwhelming size of the North West Team. The North

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### CLUB VENUE

Sunset Oval  
Able Smith Parade  
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West Team consisted of 8 athletes compared to other regions which had teams of more than thirty athletes. Things need to be done for more athletes from throughout the North West to have the opportunity to represent at this level. We had a few other athletes here in Mount Isa that were not selected that may have finished around the top ten in their favoured events. The problem lays at the feet of the Longreach selector who doesn't see the point in athletes going away for just one event that they probably can't win anyway. Hopefully Kates' enthusiasm may start to get the system back to how it is in other regions.