

Mount Isa Athletics

3rd January 2012

While Mount Isa might be around 900km away from the nearest major athletic facility the Mount Isa Athletics Club is not about to deny its members the chance to experience as many of the athletic events as possible.

Eight Club Athletes are currently training to hone their skills in the not so common but very exciting event of Pole Vault. Club Coach David Scott said "In 2009 two of our then 15 year olds, the other coach Ken Dickson and myself all decided to try our hand at the Decathlon. We were already competing in nine of the decathlon events at Club level but facilities for Pole Vault were few and far between. There are only three Pole Vault facilities in the whole of North Queensland – Townsville, Cairns and Sarina – so we and other budding decathletes from Emerald and the Tablelands all had a crash course by Sarina Coach, Paul Hallett, the day before the event."

The event then sparked the interest of Mr Scott and he put his head in the books to learn what he could about Vaulting.

In 2011 the squad of 8 set about training in whatever manner they could without having any actual equipment. "All the core strength and speed exercises weren't a problem as they didn't require equipment and we were able to use steel pipes for "pull throughs" to train for flight and landing on the high jump mats" Mr Scott said. But again it came down to a crash course before the event at the ANQ championships this time run by Mr Scott. All the vaulters performed well with only two not achieving a height in their first competition. All returned enthusiastic to take the event further.

A local sheet metal company with connections to the Club built and donated a pole vault box and another business is donating money for the purchase of a vaulting pole. The Club and senior vaulters are to purchase another two poles which will enable the Club to train with regulation equipment. Hopefully 2012 will see a few of the Mount Isa vaulters representing their region if state qualifiers can be achieved.

Another avenue of athletics which the Mount Isa Club is pursuing is Multi-events which encompasses Decathlon, Octathlon, Heptathlon and Pentathlon. Points are awarded for results from each event and tallied together to get a final result. These events are perfect for the all round athletes to test their abilities.

In 2011 the original four Decathletes, two of whom are now under 18, achieved National qualifiers and the two Master athletes successfully competed in the Masters National Combined Events Championships. The Club also regularly have a number of athletes compete in the Throws Pentathlon at the ANQ Championships.

The future looks bright for Multi-events for the Mount Isa Club with a new wave of under 18 boys set to try their hand at Decathlon and 13 year old Erin Faithful while still too young to nominate for Heptathlon is showing great potential and will be set to amaze in 2013.

CLUB VENUE

Sunset Oval
Able Smith Parade
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