

# Mount Isa Athletics



## PRESS RELEASE

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As predicted the Mount Isa Master athletes who made the trek to the Alice Springs Masters Games last week successfully managed to alleviate the games organisers of quite a few of their medals.

The team of five accomplished 19 personal bests from 42 events, six of which were all time bests. They netted 2 games records, 10 club records and finished with 36 placings – 15 gold, 15 silver and 6 bronze and even made it into three different Territory Newspapers during their four day stay.

It was obvious it was going to be a good meet when Sharon Dickson took gold on day one in the 45-49 year Womens Hammer Throw, not only was she seven metres clear of second place but she added a full 5m to the existing Games Record with her throw of 25.45m which was the longest Hammer throw throughout all the Women's age divisions. Along with the Games Record Dickson returned with two gold, one silver, one bronze and 2 personal bests from her four events.

Maureen Sweeney had a reasonably quiet Club season but exceeded her own expectations when she posted four PB's from the four events she entered into. She bettered three of her Club Records and came home with a silver and bronze medal. Each of Sweeney's' other two events that she didn't medal in were particularly close for the minor placings especially in Discus where Maureen placed 6<sup>th</sup> but had she thrown just 70cm further she would have elevated her placing up to 3<sup>rd</sup>.

Maureen's husband, Tony, having just entered the 65–69 year age division did not have an opportunity to break any Club records as every result he achieved was to set a new mark in the Club Record books. Sweeney PB'd both the 100m and 200m events which he already had times for from the ANQ Championships with times of 15.75s and 35.3s respectively. Tonys' medal tally of 2 gold, 4 silver and 1 bronze was hampered half way through day 2 when he sustained a shoulder injury. Not to let a bit of pain ruin his fun Sweeney continued competing left handed for the rest of the games and still managed to place third in the Hammer event. Prior to the injury Sweeney threw an all time personal best of 8.45m in Shot Put indicating what was to come.

The second of the Games records to fall to Mount Isa athletes was the 35-39 year Pentathlon to Club Coach David Scott. Scott was confident that even if he only posted reasonable results he would eclipse the old record. While disappointed with his throwing events he still managed to surpass the old record by more than 200 points with a score of 1699. After recently incorporating the turn into his Hammer throw David threw an all time personal best which also took out the Club Record in his age division. He finished with three PB's from 16 events and took 11 medals from a possible 12 – 5 gold, 4 silver and 2 bronze.

After his good showing at the ANQ Championships two weeks prior Ken Dickson was not confident that he could replicate his efforts at Alice Springs. Dickson surprised even himself when he managed to post another 8 personal bests from his 16 events, four of which were all time bests as

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### CLUB VENUE

Sunset Oval  
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well as a javelin throw of 39.56m which was his second best all time throw as a master. He also netted six Club Records in the process and placed in all events entered into coming home with 5 gold, 6 silver and 1 bronze.

The team all agreed that the time in Alice was well worth the trip and all exceeded expectations of their own performances. The group also found themselves officiating other events when they weren't competing themselves and even wound up giving on the spot coaching to some athletes that have only recently returned to the sport. All five are confident that they will be returning to Alice in 2014 and are hopeful that they will be joined by some of the ever growing band of Master athletes at the Mount Isa Club.