

Mount Isa Athletics

PRESS RELEASE

1st September, 2012

Last week's visit by Arnold Sorina or "Mr Olympian" as he is called by training partner Cam Clayton, continued to inspire the athletes that attended the Mount Isa Athletic Clubs Competition Day on Saturday with the 68 attending athletes recording an average of two Personal Bests each. A swag more athletes achieved a high percentage of PB's. Most outstanding was 12yr old Danial Butler and 10yr old Liam Baynes who both accomplished the Perfect 5 from 5 Personal Bests. This feat is especially impressive as the season is now drawing to a close and all athletes have been increasing results week after week. CJ Brice-Houseman once again finished the day with 4 from 5 as did Kai Fraser (5), Lewis McCoy (7), Charlize Osborne (10) and Jade Scott (11). Close behind them, all with 3 PB's and an equal recording were Ngoni Kahondo, Sienna TeWani and Melanie Butler.

Trinity Perkins's weekly improvements has seen her push the 6yr girls track records out to 12.1s for the 60m and 15.9s for the 80m. Ngoni Kahondo, also 6yrs smashed the boys Discus record which has stood since 2003 with a throw of 15.38m.

Ten more Legend Certificates have been earned in the last two club days and will be presented to Sienna Stehbens, Kaitlyn Galligher, Kai Fraser, Rico Waerea, Abigail Constantinou, Memphis Waerea, CJ Brice-Houseman, Luca Tafia and Julian Grimaldi.

It has taken most of the season but the Club can now celebrate not one but two Total Legend recipients in six year old Hailee Kokles and seven year old Rico Waerea. The pair has proven themselves as true all-rounders achieving a Legend Certificate in all events offered to them and will be presented with Total Legend trophies in the coming weeks.

Four, 4 year old Tiny Tots have also snared themselves Top Tot Awards in recent weeks and are no doubt looking forward to next year's season when they can compete for all the other certificates like the other athletes. The determined four were the Nielsen Twins, Chase and Zack as well as Declan Riddle and Chaise Anderson.

Training has now been stepped up a notch for the upcoming ANQ Championships which is being held on Townsville's synthetic track on the 28th, 29th & 30th September. Championship organizers are expecting between 500 and 600 athletes from the North Queensland region to attend as well as quite a number of athletes from the Southern clubs. Nominations are available at the club as well as on the club website, www.mountisaathletics.com.au Forms need to be returned by the last club day of the season which will be the 15th September.

After the Championships a small band of the Master Athletes will be heading off to compete at the Alice Springs Masters Games in mid October. The group is planning to clean up on the medals as they did on their last visit back in 2010.

Final preparations will then get underway for the club Break-up and Trophy Presentation day which will be held on the 10th of November at the Sunset School undercover area commencing at 2.00pm.

CLUB VENUE

Sunset Oval
Able Smith Parade
Mount Isa, Queensland

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