

Mount Isa Athletics

PRESS RELEASE

10 August 2013

Mount Isa has had athletes heading in all directions over the past weeks with competitions being attended from Cairns to Longreach.

Master athlete and Coach Ken Dickson has just returned from the inaugural Barrier Reef Masters Games in Cairns. Dickson was up against stiff competition in nearly all his events. On the track his opposition was the current National Record holder for the 60m sprint. While still running a season Personal Best of 13.27s for the 100m he paled into insignificance when the national champion come home in a time of 11.99s. (not bad for a 46yr old). Dickson encountered the same problem in the throwing events when he faced the Western Australian state champion. Dickson is a reasonable Discus thrower averaging around 30m but was no match for the 40m throws of his counterpart. His only chance of redemption was in the Javelin, Dickson's hoped his 38.57m throw may have been enough to secure victory but all it did was force his sizeable opponent to produce a Personal Best of over 39m to again keep him off the top spot on the podium. Dickson said that despite the formidable competition he thoroughly enjoyed the weekend returning with 1 Gold, 3 Silver and 3 Bronze medals from 10 events and 6 PB's to boot.

Over 30 Isa athletes will be joining around 250 other athletes in Longreach this weekend to attend Longreach's Outback Sunset carnival which is being held at the Longreach State High School. The Carnival incorporates the North West Primary & Secondary Schools Regional Championships where school based athletes vie for selection into the North West Team to compete at the Schools State Championships.

The clubs last club day ran true to form with another 7 club records taking a tumble. 10 year old Michelle Bracs is timing her run towards the School Regional Championships to perfection. Her 31.4s in the 200 metres was enough to equal the record time of local sprint champ Tara O'Brien. Michelle's 100m time was also not far off O'Brien's record. CJ Brice-Houseman is inching up his 14 year boys High Jump record 1cm at a time with his 1.62m jump. Daniel Moro also increased his own Shot Put record to 9.02m and three of Master athlete Kristy Kries' records were also advanced, Shot Put to 8.08m, 100m - 15.0s and 200m - 31.0s.

The perfect 5 from 5 PB's now seems to be a weekly phenomenon. The most recent club day saw 7 year old Jace Fraser as the sole recipient. This feat is becoming even more remarkable as the athletics season rolls on as PB's become more difficult to achieve because nearly all athletes are improving weekly by at least one PB.

Another six athletes were only one PB short of their perfect 5 amongst them was serial PB'er Teaghan Goodger who has now amassed an incredible 34 PB's and has already qualified herself for a Gold PB medal at the end of year Break-up as well as being in a dominant position for the 7 to 14 years age group Club Champion trophy. Joining Teaghan on 4 PB's were Brodee-Leigh Owen, Katidjah Fraser, Ryan Hujanen, Jai Piggott and Jonny Holmes.

CLUB VENUE

Sunset Oval
Able Smith Parade
Mount Isa, Queensland

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9 more athletes CJ Brice-Houseman, Jaidyn Ferris, Ashlee Spencer, Teuila Kohlhase, Luca Tafia, Michelle Bracs, Gabrielle Wood, Sienna Stehbens and Trinity Toby have secured themselves Legend Certificates from the last Club day. The club as a whole has tallied 188 Legend Certificates and is currently only 9 Legend certificates short of the amount that were issued in the entire 2012 season and leaving only the 2009 total of 234 in the way of yet another milestone for the club

Anni-Rose Gowland will receive the Top Tot Award at the next Club Day on the 24th August for her great effort in giving everything a go.