

Mount Isa Athletics

PRESS RELEASE

31 August 2013

14 year old Erin Faithful is primed for another outstanding performance in the Heptathlon at the ANQ Championships at the end of the month. After breaking the hurdles and hammer records last week she backed up this week with two more in high jump 1.37m and javelin 28.46m. Possibly the use of the new high jump mats lifted Faithful to the new record height which saw all the athletes in her group either PB or jump an equal height. The old High Jump record had been in place since 2002. State level and record holding athlete 15 year old Carmen "Zeus" Preston had better set her records as high as possible as Faithful who is only a year younger looks set to continue on her record breaking ways. Her 28.46m Javelin throw added a metre to Prestons' old mark from 2012.

CJ Brice-Houseman continues to add 1cm to his High Jump record at each opportunity with the 14 years Mens High Jump record now standing at 1.64m. Narnia Verhoeven is the youngest of the record breakers taking the 5 year old 80m time down with a fantastic PB and record time of 17.7s.

For the first time in many weeks there were no perfect 5 from 5 PB recipients. Four athletes Teaghan Goodger, Boogie Swan, Cameron Preston and Riley Douglas all put in a gallant effort coming home with 4 from 5. Goodger, who never seems to finish a Club Day with less than 3 PB's needed one last PB in her final event for the day, Javelin. Her first two attempts fell two metres short but her third sailed a metre past her previous best only to "tail out" and be called a foul. Teaghan in true sportsman like fashion gave a half stamp of the foot in frustration then wandered off the runway with her usual smile confident that she had a good day and knew she was still capable of more PB's.

There doesn't seem to be any sign of the amount of Legend Certificates being presented subsiding with another 8 going to Luke Hales, Ashlee Spencer, Jace Fraser, Jaidyn Ferris, Narnia Verhoeven, Channai Hall, Michelle Bracs and Katidjah Fraser.

With only two more club days and the ANQ Championships left till the end of season participation and PB's have never been more important. Most of the end of year point's trophies are still yet to be decided with nearly all age groups only separated by just a few points. The Gold, Silver and Bronze PB medallion budget is looking like it may need to be expanded. Fifty athletes have already acquired a sufficient number of PB's to secure a medal with only the colour to be decided and at least a dozen more are only one or two PB's short of collecting their Bronze. PB medals are awarded once the total amount of Personal Best's exceeds a pre set amount, Bronze 20 PB's, Silver 25 PB's and Gold 30 PB's.

The club would also like to remind athletes to get their nominations for the ANQ Championships in as soon as possible to the registrars at Saturdays club day or dropped off at Paint & Decor on Camooweal St.

CLUB VENUE

Sunset Oval
Able Smith Parade
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