

# Mount Isa Athletics

## PRESS RELEASE

18 May 2013

Personal Best's were once again flowing freely at last Saturday's Mount Isa Athletics Club day with the athletes averaging just short of a 40% (2 from 5) success rate. After the previous weeks unprecedented 5 Perfect PB scores things have now returned to normal with just one athlete managing 5 from 5 Personal Bests. Seven year old Hailee Kokles's determination shone through after she finished with four and an equal the week before to get the Perfect 5 from 5 this week, proving that good things come to those who wait.

It could well have been another landslide of perfect scores with no less than eight athletes achieving 4 from 5. Zack Neilsen, Sapphire Osborne, Bryleah Cullen, Cameron Preston and CJ Brice-Houseman all came through the day with four PB's. Danial Butler fell 4cm short of his 5<sup>th</sup> in the hammer as did Sienna TeWani in Long Jump and our very own 'Coach Awesome' (aka David Scott) missed his 5<sup>th</sup> after taking a spectacular tumble in his 110m hurdles. The crash just happened to be caught on video and can be viewed on the 'Coach Awesome' Facebook page. A special mention also needs to go out to Mitchell Hujanen for his 27 second PB in the 400m. Mitchells' passion is with throws but work done with the Club coaches to improve his running technique has certainly paid off.

Club records look set to take a hammering this year with Carmen Preston adding over 4 metres to the 15 years Javelin record with a throw of 32.33m. The distance also qualified her for gold level in the ANQ Development Squad. An influx of Masters athletes in previous weeks has seen the 40-44 year Womens 100m and 200m records fall to Kristy Kries running 15.1s and 32.5s respectively. Dan Simpson now holds the Open Hammer record outright with a throw of 19.72m. The "legend that is" 72 year old Nancy Wing is PB'ing weekly which is pushing her newly created records out to intimidate any challengers she may get in her age group. Nancy's latest PB was an 11.27m Hammer throw. Nancy is also currently leading the Masters women in the season points tally.

With the satellite athletics club which formed in Cloncurry last year not going ahead in 2013 the Mount Isa Club has seen three Cloncurry families drive to City to become part of the Mount Isa crew. One of the athletes Dan Grant has already made it into the ANQ Development Squad with an impressive 1.39m High Jump and 12yr old Emma Cursio won't be far behind if her Shot Put keeps improving.

Previous qualifiers to the Development Squad that were present at last Saturdays Club Day were presented with their Squad T-shirts and qualifying certificates. So far Mount Isa has 7 athletes in the squad. Dan Grant, Lachlan Ryder and Kale Johnson are all on Silver Level, Erin Faithful, Carmen Preston and Cat Hannell are on ANQ Gold level and Hammer Thrower Brianna Smith has taken it two steps further and qualified for the Australian 'A-Squad'

Another 20 Legend certificates will this week be presented to Jade Scott, Tegan Matthews, CJ Brice-Houseman, Haillie Kokles, Cieron Botha, Narnia Verhoeven, Teuila Kohlhase, Luke Hales, Tyler TeWani, Terri-Anne Knight, Tamara Harrison and Brodie Roberts. Ashtyn Tully will receive the 'Top Tot' award for being consistent and enthusiastic especially in the running events.

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### CLUB VENUE

Sunset Oval  
Able Smith Parade  
Mount Isa, Queensland

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