

# Mount Isa Athletics

## PRESS RELEASE

29 April 2014

The Mount Isa Athletics Club season opener went off with a bang last Saturday with 110 athletes ranging from 4 to 74 years of age. While the track is virtually void of any green grass it didn't stop the group from posting quite a number of outstanding performances. The club will be running the back straight this year in an endeavour to allow the old start line to recover.

With most age groups having new members, some were trying to get back into the rhythm of things, some were trying new implement weights and others trying new events altogether. The Tiny Tots (4yrs) were in the thick of it. Being their first year at athletics everything was new to all, including the parents. That didn't stop most of the mums chasing their little ones down the 60m straight some even demonstrating the hurdle technique. Lots of cheers and high fives were handed out in the young fun group.

Coach Awesome spent a good portion of his time with the other young group, the 5yr's, some were graduating Tiny Tots from last year and some new all together. The coach was handing out high fives all round due to the magnificent efforts shown from the young group. Coach Awesome even had a throw of the turbo Jav with the 5's but it was deemed a foul as he was wearing spikes in the ring.

Anyone near the Long Jump pit when the Open and Masters were competing may have been witness to a jaw dropping jump from Kale 'BlackFlash' Johnson, which saw him sail over 7m in his Long jump. Agonisingly his toe was just over the foul line

The 8 year olds were also challenged on the weekend with their first attempt at high jump. After a crash course in the scissor technique, the whole group had cleared heights by the end of the session. The 11's were also given a crash course in Javelin and having to overcome the difficult task of making the Javelin land point first, after being shown the secret of how to get the Jav to 'nose dive' all athletes went away with new PB's to their name.

The calibre of the athletes in the club shone through with 11 Club Records being broken on day one sending an ominous sign of things to come in 2014. 10yr old Denzil Perkins added the 100m record to his list of achievements running a time of 14.4s. Erin Faithful added over a metre to the 15yr women's Shot Put record. Carmen Preston is well on her way to 40m with a 33.85m throw in the 16yrs Javelin. Brianna 'Thor' Smith showed her diversity taking the U/20 women's Shot Put and Javelin Records to 8.88m and 18.88m. Kale 'Blackflash' Johnson enjoyed the change in 100m straight narrowly missing a 10 second time running 11.1s, he was shattered to hear a foul called on his best Long Jump of the day that measured 7.04m his best legal jump of 6.67m was still enough to increase his old record distance by 1cm. Maureen Sweeney inched up her 55-59yrs Javelin record to 13.27m as did Paul Smith with the men's 50-54yrs Long Jump to 2.38m. David 'Coach Awesome' Scott is enjoying entering the 40-44yrs age group as he now has the opportunity to chase down records set by athletes other than himself. He started his season by taking out Ken Dickson's 100m and Long Jump records with results of 12.7s and 5.04m respectively.

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### CLUB VENUE

Sunset Oval  
Able Smith Parade  
Mount Isa, Queensland

### CORRESPONDENCE

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Twenty one Legend certificates will be presented to 13 different athletes for recording results better than those set out on the clubs Champ/Legend charts. These charts indicate athletes at or around the top 10%. Athletes to receive certificates this weekend will be: Channai Hall, Denzil Perkins, Emma Cursio, Erin Faithful, Gabe Wood, Jaidyn Ferris, Lachlan McCoy, Michelle Bracs, Narnia Verhoeven, Rhylee Douglas, Sienna Stehbens, Tadiwa Chitumbura, and Terri-Anne Knight.

The debut 'Top Tot Award' for the 2014 season is to be awarded to Dyneesha Toby for having a go at all the events and being very independent.

Club President and Coach David Scott said "The first club day for the year could be described as a nice steady day. Considering how many new faces we see at the club each year we expected a much more hectic day but everything ran pretty smoothly overall. There were also lots of impressive results so I think we have big things to come as this was only week one."

Club Training has also commenced for 2014. Session times will be 4 to 11yrs 4.00pm to 5.00pm and 12yrs up from 5.00pm to 6.00pm at Sunset Oval.

The next club day will be Saturday 3<sup>rd</sup> May at Sunset Oval commencing at 2.00pm. Any potential new members or anyone looking to get paperwork in or pay registration fee's are asked to arrive at 1.30 so club volunteers can be free to assist with the running of events at 2.00pm,

Anyone requiring more information should visit the club website at [www.mountisaathletics.com.au](http://www.mountisaathletics.com.au)