

Mount Isa Athletics

PRESS RELEASE

23 August 2014

Mount Isa Athletic Club athletes must still be on a high from the great showing at the Longreach Carnival with records and PB's flowing freely at last Saturday's Club day. Considering the success the athletes have been having this year this is a credit to them and their coaches that they are still consistently improving.

Kritika Baniwal and Tia Peel achieved the Perfect 5 from 5 Personal Best's last Saturday taking the season tally to 24. Tia was quite determined and wasted no time letting Coach Awesome know of her success at the end of the day. Kritika however was less confident as Hammer Throw was her final event and not one she was overly confident with. She let fly with her first throw but landed less than a metre short of her PB. Her second throw went further than the first and at that point the officials (and athletes) may have been guilty of convincing Kritika that she was now only about 10cm short when in fact she had already achieved a PB, not knowing this she then gave her all in the final throw and ended up with a PB of over a metre to secure the Perfect Score. Hot on Kritika's heels was fellow 14yr old Teaghan Goodger who couldn't have come any closer to the Perfect 5 finishing with 4 PB's and a frustrating equal. Connor Bowden also deserves a special mention for his 4 out of 5 PB's for the day.

Sienna Stebhens is still having a blinder of a season after her Junior Champion Runner-up at the Longreach Carnival and second Total Legend trophy in as many years, she can now add the 7 year girls 100m record to her list of achievements with her 17.4s taking half a second off Nakita Daley's time from 2004.

The 100m seemed to be a popular event for runners on Saturday. Denzil Perkins also lowered his 10 year boys 100m to 13.7s and Kale "Blackflash" Johnson ran a blistering 10.7s putting him in good stead for the upcoming ANQ Championships in October. 11 year old Michelle Bracs missed improving her 100m record by .01s she clocked a time of 13.71s which as it was a hand held time (timed with a stopwatch) it was rounded up to 13.8s which equalled her current record. Young Master Stephen Zoch found his stride in the 30-34yrs 90m Hurdles dropping his record by over three seconds to a respectable 13.7s

Hammer throwers also dominated the record books with four athletes improving their distances. 12yr old Breanna Waerea threw 24.26m, Mitchell Hujanen (15) - 35.49m, 70+ yrs Nancy Wing added nearly a metre with her 14.84m throw and Coach Ken Dickson found his perfect motivation when he pitted himself against two of his throwing prodigies in Breanna 'Cannon; Waerea and Channai Hall. Dickson let fly with an all time best throw of 27.29m to claim the "King of the Ring" title of the trio for one more week.

Nikaylah Kjaergaard's great Long Jumping will see her receive her second 'Top Tot' award for the season and the nine Legend Certificates that are going to Teaghan Goodger, Illy Chapman, Conor Bowden, Michelle Bracs, Kisha Simpson, Rhylee Douglas, Tia Peel, Trinity Perkins and Jace Fraser will put the season tally of certificates to 227 only seven short of being the second best tally

CLUB VENUE

Sunset Oval
Able Smith Parade
Mount Isa, Queensland

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to date eclipsed only by the 2013 total of 256. With three weeks still to go as well as the ANQ Championships that figure may also be under threat.

The next three Saturday's will see the end of the 2014 club days but there are still a couple more things on the club calendar. Firstly on September 20th the club will be holding the newly named 'Retro Day' which will give athletes the opportunity to compete in events of days gone by such as the 70m sprints and Walks as well as events that club athletes may have competed in at different venues like 50m and 145m races and even events that have had weight changes over the years. The club Pole Vaulters will also get another chance to record heights on home soil.

Following the 'Retro day' a large contingent numbering as many as 50 will be heading off to Townsville on the 3rd – 5th October to compete at the ANQ Championships where they will be up against athletes from all over North Queensland.

To finish off the season athletes can then look forward to the clubs Break-up and Presentation on the 18th of October at the Good Shepherd Catholic College.