

Mount Isa Athletics



PRESS RELEASE

27 February 2014

There's no stopping Brianna 'THOR' Smith. The Mount Isa Athletics Club's well known Hammer Thrower and recipient of the Australia Day "Junior Sportsperson of the Year" award has just returned from yet another successful competition at the Queensland Junior State Championships in Brisbane where she placed 2nd in the Under 20 women's Hammer event.

Despite having a much quieter lead up than last year and having to now throw the heavier 4kg hammer, her 44.75m throw seemed to come with relative ease and was only a half metre short of her best with that weight. Add to this the fact that athletes in the Southern part of the State are now peaking at the end of their summer season while athletes in North Queensland and the North West have to train (usually alone) throughout their off season.

Thor's attention is now firmly turned towards the Australian Junior Track & Field Championships in Sydney on the 12th-16th of March where she will be joined by 15yr old Sprinter Cieron Cuthbert-Botha who will be competing in the 100m and 200m sprints. Smith cracked the 50m mark last year with the 3kg Hammer and now wants to replicate this with the heavier 4kg implement. To do this she is refining her rotations in an effort to accomplish four complete turns within the 2.15m throwing ring.

With another good showing at Nationals Brianna is hopeful of once again gaining selection into the Northern Australia team which is to compete in the Oceania Area Championships to be held at Rarotonga in the Cook Islands at the end of June.

The talented teenager's nickname may soon need to be extended to 'Coach Thor'. As Brianna and a few other accomplished athletes along with a band of interested and helpful parents will be attending an IAAF 'Kids Athletics Coaching Course' presented by IAAF lecturer Dayne O'Hara on the 12th & 13th of April here in Mount Isa. This course will be a great way to learn how to coach & train young athletes and is also a stepping stone to becoming a fully accredited club or events coach. The course is open to anyone from mid-teens up including teachers and parents. No prior experience is necessary. Should anyone be interested in attending this course they need only contact the club or visit the MIAC website.

CLUB VENUE

Sunset Oval
Able Smith Parade
Mount Isa, Queensland

CORRESPONDENCE

Mount Isa & Districts Athletics Association
P.O. Box 2074
Mount Isa, Qld, 4825

CONTACT US

Ph: 0402 219 039
Email: enquiries@mountisaathletics.com.au
Web: www.mountisaathletics.com.au