

Mount Isa Athletics



PRESS RELEASE

7 May 2014

There were once again good numbers at the Mount Isa athletics Club's second club day of the season and many more good results were achieved on the day. 129 athletes swarmed onto Sunset Oval on Saturday afternoon and a number of groups got to try new events that they haven't done before.

Hammer throw is usually reserved for athletes 14 years and older but in recent times the rule has been relaxed to include 13yr olds. With the combining of the 12 & 13 year olds at Mount Isa this season the 12yr group also got to experience the new event. Club Throws Coach Ken Dickson was very impressed with the advancement of the entire group as he put them through a crash course of the event.

"Everyone of them picked it up really quickly and they all had really great results for first timers" Dickson said "the one that most impressed me was 12yr old Janus Grobler, he is only slightly built but listened well, got the technique right and smashed out a 17.16m throw taking the Hammer record for his age group."

Patrick Baker's (13) throw of 19.26m is already pushing towards the 13yr Boys record of 21.09m and when Breanna 'Cannon' Waerea returns to competition this weekend Dickson is predicting a new record for the 12yr girls hammer event.

There was also a fierce competition brewing in the 14yrs to Masters High Jump with 15yr old's CJ Brice-Houseman and Mitchell Hujanen pushing Coach Awesome (David Scott) to an all time best and 40-44yrs club record height of 1.55m. Mitchell equalled his best of 1.50m and CJ was only 1cm off his best from last season jumping 1.63m. Erin Faithful also smashed the 15yr Women's High Jump record with her height of 1.41m

Other records to tumble on the weekend were the Women's 15yr Hammer to Erin Faithful throwing 28.02m, Danielle Cuthbert 45-49yr 100m – 21.4s, Nancy Wing 70-74yr 100m – 31.3s and Hammer – 13.97m, Paul Smith 50-54yr Hammer – 21.89m and John Schalch 55-59yr 100m 15.3s.

Being only week two not many Personal Bests were up for grabs but Ashtyn Tully (5) and Les McMillan (6) shone through both netting 3 PB's, the maximum possible for the day.

Cody Hastwell is to receive this week's 'Top Tot' Award for Showing Excellent Skills in Discus.

Once again the calibre of athletes in Mount Isa becomes apparent with another 15 legend Certificates to be handed out this coming Saturday to Sienna Stehbens – 60m & 100m, Kadea O'Donnell – 100m, CJ Brice-Houseman – 100m & High Jump, Michelle Bracs – Shot Put & High Jump, Terri-Anne Knight - High, Melanie Butler - High, Mitchell Hujanen - High, Erin Faithful - High, Hammer & Discus and Channai Hall – Discus & Hammer.

CLUB VENUE

Sunset Oval
Able Smith Parade
Mount Isa, Queensland

CORRESPONDENCE

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Another five ANQ Development Squad Silver Levels were surpassed on the weekend by Channai Hall – Discus 20.74m, Erin Faithful – Discus 26.51m, Mitchell Hujanen – Hammer 26.77m and CJ Brice-Houseman – Hammer 22.53m and High Jump 1.63m.

Athletics will continue every Saturday at Sunset Oval commencing at 2.00pm. Registrations are accepted for athletes 4yrs to Masters all year and the club offers 2 free trial days for those who are unsure