

Mount Isa Athletics

PRESS RELEASE

22 November 2014

Mount Isa Athletics coach and athlete David 'Coach Awesome' Scott has topped off an accolade filled year when he was awarded the Athletics North Queensland (ANQ) 'Master Athlete of the Year' for his performances throughout the 2014 season.

Scott was selected from master athletes from the 34 ANQ clubs which encompass an area from Rockhampton in the South, Cairns in the North and out to our very own Mount Isa in the West.

"I feel very honoured to have received an award that covers such a large area of Queensland" Scott Said "There are a lot of talented master athletes within North Queensland and we are seeing more and more getting involved each year"

David was the driving force in expanding the Mount Isa Athletics into a club that caters for athletes of all ages from four year old Tiny Tots right through to Masters. The clubs success was evident when it took out the 2013 ANQ 'Club of the Year'. David was recognised for his efforts at the start of the 2014 season when he was presented with a Life Membership to the Mount Isa club.

"The club we have here is fantastic, it's perfect for someone like myself as an athlete and coach. You get to train with and coach athletes of all ages and abilities. It's very rewarding."

David lists his three favourite events as Triple Jump, 400m Hurdles and Decathlon (which includes: 100m, 400m, 1500m, 110m Hurdles, Long Jump, High Jump, Pole Vault, Shot Put, Discus and Javelin) and has managed good if not great results not only at home but at each of the four championship events he has attended this year which included the ANQ All Comers & Student Games, the ANQ Multi Events Championships, the Alice Springs Masters Games and the Pan Pacific Masters Games at the Gold Coast.

"This has been my best competitive year to date. I have achieved all-time best results in all four of my Jumping events."

"If things keep improving I will be very well positioned when I travel to Perth for the World Masters in 2016"

When queried on the secret to his success his reply was "We have such a great training squad which we have named the 'Isa A Squad'. When we are training there is always someone to chase regardless of whether it is in the throws, jumps or sprints. Things are looking even better now that many of our athletes are taking up the Multi-events."

There will be no rest for Coach Awesome during the off season as he and fellow coach Ken Dickson will have the Isa A Squad training right through as many of the athletes focus on upcoming State, National and International events.

CLUB VENUE

Sunset Oval
Able Smith Parade
Mount Isa, Queensland

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