

Mount Isa Athletics



PRESS RELEASE

3rd November 2014

Mount Isa was well represented recently with the 2 coaches of the Mount Isa Athletics Club flying the flag at the Pan Pacific Masters Games at the Gold Coast.

The games was host to some of the best Master athletes from around Australia as well as 20 other countries including Canada, India, Sri Lanka, New Zealand and the Ukraine just to name a few. The athletics segment of the games saw over 500 athletes aged from 30 years right through to a spritely 92 year old.

The Isa coaches, David Scott and Ken Dickson, were more than happy with their performances coming home with 4 bronze and 1 silver medal, 3 all time best results, 4 Club Records and finished in the top 8 of most of their events. The pair were also privileged to have witnessed a number of National and World Record performances throughout the competition.

Coach Awesome (David Scott) is now more comfortable with the tag of “jumper” after medalling in all three of his jumping events, securing bronze in the 40-44 year Long and High Jump and an impressive silver in Triple Jump. The excitement of the international event spurred Coach Awesome to produce an equal all time best distance of 11.18m to take the duos only silver medal of the games and equal the current Isa Club Record. His highlight of the weekend though was in his Long Jump. He was sitting comfortably in second place right up to the fourth round when he was bumped back to fourth, forced to dig deep he clawed his way back to third in the fifth round and dug even deeper to produce a 5.47m leap in the sixth round which improved his previous distance but left him a mere 6cm short of 2nd place. His other favourite event the 400m hurdles saw him place 4th with a time of 1m 14.30s. While not quite able to secure a medal it was enough to net him the Isa Club Record.

Ken Dickson surprised himself when he took third place in the 45-49 year Weight Throw. Poised against a group of man mountains Dickson felt like the little guy in one of his least favourite events. Knowing he needed to step up to stay in contention he introduced a single turn into his throw producing great results. Dickson added over a half metre to his previous all time best throwing 7.99m leaving him elated with the distance and placing but disappointed it wasn't one centre metre further to make the 8m milestone. A good result of 31.17m in the Discus which placed Dickson fourth put him in good stead for the Throws Pentathlon where he took his second bronze of the games.

The pair can now settle back into some off season training with their squad and have bookmarked their calendar for the 2016 World Masters Championships in Perth where they feel they could put in a fair showing in the Decathlon.

CLUB VENUE

Sunset Oval
Able Smith Parade
Mount Isa, Queensland

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