

Mount Isa Athletics

PRESS RELEASE

20th September 2014

A small but determined band of athletes were back at Sunset Oval last Saturday for the Mount Isa Athletic Clubs Retro Day. Athletes were given the opportunity to try their hand at events that are no longer or not regularly conducted at the Mount Isa Club days.

The day kicked off early with the clubs young pole vaulters trying their hand at one of athletics more exciting events. Mount Isa is one of only a handful of clubs which offer athletes a chance to try Pole Vault. 14 year old Lachlan McCoy finished the event with the top height of 2.30m giving him the 14 year boy's record. Patrick Baker also had a successful day equalling Andrew Butlers Club Record of 1.60m for the 13 year boys.

From the Pole Vault it was straight to the track for the 70m sprints. 10 year old Denzil Perkins and 11 year old Michelle Bracs were put together in the same race in an effort to bring the best out of them and that's certainly what happened. Denzil took .9s off the record for his age group and Michelle took a full second off her time from earlier in the year. Both athletes finished in a dead heat running the 70m in 9.5s.

11 year old Melanie Butler would seem to have found her pet event in race walking. After only 2 coaching sessions she had adapted to the technique very well and has lowered the 11 year girls 700m walk record time to 5m 14.3s. A few of the masters also tried their hand at the walks which resulted in two new records for the 1500m walks set by Tanya Hales – 13m 48.9s and David Heness – 12m 21.2s.

Jade Scott had one of her best hurdle runs to date. Displaying magnificent technique she powered home in a blistering time of 16.1s in the 13 year girls 80m Hurdles.

Barbara Baker wasn't to be left out of the action breaking the 40-44 year women's 60m record in a time of 11.5s. Barb also created a new time for the 80m and 100 yards.

The 3000m race is starting to prove popular with an increasing number of athletes taking part. After a gruelling 7.5 laps of Sunset Oval Terri-Anne Knight had created a new time for the 11 year girls and Patrick Baker lowered the time for the 13 year boys.

Seven year old Sienna Stehbens had her second attempt at the 400m and once again went out hard. She looked as though she may have emptied her tank at the 200m mark but found a second wind in the home straight and finished in a time of 1m 36.7s

Both Sienna and Luke Hales had good attempts at high jump and finished with heights of 86cm and 81cm respectively.

Patrick Baker, Lachlan McCoy and Dan Butler's efforts in the Pole Vault saw all three rewarded with Silver ANQ Development Squad qualifiers which will be a timely ego boost when the trio along

CLUB VENUE

Sunset Oval
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with Jade Scott and CJ Brice-Houseman compete in the Pole Vault event at the ANQ Championships in a week's time.