

# Mount Isa Athletics

## PRESS RELEASE

29<sup>th</sup> April 2015

Mount Isa Athletic Clubs 2015 season started with a bang last Saturday with 111 athletes turning out for the first Club day. Club organisers thought they were in for an easy day until Coach Awesome took the athletes out for warm up and athletes seemed to come from every nook and cranny indicating that they were to be in for a big day.

A brisk tail wind down the 100m straight set the scene for quite a number of outstanding performances. Denzil "Lightning" Perkins (11), while quite disappointed with his times in the 100 and 200m of 13.9s and 30.1s, should be pleased to find out they were still good enough to take out the old Club Records which had stood for past 14 years. Also capitalising on the conditions was Kym Stehbens decreasing the Masters Women 100m to 18.5s. Kym then backed up her efforts with a record Long Jump. The throwers were also out in force with Breanna "Cannon" Waerea (13) and Erin "Beast" Faithful (16) both taking out Shotput records for their age groups with throws of 10m and 10.71m respectively. Master athlete Paul Smith increased his Shotput record with an 8.32m effort. Finally Regional Australia representative Carmen "Zeus" Preston (U18) was not having a good day managing the blustery conditions with the Javelin and finished with a throw of 32.73m which is more than 20% below her best. The result was, however, still more than 8m better than the previous record showing the calibre of the talented thrower. Also worthy of a mention was 10 year old Rico Waerea's efforts in High Jump, his 1.18m was enough to net him the All Comers Record but fell a mere 3cm short of the Club Record.

The first to receive the 'Top Tot' award for 2015 will be Indy Gell for her Great discus throwing.

Aleighta Ferris, Cooper Douglas, Michelle Bracs, Terri-Anne Knight, Sienna Stehbens, Trinity Perkins, Rico Waerea, Sela Naituku, Denzil Perkins, Conor Bowden, Lachy McCoy, Rhylee Douglas, Breanna Waerea, Bryleah Cullen and Taysha Hall will share in a massive 28 Legend certificated that will be awarded at this Saturday's club day for their outstanding performances which exceeded the standards set out in the Legend certificate charts.

Six athletes have already passed the qualifying standards for the Athletics North Queensland (ANQ) Development Squad. One of the clubs other Regional Australia Representatives, Kale "BlackFlash" Johnson qualified in 100m, 200m & Long Jump, Carmen Preston in Javelin, Breanna Waerea and Erin Faithful in Shot Put and Michelle Bracs and Conor Bowden also in 100m. Club officials are expecting another swag of qualifiers this Saturday as a number of the clubs top athletes are yet to post results in their favoured events.

Club Head Coach David Scott (Coach Awesome) said "The first club day for the year could be described as a nice steady day although somewhat windy. Considering how many new faces we see at the club each year we expected a much more hectic day but everything seemed to run pretty smoothly overall. There were also lots of impressive results so I think we have big things to come considering this was only week one."

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### CLUB VENUE

Sunset Oval  
Able Smith Parade  
Mount Isa, Queensland

### CORRESPONDENCE

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Club Training has also commenced for 2015. Session times will be 4 to 11yrs 4.00pm to 5.00pm and 12yrs up from 5.00pm to 6.00pm at Sunset Oval.

The next club day will be Saturday 2<sup>nd</sup> May at Sunset Oval commencing at 2.00pm. Any potential new members or anyone looking to get paperwork in or pay registration fees are asked to arrive at 1.30pm so club volunteers can be free to assist with the running of events at 2.00pm.

On the following day, Sunday 3<sup>rd</sup> the clubs coaches will be conducting a second "Parent Orientation Day" from 4.00pm at the Oval for parents of registered and trialling athletes where they will run through the correct way to run events on a club day and will even share a few of their coaching techniques with attendees. The session is free and they are hoping for a good turnout. The course has proved very beneficial for those who have attended previously making club days run much more smoothly.

Anyone requiring more information should visit the club website at [www.mountisaathletics.com.au](http://www.mountisaathletics.com.au)