

Mount Isa Athletics

PRESS RELEASE

17 August 2015

Master athlete and coach Ken Dickson has just returned from Cairns where he was proudly flying the Mount Isa flag at the Great Barrier Reef Masters Games. Cairns turned on some great weather for the 1100 sports men and women that arrived for the four day event.

In a solid weekend of competition comprising of 11 events and a throws pentathlon. Dickson managed to medal in all bar one event. His haul comprised of 2 gold, 5 silver and 4 bronze.

"Numbers were a bit lower than the previous games but it was still a great comp. I finished up with 5 PB's and was only just short in all the others with the exception of weight throw" Dickson said. "If you take the State Champion thrower Todd Davey out of the mix a lot of the battles for placing were really close as well so you can't ask for a better weekend than that".

"I was pipped on the line for the 100m gold by just 0.04 of a second which equates to about 5cm in distance. I had broken the Games Long Jump record but couldn't reel in the 17cm needed for first place. Even second place the throws pentathlon came down to the wire but I bombed in weight throw and had to be happy with bronze".

"Overall it was a really good but exhausting weekend. I pretty much had an event every hour for 2 days straight. The timing of the games has been really good as a warm-up for the NQ Decathlon Championships at the end of September in Townsville".

"The best thing about any Masters Games no matter where they are held is the camaraderie between the guys. We are always cheering each other on or giving each other a hard time whichever the occasion requires. "

As an added bonus Dickson found himself as part of the Games roundup on the Cairns channel 7 Local news when they featured the 100m race that he was involved in three times throughout the segment.

The Games was the start of a big 15 months of training and competition for Dickson and fellow coach and athlete David Scott whose calendar currently consists of the ANQ Championships in September, the State Masters Decathlon Championships in February 2016, National Decathlon Champs in March, QLD Masters State Champs in June, ANQ Champs in September, Alice Springs Masters Games in October, Worlds Decathlon Championships also in October which runs straight into the Pan Pacific Masters Games in November.

The rest of the club will get their chance to shine this weekend as many of them make their way to Longreach for the Outback Sunset Carnival which incorporates the Primary and Secondary Schools regional championships where the students are able to vie for a position in the North West team to compete at the Schools State Championships in October.

CLUB VENUE

Sunset Oval
Able Smith Parade
Mount Isa, Queensland

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