

Mount Isa Athletics

PRESS RELEASE

15 August 2015

Personal Best performances were back on the radar at last weekend's Mount Isa Athletics club day which saw a marked improvement in results across the board.

Club newcomer, 5 year old Mia Brien managed to snare a Perfect 5 from 5 PB medallion on just her third club day with the club. Dylan Moore, Conor Bowden and Cameron Preston all fell just one PB short of the 5 finishing with a hard fought 4 PB's but in a first ever for the club 9yr old Rhylee Douglas finished with 3 PB's and not one but two equal times in his track events. Tyler TeWani also put in a gallant effort finishing the day with 3 and an equal.

Club records also took a hammering on the weekend with seven being pummelled by six different athletes. Erin Faithful (16) lead the day out by knocking 0.4s off her 90m Hurdles time finishing in 16.2s and also jumped 9.46m in Triple Jump to add to the list. Michelle Bracs also stepped up in the Hurdles taking the 12yr girls record to 17.7s. Two of the clubs runners are now even more determined to run sub minute 400m times after Conor Bowden took the 13yr boys time to 61.9s and Master James Stewart reduced the 30-34 men's time to 62.9s. 17yr old Carmen Preston's form with the Javelin is starting to return with her season best and club record now being 34.80m and 16yr old Mitchell Hujanen is increasing his Hammer record a metre at a time with the distance now set at 44.02m.

Chris Boshoff's recent registration has now enabled him to be awarded the swag of records he has been banking up over the past week. Chris can now lay claim to the 50-54yr Men's Javelin – 30.89m, High Jump – 1.42m, Shot Put – 9.07m and Discus - 26.90m.

Zeb Kretschmann can add yet another 'Top Tot' award to his trophy case this time for an 'Outstanding 60m Race'

The club printer is still doing overtime with another 15 Legend Certificates to be awarded at the next club day to Gabe Wood, Archer Curtis, Sienna Stehbens, Cooper Douglas, Kisha Simpson, Conor Bowden, Rhylee Douglas Taku Mandizvidza and Scarlett Venz.

Eight year old Sienna Stehbens is now only one more Legend Certificate off being awarded a 'Total Legend' trophy for securing a Legend Certificate in every event offered to her. Sienna currently only needs to drop her 800m PB by 0.4s to get the final certificate.

The Clubs season is now starting to draw to a close with only the next three Saturday's left to round out the season. September 19th will see the club host there second 'Retro Day' for the season where athletes get to compete in events which aren't held on a normal club day. The following week will culminate in what is the best attended carnival in the ANQ calendar, the ANQ Championships on the 25th to 27th of September.

CLUB VENUE

Sunset Oval
Able Smith Parade
Mount Isa, Queensland

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