

Mount Isa Athletics

PRESS RELEASE

29 August 2015

The athletes of the Mount Isa Athletics Club are really turning on the heat in the lead up to the ANQ Championships in Townsville in September. After an extraordinary weekend at Longreach's Outback Sunset Carnival the club recorder was expecting a quiet weekend. On the contrary the club had the second largest turnout for the season with 109 competing and four of the record breakers from the carnival backed up and bettered their performances from the week before.

Most outstanding was 13yr old Conor Bowden who stormed home in 12.3s in his 100m. With favourable conditions and with the aid of Townsville's synthetic track Conor's coaches are hopeful of him breaking into the 11 second club in a month's time. Michelle Bracs now owns the 12yr girls 100m title outright after running 13.7s and 32 yr old James Stewart lowered the 30-34yr men's 800m record to 2m 37.9s. Erin Faithful's leap of 4.73m also added 23cm to her record Long Jump from the Longreach carnival. Other records broken at Saturday's club day went to Scarlett Venz (6) for blistering runs in the 60m – 12.5s and 80m – 16.9s. Wendy Hamilton lowered the 35-39yr women's 100m time to 14.6s and James Stewart also claimed the 30-34 men's High Jump clearing 1.46m

With all the stellar performances this season it has become incredibly difficult for the athletes to secure a perfect day of 5 from 5 personal bests but they still give it a red hot go. This week saw Scarlett Venz, Hayley Brock, Luke Alexander and for the second consecutive week Cameron Preston all achieve 4 from 5 PB's. Master James Stewart managed 3 and an equal and Josh Scott finished with 3 but was only 3cm short in his Long Jump and only 2cm short in his Discus.

Legend Certificate levels however are still being met with twelve more being achieved by Ryan Hujanen, Jaidyn Ferris, Macklin Kretschmann, Rehan Bell, Taku Mandizvidza, Michelle Bracs, Brearna Stewart, Caelan Howard, Rhylee Douglas, Hayley Burkinshaw, Kadea O'Donnell and Aleigha Ferris.

Conor Bowden's 12.3s 100m was enough to elevate him to Gold level in the ANQ Development Squad. Michelle Bracs added Hammer and Erin Faithful added Long Jump to their ever growing lists of Silver Qualifiers.

The athletes are now in heavy preparation for the ANQ Championships where it is expected that at least one third of the club will trek to Townsville for the three day competition on the synthetic track at the Townsville Sports Reserve on September 25-27th. The Event is open to all registered athletes from 4yrs right through to masters. Organisers are expecting a turnout of around 500 athletes again this year.

CLUB VENUE

Sunset Oval
Able Smith Parade
Mount Isa, Queensland

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