

Mount Isa Athletics



PRESS RELEASE

27 June 2015

The Record Book of the Mount Isa Athletics Club is now looking a little fuller after the Clubs first Retro Day of 2015.

Retro Day was introduced last year to give the athletes an opportunity to experience events that aren't apart of a normal Club day like Pole Vault and the Walks along with events that Isa athletes have competed in at various carnivals like the 50m and 145m. It also gives them a chance to break records in these events which would otherwise sit there dormant and never improving.

The day saw 11 Club Records improved and another 25 new Club or All Comers (only records set locally) records created.

The Pole Vaulters kicked off the day bright and early much to the delight of vaulting newcomer Connor Baker whose 1.70m height awarded him the 12 year boys record. A horde of other vaulters created new records for their respective age groups. Another first timer, Terri-Anne Knight, set the 12 year girls height at 1.60m. Jade Scott had an all time best clearing 1.80m in the 14 year girls and brother, Josh Scott, 1.90m in the 16 year boys. 32 year old James Stewart was disappointed fouling out at 1.90m after clearing his final height of 1.80m by nearly a metre.

Michael Bracs (8) led the charge for the juniors netting himself the 80m record in 14.4s. Creating new times were Zoe Duffell (5) 200m, Aleigha Ferris (5) 50m and 145m and Macklin Kretschmann (6) 50m, 145m and 200m.

A few keen runners took to the track to contest the 3000m and after a gruelling 7.5 laps Terri-Anne Knight had put her name to another Club Record as did 15 year old Dan Butler. The 3000m is only offered to athletes 11 years and older, the club was approached to consider if 10 year olds Kadea O'Donnell and Molly Duffell could use the race as a training run for their upcoming cross country championships. The pair proved worthy of their representative duties posting times 3 minutes better than the current 11 years Record. An ominous sign for the future.

The race walking section saw 9 athletes line up at the 700m and 1500m start line with four emerging with new records. Patrick Baker in the 700m and Erin Faithful, Simona Reynolds and Barbara Baker in the 1500m walks.

The hurdlers also had a chance to shine, Teaghan Goodger (15) and Erin Faithful (16) both showed good form on their way to breaking Club Records in their respective age groups, Teaghan ran 38.5s in the 200m Hurdles and Erin 17.3s in the 100m Hurdles. James Stewart set a new time in the 30-34yr mens 110m Hurdles.

16yr old Mitchell Hujanen was given the chance to challenge the Open Men's hammer record. The men's 7.26kg hammer is 30% heavier than Mitchell's usual hammer but he still managed to hurl it

CLUB VENUE

Sunset Oval
Able Smith Parade
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out to 29.87m adding 10cm to the old record. The only other throwing record to fall on the day went to Erin Faithful in the 16yrs Womens Shot Put.

The rest of the records went to the Master Athletes. Barb Baker created one for the 80m and broke records in the 60m & 100 yards. James Stewart set a new time in the 30-34yr 80m and broke the existing time for the 1000m. Club Coaches David 'Coach Awesome' Scott and Ken 'KenForcer' Dickson had an epic battle in the 80m with Coach Awesome showing better staying power to finish just one tenth of a second ahead of his rival. Both ran record times of 10.4s and 10.5s respectively.

The athletics club will now break over the school holidays and resume club days on Saturday the 18th of July