

# Mount Isa Athletics

## PRESS RELEASE

6<sup>th</sup> June 2015

As the Mount Isa Athletics Club nears the half way point of their season the flow of Perfect 5 from 5 personal best medallions has seen an abrupt slowing with only two athletes accomplishing the feat at Saturdays Club day. 11 year old Denzil Perkins was sitting on 3 PB's and challenged the Club coaches to a head to head in the 400m in an effort to get the best out of himself, a process that proved very successful securing him a 5 second PB and also breaking the 400m Club Record which has stood for the past 14 years by 2.5 seconds. He then went on to add a metre to his Discus PB. Riding the wave of the 10 year olds PB fest last week was Logan Bell who stepped it up a notch finishing with the Clubs only other Perfect 5 from 5.

Coach Awesome was joined by his daughter Jade, Dan Butler and 9 year olds Serena Gowland, Tia Peel, Connor Howard and Taku Mandizvidza who all finished with 4 from 5.

Hurdles can be one of the more intimidating events in athletics but in a display of sheer grit and determination club newcomer 7 year old Klay Shearsmith proved his toughness when after tripping on the first of his six hurdles he got straight back up into the race only to repeat the trauma again on the second. Undeterred he bounced back and cleared the next four with ease and only dropped 6 seconds off his PB time.

Joining Denzil Perkins' 400m record time of 1m 7.5s was Erin Faithful who took another 0.2s off her 90m Hurdle time running 16.6s. Another Club newcomer Simona Reynolds has been eying of the Womens' 30-34 year old throw records all season and had double success breaking the Shot Put (7.46m) and Discus (23.29m) both in one afternoon. Paul Smith continued to extend his 50-54 year Triple Jump record this time jumping 4.84m.

Cooper Harris' great Javelin throwing will see him receive this weeks Top Tot Award.

Perfect hurdling conditions saw 4 of the 10 Legend Certificates achieved by Denzil Perkins, Tarell Rae, Teaghan Goodger and Charles Wilson for their hurdle prowess. Logan Bell, Abby Layte, Gage MacRae, Jeriah Nicolosi, Kia Mears and Macklin Kretschmann rounded off the group who will receive certificates.

Two weeks time will see the Clubs 12 year olds get their first experience of the Hammer throw event. Athletics North Queensland has now released official Hammer weights for 12 year old so the Mount Isa Club has rearranged their programme to accommodate for this. The new programme will come into effect from June 20<sup>th</sup>.

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### CLUB VENUE

Sunset Oval  
Able Smith Parade  
Mount Isa, Queensland

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