

# Mount Isa Athletics

## PRESS RELEASE

2<sup>nd</sup> June 2015

The 10 year olds were the star age group at last Saturdays Mount Isa Athletics Club Day. The group of 8 athletes were able to boast 30 personal bests between them out of a possible 40. Kadea "Little Machine" O'Donnell lead the pack coming home with the Perfect 5 from 5 with solid PB's in all her events. Nipping at her heels were Michaela Bracs, Molly Duffell, Sienna TeWani, Sela Naituku and Corey Stewart all with 4 PB's. Rounding off the group was Abby Constantinou with 3 and Logan Bell with 2. The group Age Marshall should also be commended for their guidance and encouragement to get the athletes to do their best. To top off the day for the 10 year olds Sienna TeWani's 14.92m throw with the Training Javelin netted her the girls Club Record.

3 other athletes, Michelle Bracs, Hughie Dickenson-Jones and for the second week running Ryan Hujanen all joined Kadea in accomplishing the Perfect 5 from 5 taking the Clubs tally to 11 in just 2 weeks. The Club Medal Tin could have well and truly been drained had the 9 other athletes that finished with 4 from 5 managed just one more PB. Joining the five 10 year olds falling one PB short were Breanna Stewart, Tia Peel, Takudzwa Mandizvidza and Tyson Hales.

Showing that there is plenty of depth in the Club was 5 year old Scarlett Venz who wrote herself in to the record books with her lightning fast 12.9s time in the 60m. Sienna TeWani's mid week training paid off with a 3m personal best with the training javelin which gave her the 10 year girls record. Erin Faithful just pipped Holly Johnson's Long Jump Record by 1cm to set the new mark at 4.19m. Kym Stehbens and Estelle Smith also increased their Long Jump records and Estelle also backed up with improving her 100m time.

Another 15 Legend Certificates will be presented to Scarlett Venz, Kadea O'Donnell, Michelle Bracs, Ashtyn Tully, Archer Curtis, Sienna Stehbens, Luke Hales, Rehan Bell, Sela Naituku and Lachy McCoy for their outstanding efforts in passing the Legend level.

Eli Constantinou Long Jump technique is coming along nicely and has set him up for this week's 'Top Tot' award for 'Excellent heels in Long Jump.'

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### CLUB VENUE

Sunset Oval  
Able Smith Parade  
Mount Isa, Queensland

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