

# Mount Isa Athletics

## PRESS RELEASE

12 Sept 2015

The Mount Isa Athletics Clubs final club day of the 2015 season was a celebration of Super proportions.

The club decided to theme the event as D-M-D Day (Disney – Marvel – DC). Athletes and parents were encouraged to come as their favourite Superhero or Disney character and that they did, it is estimated that at least 80% of the attendees were either in costume or as a minimum had their favourite Batman, Superman or Disney Princess T-shirt on.

There were some Super Human performances as well with Craig Williams, Patrick Baker, Josh Scott and James Stewart all achieving 4 from a possible 5 Personal Best's for the day. The club as a whole did very well with the 99 competing athletes securing 116 PB's between them. The end of season is always the most difficult time for PB's as the athletes have been striving to improve their results all year with at least 23 having clocked up 25 or more.

Michelle Bracs's 25.35m Javelin throw elevated her from Silver to Gold Level in the ANQ Development Squad and also secured the 12yr Girls Javelin Record which she and Terri-Anne Knight have been chipping away at all season. Michelle's 200m time of 28.2s also achieved her a Silver qualifier as did Kale Johnson's 12.66m Triple Jump and Erin Faithfuls 28.09m Discus throw which was also a 16yr women's club record

Other records to fall all went to the masters. Simona Reynolds pushed the 30-34yr women's Shot Put over the 8 metre mark throwing 8.16m. James Stewart lowered the 30-34yr men's 800m time yet again to 2m 37.1s and Chris Boshoff raised the bar to 1.45m in the 50-54yr men's High Jump.

Legend levels continue to be broken with Corey Stewart, Renee Bracs, Aleigha Ferris, Tia Peel and Zoe Blades all to receive Legend Certificates for their efforts. These and any unclaimed awards will be available at the Club Breakup on the 31<sup>st</sup> of October.

While the club days may have finished the athletic season is by no means over. This Saturday will see a band of athletes compete at the clubs twice a year 'Retro Day' where athletes compete in events that are no longer offered on a regular club day. The events will kick off at 8.15am with the club Pole Vaulters, and track events will start around 9.30am.

The following weekend will see a sizable Mount Isa team trek to Townsville to compete at the North Queensland Championships. The group will consist of athletes aged from 5 years right through to masters. The NQ Multi-Event Championships are also held in conjunction with the regular events and Mount Isa currently has 5 athletes registered for the Decathlon and 4 for the Heptathlon.

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### CLUB VENUE

Sunset Oval  
Able Smith Parade  
Mount Isa, Queensland

### CORRESPONDENCE

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