

Mount Isa Athletics



PRESS RELEASE

19 September 2015

The still air around Sunset Oval on Saturday morning was broken with the sound of a starter's pistol and the shattering of records when the Mount Isa Athletics Club hosted their second 'Retro Day' of the 2015 season

Retro Day was introduced in 2014 to give the athletes an opportunity to experience events that aren't a part 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 Pole Vaulters started off the day with an extraordinary display with the limited facilities available to them. All athletes achieved personal bests and three club records tumbled in the process. Terri-Anne Knight advanced the 12yr girl's height to 1.70m, Connor Baker 12yr boys to 1.90m, James Stewart 30-34yr men's to 2.30m and Lachlan McCoy equalled the 15yr boy's height of 2.40m. Vault first timers Mitchell Hujanen (16) and Stefan Skorut (open) both set All Comers records clearing 2.00m and 2.50m respectively.

11yr old Denzil Perkins managed to stretch out his Triple Jump to 8.75m advancing the old record by 3cm.

Over the years there has been a number of implement weight changes in the athletic throwing events and Retro Day gives the athletes a chance to try these weights and possibly break the records. The calibre of the Mount Isa throwers is quite impressive at the moment and this lead to seven throwing records getting quite substantial improvements. Michelle Bracs lead out with a 29.54m throw in the 12yr girls 750g Discus. Breanna 'Cannon' Waerea then stepped into the ring for the 13yr girls 4kg Hammer and added over eight metres to the existing record throwing an impressive 26.91m. Carmen 'Zeus' Preston improved the U/18 women's 4kg Hammer record to 22.03m. Kath Hujanen speared her Javelin out to 13.50m taking the 50-54yr women's record that she has been chasing since entering the age group.

'Zeus' is better known for her prowess with the Javelin and didn't disappoint finishing the U/18 women's 600g Javelin at 34.04m. Retro Day also gives legitimate challengers the opportunity to step out of their age group and make a challenge for a record in the Open category which she did in great style landing a 36.65m throw.

The Open challenge also saw an intense battle between Breanna 'Cannon' Waerea and Erin 'Beast' Faithful on the Open Shot Put which pushed both athletes past the nine metre mark with the 'Beast' falling only 12cm short of the record. The event proved as a great warm up for her 16yrs 4kg Shot Put where she hurled out a 9.69m throw.

Pocket Rocket 5yr old Scarlet Venz continued on her record breaking way on the track taking down the 50m (10.6s), 70m (14.1s) and 145m (33.2s). Sienna Stehbens also stepped up in the 8yr

CLUB VENUE

Sunset Oval
Able Smith Parade
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80m setting the new mark at 13.4s. Michelle Bracs and Denzil Perkins both backed up their 70m records from last year with records again this year running 9.5s and 9.6s respectively. Michelle also equalled the 12yr 200m Hurdle record of 36.4s. Ryan Hujanen took 49 seconds of the old 700m Walk time for the 14yr boy's. Dan Butler lowered the 15yr boys 3000m time to 13m 07.9s and Erin Faithfuls strong run in the 100m Hurdles saw her finish in 16.7s,

The Masters weren't to be left out of the action on the track with Simona Reynolds taking 30-34yr records in the 1500m Walk (13m 26.8s), 60m (10.1s) and 80m (14.0s). Barb Baker 45-49yr 1500m Walk (13m 44.2s), 60m (11.4s) and Open 100 yards (17.0s). 30-34 yr James Stewart's 7.9s 60m left him wondering if he was even touching the ground. He also took records in the 80m (10.6s) and the 1000m which he dead heated with Conor Bowden who created a new Open time, both running 3m 34.4s.

45 athletes, one third of the club, will now head off to Townsville to compete at the North Queensland Championships this weekend which is hosted by the clubs governing body ANQ. The event usually attracts around 500 athletes and is considered the biggest regional athletic competition in Australia.