

Mount Isa Athletics

PRESS RELEASE

23rd April 2016

There weren't too many complaints to be heard from the sprinters at last Saturday's Mount Isa Athletic Clubs Club day as a brisk tail wind assisted in a spree of 100m records. Possibly the most impressive was 14 year old Conor Bowdens' 11.7s time which knocked a full .25s off the old mark. There was a massive headache for the timekeepers in one of the teen to masters 100m races when 12 year old Denzil Perkins, 17 year old Mitchell Hujanen and 50 year old Ken Dickson finished in a three-way tie in a time of 13.0s. Dickson and Perkins both took records in their respective age groups and all were a little disappointed that they just missed posting a sub 13s time.

Simona Reynolds knocked a staggering 0.8s off her 100m record for the 30-34 year Women and Kale "Blackflash" Johnson equalled his 10.7s record time for the 3rd consecutive year.

The throwers weren't to be left out. 13 year old Terri-Anne Knights' off season training paid off when she powered out a massive 30.80m Javelin throw adding a full 6m to the old mark. Breanna "Cannon" Waerea also impressed with her 27.09m in Discus and 32.09m Hammer records. Ken Dickson also stepped up with the Discus and Hammer recording 34.97m and 27.35m respectively. Mitchell Hujanen seems to be on the right path to qualify for the Oceania Championships in Fiji mid-June after posting an impressive 45.24m throw in the Under 18 Hammer.

Young master athlete James Stewart added 1cm to his 30-34 year High Jump record increasing the height to 1.47m. Another High Jump record set to drop this year will be in the 11 year boys age group, Rico Waerea fell only 2cm short in just his first attempt of the season while still using the scissor technique. Hopefully after attending this week's Flop Training session hosted by the Clubs very own Coach Awesome he will easily account for it in the near future.

Considering that this was only the second club day of the season all parents should be very pleased with the performances of their athletes. With most age groups only being able to PB in one or two events, for the 128 athletes to have amassed an extraordinary 100 personal bests everybody involved should be immensely proud.

Four year old Eleanor Hall will take out this week's "Mighty Minion" award for her excellent performance in Long Jump.

10 athletes will share 18 Legend Certificates that were achieved over the weekend. Athletes to be awarded are Rico Waerea, Denzil Perkins, Sailor Lee, Jaidyn Ferris, Conor Bowden, Cooper Douglas, Macklin Kretschmann, Breanna Waerea, Terri-Anne Knight and Aleigha Ferris. There are also a number of Record and Legend Certificates still to be awarded to athletes who are yet to pay their Club registration fees.

CLUB VENUE

Sunset Oval
Able Smith Parade
Mount Isa, Queensland

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The number of qualifiers for the 2016/17 ANQ Development Squad is quickly rising with 9 athletes having already passed the qualifying standards. The qualifiers Kale Johnson, Brianna Smith, Terri-Anne Knight, Rico Waerea, Denzil Perkins, Conor Bowden, Erin Faithful, Mitchell Hujanen and Breanna Waerea will all be set to benefit when the ANQ Development Officer, Dayne O'Hara, visits the Club between May 5th-8th. While here the Development Officer will be visiting a number of schools, hosting special squad trainings with the Club and also conducting a Level 1 Athletics Coaching course which will be held on Sunday 8th May.

Athletics will continue on Saturday afternoons at Sunset Oval from 2pm. Registrations are taken all year. For more information visit the Club website www.mountisaathletics.com.au