

Mount Isa Athletics

PRESS RELEASE

Club Day - 30 April 2016

Only three weeks into the Mount Isa Athletics Club's season and they can already celebrate their first recipient of a Perfect Five from Five medallion. Nine year old Sienna Stehbens had a clean sweep of Personal Bests at last Saturday's club day in a display of determination and effort. Across the board the 9yr girls were most impressive with the five girls that were able to obtain PB's accumulating 19 between them. Overall there were 10 other athletes that fell a mere 1 PB short of the Perfect 5, some only due to not yet having completed their full complement of events. The athletes to fall one PB short were Renee Bracs, Ruby Clewett, Sean Mearns, Harper Beetham, Stella Bell, Finn Kirkman, Alenna Gibson, Breearna Stewart, Lulu Morley and Erin Faithful.

The club Recorder Ken Dickson continues to be amazed by the quantity and quality of club records that continue to be broken on what seems to be a regular basis. Dickson said "We have had so many quality athletes come through the club in the nine years I have been here and year after year I see the big names fall, and I'm not just talking about good club athletes, many of these records have been set by State and National representatives. As a coach I always tell them to make the records as good as they can because there will always be someone coming through that will want to have a crack at them"

Breanna 'Cannon' Waerea now has a trifecta of throws records adding Shot Put to the list with a throw of 10.40m in the 14yr women's. Erin Faithful (17) added Shot Put – 10.01m and Discus – 32.26m to her ever growing list of records. Simona Reynolds has started the season with guns blazing increasing her records in the 30-34yr women's 100m, 200m and High Jump. And club newcomer Ruth Chandler has already smashed the 35-39yr women's Shot, Discus and Hammer records throwing 7.79m, 18.58m & 18.82m respectively.

As another example of the calibre of the Isa athletes after only three club days eleven athletes, Rico Waerea, Denzil Perkins, Michelle Bracs, Terri-Anne Knight, Breanna Waerea, Patrick Baker, Conor Bowden, Brianna Smith, Erin Faithful, Mitchell Hujanen and Kale Johnson have already surpassed twenty three of the ANQ Development Squad qualifying standards. Of the twenty three events, five are already passed the Gold level standard.

The list of Legend Certificate recipients is already starting to mount up with another 7 to receive 12 awards award this weekend, those athletes being Scarlett Venz, Sienna Stehbens, Rico Waerea, Denzil Perkins, Breearna Stewart, Breanna Waerea and Alenna Gibson.

The Athletics North Queensland (ANQ) Development Officer Dayne O'Hara is currently visiting Mount Isa. During Thursday and Friday he visited a number of schools to run sessions from the IAAF 'Kids Athletics' programme as well as a specialist squad training for the ANQ Development and Isa A-Squad members on Friday afternoon. He is then set to do the rounds at this Saturday's club day to check out Isa's up and coming talent. To cap of his visit he will be conducting a Level 1 Athletics coaching course which commences at 8.30am Sunday morning and concludes at 5.00pm from there it's straight out to the airport to catch the 6.15pm plane to Townsville. Positions are still

CLUB VENUE

Sunset Oval
Able Smith Parade
Mount Isa, Queensland

CORRESPONDENCE

Mount Isa & Districts Athletics Association
P.O. Box 2074
Mount Isa, Qld, 4825

CONTACT US

Ph: 0402 219 039
Email: enquiries@mountisaathletics.com.au
Web: www.mountisaathletics.com.au

available for the coaching course, anyone wishing to become qualified as an athletics coach should contact the club today.

Athletics club days are conducted most Saturdays from 2.00pm between April and September and registrations are accepted all year. The club offers 2 free trial days for new athletes before fees are due. Anyone that may be interested is encouraged to contact the club via the Website, Facebook page or drop in to Sunset Oval on Saturday afternoons.