

# Mount Isa Athletics

## PRESS RELEASE

Club Day – 11<sup>th</sup> June 2016

10 year old Mollie English will be only the 6<sup>th</sup> recipient of the Mount Isa Athletics Club's coveted 5 from 5 Personal Bests medallion which is a feat that is proving much more difficult than it has in previous years. That said, there has once again been no shortage of athletes knocking at the door of the perfect 5 but falling just one PB short with 4. Ten athletes Abi Constantinou, Indi Clewett, Riley Williams, Ruth Chandler, Barb Baker, Stela Bell, Illy Chapman, Emily Beaton, Holly Leeson and Sophie Papadopoulos all came ever so close. On the up side they all substantially increased their points tally for the end of year trophies.

Another athlete to impress the age marshalls was 4yr old Apollo Williams who took out this week's 'Mighty Minion' award for Always trying his best in every event.

Mount Isa's 'Shot Put Cannon' Breanna Waerea was true to her name blasting out a club record in shot put of 10.63m and is now out throwing her coach Ken Dickson in their battle for bragging rights. She also backed it up with another record in Discus of 29.71m, only centimetres short of her current goal of 30m

Ruth Chandler is making the most of her first season with the club increasing two of her records broken earlier in the season. She successfully pushed her Triple Jump distance out to 7.51m and Discus to 22.44m. Her discus is set to increase even further as she now feels ready for retraining in her discus turn. Another master Ken Dickson increased the 50-54yr men's 200m record to 29.5s.

Legend Certificates are still flowing freely with another 9 going to Rhylee Douglas, Illy Chapman, Aleigh Ferris, Cooper Douglas, Macklin Kretschmann, Renee Bracs, Terri-Anne Knight and Scarlett Venz.

On the 25<sup>th</sup> and 26<sup>th</sup> of June the club has a few of their athletes heading off to Cairns to compete at the North Queensland Games. On their return they will then start preparations for the Isa clubs first 'Retro Day' of the season where athletes are given the opportunity to compete in events of days gone by like the 70m sprints, Walks and Long Hurdles that we don't do at club. And even events that club athletes may have competed in at different venues like 50m and 145m sprints as well as some that have had weight changes over the years. The club Pole Vaulters will also get another chance to record heights on home soil.

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### CLUB VENUE

Sunset Oval  
Able Smith Parade  
Mount Isa, Queensland

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