

# Mount Isa Athletics



## PRESS RELEASE

Club Day - 14 May 2016

The personal bests are starting to flow at the Mount Isa Athletics club but while eight athletes managed to get as close as possible none could manage a Perfect 5 from 5. The eight athletes Abby Benson, Abi Constantinou, Kadea O'Donnell, Fanta Jomphol, Denzil Perkins, Abby Layt, Emilt Beaton and Rehan Bell all did their best in the pursuit of five PB's but fell just one short finishing with four. Lulu Morley also deserves a mention for her three PB's and an equal time in her hurdles.

All the club records that took a tumble at the clubs fifth day of competition were on the track. 17yr old Erin Faithful's recent training for hurdles paid off when she posted a 17.7s time in her 100m Hurdles to take out the U/18 women's event and Ruth Chandler took the 35-39yr woman's record in the same event in a time of 21.2s. Matching her time in the Men's 110m hurdles was James Stewart taking out the 30-34yr men's. The Master and Open ladies shone in their 400m with Claire Ellen (open) and Ruth Chandler (35-39) both breaking existing records in their age groups.

Four year old Shannon Wilson impressed across all her events to earn herself the clubs 'Mighty Minion' award.

Legend certificates are awarded to athletes who pass a predetermined level which is based on approximately the top 10% of club athletes. Athletes to pass the levels last week were, Ily Chapman, Fanta Jomphol, Bryleah, Cullen, Patrick Baker, Rhylee Douglas, Hayden Gibson, Connor Baker and Denzil Perkins.

Other than the Saturday club days the next event on the club calendar will be the 'Isa Throws Pentathlon'. The clubs latest acquisition of weight throw implements (a double weighted hammer on a short chain) has enabled them to add yet another event to their already comprehensive list of events insuring that Mount Isa athletes don't miss out on anything due to the remoteness of where we live. The event where athletes are required to throw the Shot Put, Discus, Javelin, Hammer and Heavy Weight, will be held at Sunset Oval on Sunday May 29<sup>th</sup> commencing at 9.00am and is only open to athletes 14yrs through to Masters. The nature of the event is that as each athlete completes an event they are awarded points in relation to the distance thrown, after the five events are completed the points are tallied up to determine the overall winner. Pentathlons are a great way to level the playing field as some athletes excel at one event and others can be good at all the events.

The club also has a small contingent of athletes heading to Townsville the following weekend for the ANQ Student Games on the 3<sup>rd</sup>, 4<sup>th</sup> & 5<sup>th</sup> of June the event also incorporates the ANQ Allcomers and QMA (Queensland Masters) State Championships. There will be no club day that weekend.

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### CLUB VENUE

Sunset Oval  
Able Smith Parade  
Mount Isa, Queensland

### CORRESPONDENCE

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