

# Mount Isa Athletics

## PRESS RELEASE

Club Day - 28 May 2016

The personal bests are again starting to flow freely at the Mount Isa Athletics club days with the club as a whole averaging a 50% success rate in recent weeks. Doing their part to keep the stats up was Caelan Howard and Zoe Ivanov who both had a clean sweep of PB's finishing the day with 5 from 5. Also doing their part was Hughie Dickinson-Jones, Abi Constantinou, Bella Morley, Kadea O'Donnell, Fanta Jomphol, Dean English and Jayden Boshoff who all finished with 4 from 5.

It was hard to pick a top performing age group as the 11yr and the combined 12/13yr groups both ended the day with over 30 PB's apiece. Between them they also had 6 of the 7 athletes that achieved 4 from 5 personal bests.

Club Records are still continuing to fall with another 8 being bettered at the most recent club day. Michelle Bracs regained her form in the discus and landed a 27.16m distance in the 13yr girl's event. Erin Faithful's speed and spring helped her on her way to records in 90m hurdles – 16.1s and Long Jump – 4.74m. Mitch Hujanen was both elated and disappointed with his 49.35m throw in Hammer. Elated as it is his best official throw to date and disappointed with falling just short of his 50m goal. Ken Dickson shared similar emotions with his 29.70m Hammer for the same reasons, keeping in mind that his goal was 30m. Dickson also bettered records in 400m – 1m 13.1s and 90m Hurdles – 17.2s in the 50-54yr men's. A slight Hamstring strain for Susan Sparkles wasn't enough to stop her recording a 3.83m distance in the 40-44yr women's Long Jump.

Ava Harwood was voted the 'Mighty Minion' for her Excellent Performance with the Turbo Jav.

Eight Athletes will share 9 Legend Certificates for their outstanding results. Those to receive certificates will be Eli Constantinou, Michaela Bracs, Macklin Kretschmann, Conor Bowden, Sailor Lee, Luke Hales, Riley Eggmolese-McConnachie and Archer Curtis

The calibre of the Mount Isa Athletes should not be under estimated. As proof of this two of their athletes, Mitchell Hujanen and Breanna Waerea have both posted Hammer Throw results in excess of the Queensland Athletics Q/squad qualifiers. Sadly to officially make the squad athletes must achieve their results at a sanctioned AA, QA or ANQ competition. The club day also saw Michelle Bracs elevate her ANQ Development Squad qualifier for Discus from Silver to Gold and Erin faithful added Long Jump to her ever growing list of qualifiers.

The clubs next competition day will be held on the 11<sup>th</sup> June at Sunset Oval commencing at 2.00pm. New athletes are offered 2 free trial days before full rego fees are due.

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### CLUB VENUE

Sunset Oval  
Able Smith Parade  
Mount Isa, Queensland

### CORRESPONDENCE

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