

Mount Isa Athletics



PRESS RELEASE

Isa Throws Pentathlon – 29/5/2016

The Mount Isa Athletic Clubs recent acquisition of a full set of weight throw implements has enabled them to host the Isa's first ever Throws Pentathlon. In a Throws Pentathlon athletes are required to throw the Shot Put, Discus, Javelin, Hammer and Heavy Weight, the nature of the event is such 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 day proved to be a huge success as 16 of the Clubs' athletes aged 14 years and over headed to Sunset Oval on Sunday morning. The stage was set in the first event, the hammer throw as the big throwers Mitchell Hujanen and Brianna "Thor" Smith rattled the cage early on but then Mitch settled in to an impressive 47.25m throw breaking Coach Ken Dicksons' spirit early as he had put out a head to head challenge for total points on the open calculator.

Breanna "Cannon" Waerea revelled in the more relaxed atmosphere of the local competition and hurled out a 3m PB in Hammer to post a new Club Record distance of 35.48m and laid down the gauntlet to Thor who was struggling to land her 45m throws within the sectors. Thor was forced to wind her throws back a notch to get some points on the board and recorded a distance of 33.39m, well below her best and leaving the gate wide open for her younger competitor.

Discus proved to be the most successful event for the troop with 11 of the 16 achieving personal bests in the 3rd of the 5 events. As a whole the group tallied up 28 personal bests between them.

The final event of the day was Weight Throw or Heavy Weight as it is better known, it is a double weighted hammer on a short chain with a triangular handle. Most intimidating of the heavy weight implements is the Open – 49 year men's which is a massive 35lb (16kg). As most of the athletes in those age groups were not specialist throwers and built more like sprinters, they all got together for a brainstorming session to sort out the best way to dispose of the huge implement.

In all 10 Club Records were broken throughout the day. Barb Baker bettered the 45-49 year Women's Weight Throw and Pentathlon point records. Ruth Chandler improved her 35 -39 year Discus. The performer of the day was 14 year old Breanna Waerea who took down Records in Hammer 35.48m, Weight Throw 14.10m and Pentathlon points 2548.

Ken Dickson also had a good day improving Records in the 50 – 54 year Men's Discus, Shot Put, Weight Throw and Pentathlon points.

The head to head battle between Ken Dickson and Mitchell Hujanen turned out to be a close competition with Dickson clawing back the points lost early in Hammer Throw resulting in the pair level pegging prior to the final event. But as the Weight Throw technique is very similar to

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

Hammer Throw Hujanen had the advantage finishing 3m clear of his friend and rival in the final round.

The final results saw Mitchell Hujanen victorious in the men's category with 2599 points closely followed by Ken Dickson 2338 pts (2694 age adjusted) and David Scott's three PB's helped him on his way to 3rd place with 1551pts (1769 age adjusted) they were followed by Daniel Moro – 1525, Kale Johnson – 1447, Dan Butler – 1262 and Matt Gresham – 917pts

The women's results looked very similar with Cannon (Breanna Waerea) managing to stay ahead of Thor (Brianna Smith) right through to the end but neither were noticing Cathy Chapman quietly sneaking up behind them for third. Final results were Cannon – 2538, Thor – 2296, Cathy Chapman – 1927, Clair Ellen – 1780, Ruth Chandler – 1640, Susan Sparkles – 1450, Kath Hujanen – 1403, Barb Baker – 1356 and Ange Leeson – 1108pts (all masters women's results are age adjusted)

Club officials were happy with the success of the maiden event and plan to host a second Throws Pentathlon in mid-September.