

# Mount Isa Athletics



## PRESS RELEASE

Club Day - 7 May 2016

Records continue to tumble at the Mount Isa Athletics club, and the girls continue to out shine the boys. Erin Faithful (17), a regular in the record books has after a reasonably quiet start to the season claimed two more additions to her sizeable collection of records. Her smooth run in the 90m Hurdles scored her the record in a time of 16.5s as did her 9.50m triple jump. Another new addition to the club Claire Ellen had an impressive run in the 800m posting a time of 3m 03.0s to take one second off Cat Hannell's old mark. Ruth Chandler added the 35-39yr triple jump to her ever growing list of records jumping 7.32m in her first attempt of the season. Flying the flag for the boys were 16yr old Lachy McCoy who added half a metre to James Sweeneys triple jump record landing a 11.76m distance. His next goal of 12m is now well within range. Ken Dickson also increased the 50-54yr 90m Hurdles, Javelin and Hammer records. Michelle Bracs will also be awarded for her 13.1s effort on the 13yr girls 100m from two weeks earlier.

No perfect PB scores were able to be achieved last week as hurdles were run for the first time but the club as a whole still managed a respectable 129 personal bests between them. Best performers with 3 PB's each were Zeb Kretschmann, Mason Turner, Sophie Papadopoulos, Ryder Soper, Michaela Bracs, Logan Bell and in true Twinning form Connor & Caelan Howard.

This week's Mighty Minion certificate goes to Donald Pitt for his impressive throwing of the Turbo Jav.

A massive 22 legend certificates are to be presented to Michelle Bracs, Scarlett Venv, Abigail Green, Eli Constantinou, Zeb Kretschmann, Denzil Perkins, Jade Scott, Harleigh O'Brien, Dean English, Rene Bracs, Michaela Bracs and Aleigha Ferris for their impressive results.

Another two athletes have joined the ever growing list of ANQ Development Squad Qualifiers with 12yr old Dean English's 1.36m high jump and Lachy McCoy's 11.76m triple jump both making the grade.

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.

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### 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](mailto:enquiries@mountisaathletics.com.au)  
Web: [www.mountisaathletics.com.au](http://www.mountisaathletics.com.au)

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.