

# Mount Isa Athletics



## PRESS RELEASE

Club Day - 10 Sept 2016 – Superhero Day

The usual green and gold of the Mount Isa Athletics club uniform was notably absent from Sunset Oval last Saturday and was instead replaced with capes and masks as the club celebrated their final club day of the year with their annual Superhero Day. There would have been well over 100 Athletes, parents and officials that donned the uniforms of their favorite Disney, Marvel or DC character.

In an effort of super proportions two of the clubs athletes pulled off what is arguably the most difficult feat within a season. After striving all year for personal best's and gradually improving week after week Craig Williams and Sean Mearns both achieved a perfect 5 from 5 PB's at the season finale. Both athletes were impressive making sizable improvements on their previous bests. Condolences need to go to Hayden Gibson who achieved a frustrating 4 PB's and an equal time in his 100m. Sadly, equals are not classed as personal bests as the athletes have not actually improved on their best result.

Others to give the perfect score a nudge were Ruby Clewett, Kiani Howard, Rhylee Douglas, Tom Bowden and Julius Chapman who all recorded four from five pb's. Abi Constantinou also put in a good effort to record three pb's and an equal from her five events.

By far the most outstanding age group was the combined 12 and 13yrs. The 14 athletes amassed an impressive 33 PB's between them and can also boast one of the 5 from 5 recipients as well as 3 of the 4 from 5'ers.

Rico Waerea is definitely the clubs new jumps King after just last week smashing the 11yr boys high jump record he has now claimed the double adding 14 whole centimeters to the club long jump record. He and the coaches are now keen to see if he can improve on the results at the upcoming ANQ Championships on the weekend of the 23<sup>rd</sup>.

Denzil Perkins shaved 0.6 seconds off the 12 year boys 200m resetting the record at 27.3 seconds. Susan Sparkles is now eyeing off a 4 metre long jump at the ANQ Championships after raising the club record to 3.96 metres, she also equalled the 100m record time of 15.0 seconds. 33yr old James Stewart finally cracked the 5 metre mark in his long jump landing a leap of 5.04 metres to take the club record.

Rhylee Douglas (10) claimed his second ANQ Development Squad qualifier with his 14.9 second 100m time.

Seven more athletes are set to receive Legend Certificates at the club trophy presentation after surpassing the pre-determined levels. Recipients will be Trinity Perkins – 100m, Fanta Jomphol – 100m, Abigail Green – 80m, Adi Constantinou – Discus, Kisha Simpson – Hammer, Illy Chapman – Shot and Tahliah Green – Shot.

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### CLUB VENUE

Sunset Oval  
Able Smith Parade  
Mount Isa, Queensland

### CORRESPONDENCE

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Next weekend 23/24/25<sup>th</sup> September will see over a quarter of the club head off to Townsville to compete at the North Queensland Championships and Multi-event Championships. The club coaches are predicting a swag of medals and PB's as the club athletes step up to the big stage and get to once again compete on the Townsville synthetic track