

Mount Isa Athletics

PRESS RELEASE

Isa Throws Pentathlon - 11 September 2016

The Mount Isa Athletics Club's throwers had their second chance to shine at the club's recent Isa Throws Pentathlon where Breanna Waerea and Mitch Hujanen cemented their titles of King and Queen of the ring. 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.

At the club's first Pentathlon back in May club coach Ken Dickson and Mitch had a personal challenge of who could be victor in a head to head battle. As Dickson is a master athlete they usually get credited with bonus points relative to their age bracket which is known as an age adjustment. On the first occasion Dickson forfeited his age adjustment and the battle came down to the final event where Mitch proved too good, but with the age adjustment Dickson would have finished on top. This time the coach wanted to further challenge the champion hammer thrower and proposed a challenge with age adjustment included.

The theory was good until Hujanen put out a personal best and club record of 51.14 meters in the opening hammer event putting Dickson on the back foot right from the start. He (Dickson) clawed back points in Discus and Javelin and was within 300 points before the final event but with the weight throw very similar to hammer it was all over with Mitch's first throw. The added pressure did however push Mitch to a 200 point improvement on the result of the May throws pentathlon finishing with 2815 points.

Iain Faithful and David Scott were having their own tussle for third place with the pair going and fighting for third place honours. David was 60 points clear heading into the final weight throw event but as this is a weight based event Iain made a late comeback pipping David by a mere 15 points at the final count.

James Stewart and Ethan Cernoia both put on a good showing in their first ever Throws Pentathlon.

None of the Women could match the power of the club's Shot Put Cannon, 14 year old Breanna Waerea who easily accounted for all contenders. Her 2490 points was a massive 876 clear of her nearest competitor which just happened to be her mother Bernadette. Breanna also competed in the Open women's event as a warm-up to the upcoming ANQ Multi-event championships. It was decided early on that she could not take the gold and silver medals which she would have easily done. Along the way Breanna also broke the open women's Shot Put record with a 9.63 metre throw.

As with the men's competition the real battle was on for third place. Except this time it was a three way battle. Kath Hujanen had a clear 100 point lead over Susan 'Sparkles' Cernoia and 50 points over Barb Baker for the entire day until Sparkles, a self confessed gym junkie, got to throw the

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

Heavy Weight. Kath threw her way to a 91 point personal best of 1494 points as did Barb with 1427 points but Sparkles also improved on her previous results and reeling in her deficit to emerge third place victor by one solitary point over Kath.

Ange Leeson also had a good day PBing in Hammer, Javelin and Pentathlon Points.