

# Mount Isa Athletics

## PRESS RELEASE

Club Day - 3 June 2017

The personal bests are starting to roll in hard and fast at the Mount Isa Athletics Club days which is seeing one five from five medallion awarded each week. The last Club day saw 5 year old Miley-Jo Schafer clean up with a Perfect 5 from 5 PB's as did returning athlete Melanie Butler the previous week.

Last week also saw Keisha Simpson and Hughie Dickinson-Jones nudging the bar (pun intended) as both achieved 4 from 5 PB's and recorded equal heights in their High Jump events. The PB medallion coffers could well have been depleted further had the other 10 athletes who achieved 4 from 5 been able to secure their 5<sup>th</sup>. Athletes to fall 1 short were Donald Pitt, Edmund Shrestha, Mason Turner, Brendan Campbell, Caleb Hume, Tinotenda Mandizvidza, Abbi Green, Jye Shillabeer and Abby Benson who has now scored 4 from 5 two week in a row.

The proclaimed "Year of the Jumper" is still on track as another long standing (7 years) High Jump Record has been obliterated. Dean English added an unheard of 12cm to the 13 year Boys height clearing 1.57m in an awesome display of jumping. Deans' efforts also propelled him straight to a Gold Level ANQ Development Squad qualifier.

Another Development Squad qualifier and Record Breaker was the ever improving Conor Bowden. The incredible foot speed and power of the 15 year old saw him clock 11.5s over the 100m a fortnight ago.

Ruth Chandler seems to be the consistent name within the Record Breakers this week taking one tenth of a second off her 400m time.

The consistent efforts of the 4 year olds over the past two weeks has seen William Venz and Declan Haylock awarded the prestigious "Mighty Minion" Awards.

While registration numbers for the Club are slightly down this year the calibre certainly hasn't diminished as another 13 athletes have passed the Legend Certificate level. The awardees are Sienna Hilton, Conor Bowden, Scarlett Venz, Bryleah Cullen, Zeb Kretschmann, Miley-Jo Schafer, Michael Sexton, Ethan English, Corey Stewart, Breanna Waerea and Brendan Campbell

With all the schools now undertaking their inter-house trials for the upcoming Schools District Athletics Mount Isa can expect to see a powerful representative team heading off to Longreach for the Regional Championships in August.

The Club has set the dates for their first Retro Day and Throws Pentathlon for 2017. First up on Sunday July 2<sup>nd</sup> will be the Isa Throws Pentathlon which is open for athletes 14yrs through to Masters.

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### CLUB VENUE

Sunset Oval  
Able Smith Parade  
Mount Isa, Queensland

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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 following Saturday July 8<sup>th</sup> will be 'Retro Day' (last weekend of the school holidays). Retro Days were designed to give athletes the opportunity to compete in events of days gone by like the 70m sprints and events like the Walks and Long Hurdles that the club doesn't do on club days. As well as some events that club athletes may have competed in at different venues like 50m and 145m sprints or throwing events that have had weight changes over the years. The club Pole Vaulters also get a chance to record heights on their home soil. It also gives athletes a chance to break Club Records which don't not often get challenged or maybe even create some that haven't been performed at the Mount Isa track.

Retro Days are open to all registered athletes, even the 4yr old Minions who are able to compete in the 5 and under age group. Keeping in mind that only events listed on the Retro Nomination form are available. Nomination forms can be downloaded from the club website [www.mountisaathletics.com.au](http://www.mountisaathletics.com.au) and are also available from the registrars desk on club days.