

# Mount Isa Athletics



## PRESS RELEASE

Great Barrier Reef Masters Games - 27 May 2017

A trio of Mount Isa Master athletes that attended the Great Barrier Reef Masters Games in Cairns last weekend had an unexpectedly successful weekend returning with a bucket load of medals totalling 25, 10 Gold, 13 Silver and 2 Bronze between them and 4 games records to boot.

The Trio Ken Dickson, Susan 'Sparkles' Cernoia and David 'Coach Awesome' Scott also recorded some decent results as well. Sparkles managed an All time best in her Discus and took out Gold in her favoured event the Long Jump despite being a little off her benchmark 4 metres.

Ken's slow recovery from a restrictive hip injury seems to be on track after finishing the 100m with no sign of aggravation he decided to hit out in the 60m to test his progress. He came in second in a time of 8.66 seconds only 0.3 of a second off his best time from 2016. His highlights however were in the 50-54yrs Shot Put, Discus and Javelin events where he managed to take out the Games records for all three events. Most notable of the three was the Discus event where he trailed the current record holder right up to the last round and then threw his 3<sup>rd</sup> best all time throw with that weight of 36.77m to take first place and the record.

Dave's efforts in the 40-44yrs 400m Hurdles were rewarded with the creation of a new Games record for the gruelling event. While predominantly a runner/jumper just to prove his prowess as a multi-eventer he put out his 3 best Javelin throw to date. He also found himself back over 5 meters in Long Jump. Both he and Ken are now hopeful of a positive year after struggling with injuries and time restraints.

The three all left on a high having scored respectable results in events that they were not expecting and are now looking forward to the Isa clubs upcoming Throws Pentathlon and 'Retro' Day in early July

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### CLUB VENUE

Sunset Oval  
Able Smith Parade  
Mount Isa, Queensland

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