



Toowong Harriers



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There's been something for everyone so far in 2021. We've continued our regular local meets focussing on fun, fitness and improvement and it's been great to see so many of our athletes (and parents) having a bit of fun and enjoying the social side of our meets. In addition, we've recently had a variety of opportunities for our keen athletes to compete at a higher level at the Western Suburb Games, Regionals Championships, Qld Athletics shield meets and the McDonald's combined event Championships last weekend. AND, how lucky were we to score a visit from Matt Denny and Oscar Miers as part of the Coles Community Round!

It's been great to see our coaching and practice paying off with huge improvements in many athletes' performances. Our athletes have already achieved more than 3,100 PB's this season, and broken Toowong Harriers Centre Records 26 times. Many Met West Records have fallen too.

March brings us to the end of our track season with our Centre Championships, State Championships and our awards presentation. But don't despair, the Cross Country season is just around the corner and will kick off in April. So, distance runners, watch this space! The XC calendar will be published very soon.

Awards

Save the date for Sunday, the 28th March which is our Awards Presentation. We're planning some fun activities!

Further information about our awards can be found [here](#).

The venue is still being determined.



Congratulations to our summer award winners (5/12, 16/1, 22/1, 30/1).

Progress Awards – Most PBs for the summer. Once again it was a close race for the top spots and PBs have been abundant.

Our winners with 10 PBs each were:

Boys

Thomas Bryant - U16

Girls

Samara De Alwis - U8

Eliza Hoyling - U14

Save the date
28th March – Awards Presentation.

Western Suburbs Games

5th February

Well done to all the athletes who competed at Western Suburb Games.

It was great to see all three local clubs well represented.

The results are not yet finalised and we appreciate your patience.

Terrific effort everyone! It was a wonderful night.



Regional Championships

13th - 14th February 2021

Congratulations to all our athletes, parents and volunteers. There were so many examples of great sportsmanship, terrific camaraderie and SO MANY PB's.

We would like to congratulate our athletes on their achievements.

What was very clear is that not only do we have some amazingly talented and hardworking athletes, but Toowong has developed great depth in recent years.

Special mention to the new Met West Regional records.

U10G Brooke Tregidgo	400m	1:13.41
U10G Bianca Antonio	800m	2:46.62
U17G Olivia Boyd	800m	2:20.81
Olivia Boyd	1500m	4:54.27
U12B Daniel Antonio	100m	13.02
U12B Samuel Anderson	80mH	13.94
U14B Tyler Hewett	800m	2:19.62
Tyler Hewett	1500m	4:40.92



We have many athletes whose success is less obvious and we'd like to acknowledge you all too. There were so many that made finals for the first time, ran/jumped or threw huge personal bests and those who smiled and enjoyed the competition, and encouraged their friends.

Not everyone can win, but each and every athlete can get so much from these experiences – personal drive, resilience, friendship and fun. For those who didn't quite achieve what they set out to, we strongly encourage you all to keep at it, set your goals and do the work.

The pathway is not always direct, and children do develop at different times. Athletic skills are the basis of many sports and we do see many athletes use these skills in other pathways over time.

Special mention to our young under 7s and 8s – for some, this is the first large meet they have attended.

Coles Community Round

Toowong Harriers athletes were both amazed and inspired by two awesome Aussie athletes - Matt Denny (Discus) and Oscar Miers (High Jump) who took time out from their busy schedules to spend with our athletes.

Our club is super thankful to Coles, Little Athletics Queensland and Athletics Australia for making this possible.



Matt and Oscar were very generous with their time and are both superb ambassadors for our sport.

Centre Championships

It's centre championships time! We had our first meet last Friday night. It was wonderful to see our athletes compete.

These meets are very similar to our normal meets and cater for all age groups including tiny tots.

There is no nomination required and there is set program of 4 or 5 events for each age group on each day. Over the course of the three meets, each event will be held at least once.

There is a nominated Ribbon event for each age group in each event. There are some age groups who may have an event 2 or 3 times -- those shown with an * on the [summary program](#) are NOT ribbon events.



Ribbons will be awarded for each age group for each event - 1st/2nd/3rd. In contrast to prior years, Under 13+ will be combined into one age group and results will be calibrated against McDonalds levels to determine 1st/2nd/3rd places.

All athletes who participate in the Championships get a participation ribbon. These will be awarded at the end of the final meet, however if you are not attending this meet, please see Trudy to get your participation ribbon after either the 1st or 2nd meets.

Best of luck everyone!

State Championships

19th - 21st March

We had in the order of 70 athletes who qualified for States this year.

This is significant growth on prior years and we are very happy to see our athletes achieving. Athletes who achieved a 1st - 4th place in age groups U9 and older have qualified to attend.

There were a few race-walking athletes who unfortunately did not achieve the minimum qualifying time.



We look forward to seeing you all compete and have fun!

LAQ Virtual Teams Event

Toowong Harriers are once again participating in LAQ's virtual teams' event for our teenage athletes.

Points are accumulated on a weekly basis for the following range of events:
100m/800m/Sprint Hurdles/Long Jump/High Jump/Javelin/Shot Put.

Our Team comprises the following athletes:

Daon	Choi	13	M
Kaylan	Dubbeldam	13	F
William	Bryant	14	M
Eloise	Grigg	14	F
Angus	Lee	14	M
Ruby	Logan	14	F
Sophie	Scott	14	F
Rebecca	Teahen	14	F
Cameron	Dubbeldam	15	M
Thomas	Bryant	16	M



Toowong is performing solidly and currently sit in 8th spot - [Leaderboard](#).

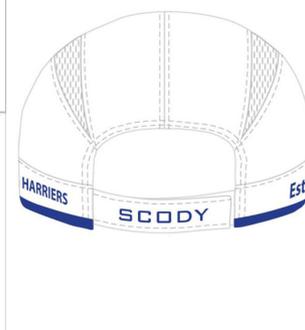
The weekly progress results are available on the [LAQ website](#).

Best of luck to our team over the remainder of the season.

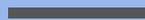
Uniform Shop

The uniform shop is fully stocked with Toowong Harrier Polo shirts in all sizes (including supporter sizes).

We are also awaiting the delivery of our Toowong Harrier caps (\$22.50).



For anyone competing at States, please make sure your uniform has the correct age patch and Coles badge attached.



Senior Club/QA

A very strong showing by Toowong Harriers on the track at the Garry Brown Shield QA meet at QSAC on the 20th February.

We had Sebastian Milverton with some solid performances in the open mens 100m and 200m. Isabelle Mortensen, Charlotte Wallace and Grace Adams competed strongly in the U14 800m with some great times (and at least 2 PBs). Finally we had Michael Jackson and Wayne Adams in the Masters 800m, Michael going Sub 2:10 with a 2:08.23 and Wayne (the oldest competitor at the meet) getting a new PB on the same day as his daughter Grace (one of the youngest competitors).

Charlotte Wallace competing in her first QA meet hits the line ahead of Grace Adams in the 800m. Both girls did new PBs with times in the 2:42s.

Great effort girls, especially considering they both did the Little A's meet before heading out to QSAC.



Committee

Committee meets at 7:00pm on the third Thursday of the month, please come along and contribute to the running of our Centre. All welcome!

Next meeting is Thursday, 18th March 2021.

