



Toowong Harriers



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2020 has thrown a lot at us, and we feel very fortunate to be able to continue to play community sport this summer season here in Queensland. As this year draws to a close, we wish all our members and their families a very happy holiday and we hope you all have some well-earned downtime with your families.

You may have noticed we have been making changes to our website. If you misplace your weekly email, all the information is available on the website. The weekly program and Signup is available on the Season Calendar page; coaching information and Signup is available on the Coaching page. Both pages are located under the Little Athletics menu. There is also a new Gallery page under the More menu.

Our committee will be taking a break from now until the week starting 11th January. If you have any questions, we'll come back to you after this date.

November Awards

Congratulations to our award winners for the month of November.

Encouragement Award

- Alexander Hillardt - U10
- Zara Waters - U8

Both Alex and Zara have had a great month, with strong PB achievement and displayed an excellent attitude at Regional Relays, subbing up in older age group events and displaying great sportsmanship.



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

Our winners were as follows:

Boys – 11 PBs

Alex Saunders – U9

Liam Sheehan – U14

Girls – 10 PBs

Ava Farr – U8

Samara De Alwis – U8

Lucy Hensley – U9

Emma Sheehan – U12

Thank you to our sponsors Impi Sportswear and Athletes Foot Indooroopilly for the prizes.

Our next round of awards will be presented on Saturday 20th February and will cover the 4 summer meets (5/12, 16/1, 22/1, 30/1).

Leaderboard

Check out the season's top 30 leaderboard position as at the 27th November.

The points are based on the athlete's top 7 meets. If 7 meets have not been completed the points are calculated on what has been performed.

The overall position can be viewed [here](#) and the age group position can be view [here](#).

Information on the Awards calculation can be found in our [Handbook](#).



Terrific effort everyone!

| Toowong Harriers Little Athletics Centre Top 7 of 8 Meets (to 27 November 2020) | | | | |
|--|------------------|-----|--------|--------|
| Firstname | Surname | Age | Gender | Points |
| Samuel | Anderson | 12 | M | 249 |
| Brooke | Tregidgo | 10 | F | 243 |
| Felix | Birchall | 11 | M | 225 |
| Charlotte | Wallace | 11 | F | 225 |
| Hannah | Sheehan | 16 | F | 209 |
| Samara | De Alwis | 8 | F | 206 |
| Barbara | Froget Penaranda | 10 | F | 205 |
| Lola | Rohrig | 8 | F | 205 |
| Ravi | Robinson | 10 | M | 204 |
| Daon | Choi | 13 | M | 203 |
| Emma | Sheehan | 12 | F | 202 |
| Isabel | Nihill-Ormesher | 8 | F | 202 |
| Sonny | Millar | 9 | M | 201 |
| Lucas | Anderson | 12 | M | 200 |
| Jai | Robinson | 10 | M | 199 |
| Edwina | Davies | 9 | F | 199 |
| Ava | Farr | 8 | F | 196 |
| Bianca | Moore | 8 | F | 196 |
| Phoebe | Dwyer | 9 | F | 196 |
| Angus | Lee | 14 | M | 194 |
| Lucy | Hensley | 9 | F | 192 |
| Nicolas | Barbosa Miranda | 11 | M | 191 |
| Andie | Ganter | 9 | F | 191 |
| Millicent | Hodges | 9 | F | 190 |
| Zoe | Renton | 10 | F | 190 |
| Thomas | Froget Penaranda | 12 | M | 189 |
| Grace | Adams | 12 | F | 189 |
| Chloe | Moore | 11 | F | 188 |
| Harriet | Olive | 8 | F | 187 |
| Harper | Kaleopa | 8 | F | 187 |

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 7th spot - [Leaderboard](#).

The weekly progress results are available on the [LAQ website](#). The second phase of competition commences on 31 January 2021.

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

Coaching

During the school holidays coaching is suspended however Peter Kolb is offering intermediate javelin training for athletes who are going to compete at LAQ Regional and State Championships.

The dates and times are available on our website from the [Coaching](#) page which is located under the Little Athletics menu.



Coaching will recommence in 2021:

Thursday night distance coaching – Thursday 7th January, 6:00 - 7:00pm

Sunday morning specialist coaching – Sunday, 24th January, 8:00 - 10:00am

Tuesday afternoon athletics coaching – Tuesday, 2nd February 4:30 - 5:30pm.

More detail will follow in the new year.



LAQ Regional Championships

13th - 14th February 2021

Regional Championships primarily provide friendly regional competition for all athletes in the U7 - U17 age groups. These competitions are also the means for qualifying for the McDonald's State Championships. This year the Regional Championships will be held at University of Queensland Athletics Track, St Lucia on the 13th - 14th February 2021.

The draft program for the event is [here](#). Please note it is subject to change pending on actual athlete nominations.

Nominations are now open via the [Results HQ](#) portal. Each athlete may nominate for up to 5 events. Get your nominations in early as they close 29th January 2021 at 09:00 AM AEST.



Those athletes (U9+) who place in top 4 at Regionals can progress to McDonald's State Championships in March 2021.

Please be advised that all athletes nominating need to have competed in at least 4 Centre meets before Christmas (this is an LAQ rule). If you have not and still wish to compete, you will need to provide a submission to the committee for consideration.

Please email the Centre Manager at manager@toowongharriers.org.au if you are in this situation.



QA State Relay Championships

The State Relay Championships provided another great event for our athletes to compete.

Everyone competed well and displayed great sportsmanship. Congratulations!

We had some great success with the following four podium results:

1st - Boys 4x400 Metre Relay U14

Sam Anderson, Angus Lee, Tyler Hewett and Hugh Anderson

3rd - Mixed 3x1000 Metre Relay U14

Eliza Hoyling, Angus Lee and Tyler Hewett

1st - Women 40-49 4x400 Metre Relay Masters 30+

Miwa Kolb, Jess Anderson, Joanne Boyd and Kim Shields

1st - Women 40-49 3x1000 Metre Relay Masters 30+

Miwa Kolb, Jess Anderson and Joanne Boyd



Congratulations!



Toowong Gift

It was a great afternoon of grass track running with some very strong results in all of the junior races.

Results can be viewed [here](#).

1km Dash (U11) - Girls

- 1st Charlotte Wallace (3.36.6)
- 2nd Zoe Renton (3.38.6)
- 3rd Sasha Josipovic (3.41.2)

1km Dash (U11) - Boys

- 1st Alex Hillardt (3.31.7)
- 2nd William Hayes (3.33.1)
- 3rd Luke Aldridge (3.33.7)

Junior Gift 3000m (U12 - U17) - Girls

- 1st Yasmin Doherty (10.10.4)
- 2nd Issabelle Harte (10.15.1)
- 3rd Jazelle Carter (10.22.3)

Junior Gift 3000m (U12 - U17) - Boys

- 1st Harvey Cramb (9.35.6)
- 2nd Toby Chippendale (9.58.9)
- 3rd Tyler Hewett (10.14.3)



Gift 3000m (Open) - Women

- 1st Brielle Erbacher (9.57.0)
- 2nd Keira Moore (10.00.7)
- 3rd Nikita Moore (10.27.1)

Gift 3000m (Open) - Men

- 1st Gus Gannon (9.25.4)

Gift 3000m (Masters) - Women

- 1st Joanne Boyd (12.53.9)
- 2nd Miwa Kolb (13.33.4)
- 3rd Lauren Aldridge (18.26.1)

Gift 3000m (Masters) - Men

- 1st Michael Jackson (10.04.6)
- 2nd Wayne Adams (10.40.1)
- 3rd Harley Wilkinson (11.14.7)

Thank you to all of our sponsors for the wonderful sponsors for the fabulous prizes – Saucony, the Athlete's Foot Indooroopilly, IMPI sportswear, rebel, Grill'd

LAQ State Relays

State Relays was a wonderful team outing and our 55 athletes did us all very proud. Fortunately the weather held off for most of the day and the event was very pleasant in the cooler weather.

The full results are [here](#).

We had some stand out results, with the following 3 podium results:

- 1st - U12 Boys 4x100m - Lucas Anderson, Thomas Froget Penaranda, Daniel Antonio and Sam Anderson.
- 1st - U12 Boys Swedish Relay - Lucas Anderson, Thomas Froget Penaranda, Daniel Antonio and Sam Anderson.
- 3rd - U12 Girls Discus - Hannah Webster and Emma Sheehan

In addition, special mention goes to the U12 Boys Swedish team above who achieved a Qld Best Performance time in the Swedish Relay. Well done boys, your name is in the record books!

Many of our other teams were very competitive, with quite a few 4th places were achieved. Well done to all our athletes - the photos show their pure determination.

Thanks must go to our Team Manager, Mel Cohen who has worked very hard during the relay season to ensure our teams have been complete and everyone has been well briefed. Every one of our athletes turned up to their event and we had no disqualifications!



We wish everyone a safe and wonderful Christmas and look forward to seeing you in the new year.

Our first meet for the new year is Saturday 16th January.

A massive thank you to all our committee and volunteers. Without each and everyone of you, our Centre could not continue to thrive.

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, 21st January 2020.

