



Toowong Harriers



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Congratulations to all of our little athletics members and their families. Despite its challenges, 2020/21 has been a wonderful season and we hope that all our athletes enjoyed it as much as we did.

Thank you to all of our hardworking committee and weekly volunteers who go above and beyond to ensure that our athletes have every opportunity to train, learn, compete and have fun with their friends.

At little athletics we look to provide an environment where children can come along, learn athletic skills, improve and have fun in a supportive environment. We try really hard to support athletes at all levels of ability - for those who come here to keep fit and make friends, to those who look to use little athletics as a pathway to state and national representation.

It was lovely to share an afternoon together on the 28th of March, presenting awards to our athletes to celebrate their achievements. A full listing of award recipients is later in this newsletter.

We hope to see many of you back again next season and in the meantime, we hope many of you will join us for the upcoming Cross Country Season.

End of Season Awards

Congratulations to our Major award winners for 2020/21.

CENTRE CHAMPION	
U10 Brooke Tregidgo	U12 Samuel Anderson
COMMITMENT AWARD	
U8 Samara De Alwis	U11 Felix Birchall
MOST IMPROVED AWARD	
U8 Lola Rohrig	U11 Felix Birchall
MOST OUTSTANDING AWARD	
U7 Isabelle McCarthy	U12 Samuel Anderson
OUTSTANDING ACHIEVEMENT AWARD	
U7 Isabelle McCarthy	U8 Justin Fowler
Tara Ryan	U11 Felix Birchall
U8 Samara De Alwis	U12 Samuel Anderson
U10 Zoe Renton	Daniel Antonio
Bianca Antoni	
Brooke Tregidgo	
Elodie Boyd	
U11 Charlotte Wallace	
LAURIE BAARTZ MEMORIAL AWARD NOMINEE	
	U14 Liam Sheehan

PERSONAL BEST AWARD	
U6 Gwenivere Miller	U6 Aston De Alwis
Theia Anderson	
Sophie Nolan	
U7 Isabelle McCarthy	U7 Atticus Reilly
U8 Lola Rohrig	U8 Tony Geagea
U9 Lucy Hensley	U9 Sonny Millar
U10 Zoe Renton	U10 Ravi Robinson
U11 Claire Logan	U11 Felix Birchall
U12 Emma Sheehan	U12 Lucas Anderson
U13+ Eliza Hoyling	U13+ Liam Sheehan
Hannah Sheehan	

RELAYS	
4x100m Circ.	
U12B 54.9 Lucas Anderson, Daniel Antonio, Thomas Froget Penaranda, Samuel Anderson	
4x Swedish (100m, 200m, 300m,400m) Partially replaced 4xMedley from 2018	
U11B 2:50.79 Luke Aldridge, Felix Birchall, Harry Hill, Oliver Waters	
U11G 2:58.30 Charlotte Wallace, Lola Brown, Harriet Pillans, Chloe Moore	
U12B* 2:35.32 Lucas Anderson, Daniel Antonio, Thomas Froget Penaranda, Samuel Anderson	
U12G 2:47.45 Layla Pennisi, Giselle Singer, Isabelle Mortensen, Emily Boyd	
U15G 2:50.44 Eliza Hoyling, Laura McGlennon, Robyn Owens, Tessa Kift	
U16B 2:54.12 Thomas Bryant, Hannah Sheehan, Cameron Dubbeldam, Liam Sheehan	
*State Best Performance	

End of Season Awards Continued

AGE CHAMPION

U6	1st	Sophie Nolan	U6	1st	Conor Geagea
	2nd	Madeleine Wallace		2nd	Aston De Alwis
	3rd	Georgia Dwyer		3rd	Corban Kaleopa
U7	1st	Chloe Gower	U7	1st	Jack Hill
	2nd	Isabelle McCarthy		2nd	Aston Mahony
	3rd	Yvette McPherson		3rd	Atticus Reilly
U8	1st	Samara De Alwis	U8	1st	Tony Geagea
	2nd	Lola Rohrig		2nd	Benjamin Cohen
	3rd	Isabel Nihill-Ormesher		3rd	Justin Fowler
U9	1st	Millicent Hodges	U9	1st	Alex Sanders
	2nd	Lucy Hensley		2nd	Sonny Millar
	3rd	Phoebe Dwyer		3rd	Elijah Pegoraro
U10	1st	Brooke Tregidgo	U10	1st	Ravi Robinson
	2nd	Barbara Froget Penaranda		2nd	Jai Robinson
	3rd	Zoe Renton		3rd	Archie Harrison
U11	1st	Charlotte Wallace	U11	1st	Felix Birchall
	2nd	Delphine Lekieffre		2nd	Oliver Waters
	3rd	Chloe Moore		3rd	Harry Hill
U12	1st	Emma Sheehan	U12	1st	Samuel Anderson
	2nd	Grace Adams		2nd	Lucas Anderson
	3rd	Emily Boyd		3rd	Thomas Froget Penaranda
U13+	1st	Hannah Sheehan	U13+	1st	Angus Lee
	2nd	Eliza Hoyling		2nd	Liam Sheehan
	3rd	Ruby Logan		3rd	Daon Choi

CENTRE BEST PERFORMANCE VORTEX

U6	Madeleine Wallace	9.82			
U7	Chloe Gower	11.76			
U8	Ava Schweizer	18.66			
60M HURDLES					
U6	Madeleine Wallace	14.00	U6	Conor Geagea	15.00
80M HURDLES					
U11	Charlotte Wallace	14.70	U11	Felix Birchall	14.02
U12	Aurelia Boyd	15.08	U12	Samuel Anderson	13.80
300M HURDLES					
U15	Laura McGlennon	52.23	U15	Jonathan Riese	51.00
100M					
U7	Isabelle McCarthy	17.40			
U7	Tara Ryan	17.40			
U17	Olivia Boyd	13.70			
200M					
U17	Olivia Boyd	28.21			
400M					
U17	Olivia Boyd	1:01.66	U12	Samuel Anderson	1:00.50
800M					
U17	Olivia Boyd	2:17.67	U16	Thomas Bryant	2:30.78
1500M					
U17	Olivia Boyd	4:49.66			
TRIPLE JUMP					
U14	Eloise Grigg	10.55			
U17	Olivia Boyd	9.54			
JAVELIN					
			U15	Cameron Dubbeldam	26.08
1100M WALK					
U10	Zoe Renton	6:07.25			
1500M WALK					
U14	Rebecca Teahen	7:05.39			

McDonalds Combined Championships

27th - 28th February 2021

Congratulations our athletes who competed at the McDonalds Combined Championships at QSAC.

Special mention two exceptional performances, in what was quite a high level of competition:

- 2nd Place U12 Boys Pentathlon - Sam Anderson
- 3rd Place U10 Girls Tetrathlon - Bianca Antonio



Centre Championships

Centre Championships were a great success.

Thank you to all who supported.



Big thank you to the recording team who did an amazing job over the Championships

State Championships

19th - 21st March

What a wonderful weekend it was for all our athletes competing at State Championships. Congratulations everyone! There were so many PB performances and some great outcomes, including an amazing TWENTY medals.

To all athletes, you did us all so proud watching from the stands. Giving 100% and trying your absolute best. The State champs experience is one these athletes will remember for some time - the successes and the disappointments. Its resilience building stuff and all part of their athletic journey. When things don't go quite to plan, take some time to reflect with your athletes what they did well, and what they would change if they had another opportunity (because there will be more).

Also, U14 athletes Rebecca Teahen and Tyler Hewett were chosen in the LAQ Honorary state team for race walks and middle distance respectively. Well done both. A great honour to be named in this team.

There were no less than 8 athletes that broke Club records at State championships. Zoe Renton (U10 1100m Walk), Felix Birchall (U11 80m Hurdles), Sam Anderson (U12 400m), Rebecca Teahen (U14 1500m Walk), Jonathan Riese (U15 300m Hurdles), Laura McGlennon (U15 300m Hurdles), Thomas Bryant (U16 800m) and Olivia Boyd (U17 400m, 800m and 1500m). Oliva also broke the State LAQ record for 800m and 1500m.



CONGRATULATIONS

Toowong Harriers State Champions!

1st Place	2nd Place		3rd Place
Daniel Antonio U12 Long Jump	Zoe Renton U10 1100m Walk	Daniel Antonio U12 100m	Felix Birchall U11 80m Hurdles
Layla Pennisi U12 400m	Ravi Robinson U10 1100m Walk	Daniel Antonio U12 Triple Jump	Felix Birchall U11 200m
Tyler Hewett U14 800m	Angus Hoyling U11 1100m Walk	Sam Anderson U12 400m	Charlotte Wallace U11 800m
Olivia Boyd U17 800m	Tom Scott U11 Javelin	Rebecca Teahen U14 1500m Walk	Daniel Antonio U12 200m
Olivia Boyd U17 1500m	Charlotte Wallace U11 1500m	Laura McGlennon U15 300m Hurdles	Jonathan Riese U15 1500m Walk

Little Athletics Queensland State Honorary Team:

Rebecca Teahen U14 (1500m Walk)
& Tyler Hewett U14 (800m/1500m)

Outstanding effort from all!

LAQ Virtual Teams Event

For the second year in a row, Toowong Harriers participated in LAQ's virtual teams' event for our teenage athletes.

Points were accumulated on a weekly basis for the following range of events:

100m/800m/Sprint Hurdles/Long Jump/High Jump/Javelin/Shot Put.

Our Team comprised 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



We are pleased to say that Toowong placed in 8th spot.

Well done to all the athletes who participated.

Senior Club/QA Meets

Cathy Freeman Shield - 6th March 2021

Another great showing by Toowong athletes at the Cathy Freeman shield at QSAC.

We had Josie Crocombe with a strong performance in the U16 women 100m. There were big fields in the 1500 metres once again and the Toowong athletes ran superbly. Emma Hossack coming 3rd in the U20 women in a time of 4:40.89.

Grace Adams and Charlotte Wallace had another epic race in the U14s. Charlotte running a massive 14 second PB to close rapidly on Grace in the final straight with Grace hanging on by only 6 100ths of a second to flip the result from their last outing in the 800m.

Michael Jackson just keeps getting faster with each outing running a season best in the Masters category in a time of 4:27.12.

In the field we had some great performances in the Javelin with Ashleigh Sitcheff winning the womens U20 with a throw of 40.72m!

Thomas Scott putting in an epic performance on his first time throwing the 600g Javelin to win the u14 boys with a throw of 23.54m. Sophie Scott also throwing well to come 6th in the U16 women.



Pictured: Tom, Charlotte and Grace post competition. Michael Jackson in clear air on his way to a season best.



Queensland Championships - 11th - 14th March 2021

Congratulations to all of our athletes that competed in the Queensland Championships! Some great performances lead by Ashleigh Sitcheff with a gold medal performance in the U20 Javelin and Tom Scott's second place throw in the U14 Javelin.

Top 4 performances from Sophie Scott (U15 Javelin), Tyler Hewett (U14 1500m) and Sam Anderson (U14 400m).

Pictured: A great run by Isabelle Mortensen to qualify for the final of the U14 1500m in a very strong field.



Cross Country

With the end of the track season, the Cross Country season is about to get started. We have a full offering of 11 meets available this year. These events are suitable for athletes aged 6-masters age. We encourage parents and athletes of all abilities to get involved.

Dates for the diary are as follows:

- Brisbane XC Series Race #1 - Sat 24 April - Minnippi Parklands (hosted by Thompson Estate)
- Brisbane XC Series Race #2 - Sat 01 May - CJ Greenfields Park, Richlands (hosted by Toowong Harriers)
- Qld All Schools XC Champs - Sat 08 May 21 - TBA
- Brisbane XC Series Race #3 - Sat 15 May - Upper Kedron (hosted by Ashgrove Rangers)
- Brisbane XC Series Race #4 - Sat 22 May - Sherwood Arboretum (hosted by intraining)
- Brisbane XC Series Race #5 - Sat 05 June - Teralba Park (hosted by Athletics North)
- Brisbane XC Series Race #6 - Sat 12 June - Fig Tree Pocket (hosted by Toowong Harriers)
- Qld XC Relay Champs - Sat 19 June 21 - Nudgee College (Nudgee)
- Brisbane XC Series Race #7 - Sat 26 June - Capalaba College (hosted by Redlands)
- Brisbane XC Series Race #8 - Sat 10 July - Minnippi Parklands (hosted by Thompson Estate)
- Qld XC Champs - Sat 31 July 21 - Toogoolawah Golf Course (Toogoolawah)

The Brisbane Cross Country Series events will usually be held on the Saturday afternoon, the times will be published soon, so keep an eye on the [QA website](#) for event updates, and release of nominations.

Please note that to compete at these events you must be a Queensland Athletics Member (not just Little Athletics). If you are already a member from the summer season, this membership extends until 30 September 2021. If you are a Little Athletics member, you can get QA membership for \$12. Please email me at manager@toowongharriers.org.au for the discount code.



Cross country training.

- Thursday 22nd April (TBC), 6:00 – 7:00pm, Taringa, Jack Cook Park

Working Bee

Over the off season (between now and June) we have a huge list of works planned to upgrade our clubhouse (including removing and upgrading the patio), some storage improvements, and long jump A improvements.

Works will be partially paid for by the club, with assistance from a \$35k grant approved recently. However, to save costs we will be trying to do some of the labour items ourselves. Accordingly, we will be needing to hold a number of working bees during this time to help do such things as :

- Patio removal (remove bricks ready for installation of new patio surface and cover)
- Gurney clubhouse and tape up ready for painting
- Paint clubhouse exterior



A huge thank you to everyone who turned up to our first working bee!

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) and singlets.



Sizing information can be found in the [Uniform Shop](#) on the website.

Committee

Our Annual General Meeting will be held on the 6th May to, amongst other things, appoint our new committee for the upcoming year. Formal notice of this will follow soon.

Please if you are interested in joining our committee, let us know. We have roles available for all levels of interest/availability and in various skill areas. If you would like to have an informal discussion, please do not hesitate to get in touch with any of the current executive – Trudy (Centre Manager), Ross (President), Karen (Secretary), or Kris (Treasurer). Alternatively, drop by to our monthly committee meeting on the 22nd April at 7:15pm.

We welcome individuals with an interest joining as a General Committee member if you feel you would like to get involved but not wanting a formal responsibility – there are many little projects over the season to get involved with. [COMMITTEE ROLES](#)

Thanks to our sponsors for supporting our club!

