

# CONGRATS!

HOWARD McDONALD



2019 First Year Resident Howard McDonald won the Oceania Championships U/20 men's javelin on 28 June, taking out gold in the Townsville meet.

Howard is aiming to qualify for the U/20 World Championships which in 2020 will be in Nairobi, Kenya. Qualifications open in October and with a PB in excess of 67m is well positioned.

Howard is from Proserpine in North Queensland and was trained by Andrew Cox and Andrew Campbell.

Howard has been throwing javelin for six years, winning Queensland schools' titles in 2016, '17 and '18. He won his first national title in 2016.

Howard trains at QSAC and competes for the UQ Athletics Club, and will be throwing javelin for Leo's in the upcoming Colleges' Athletics Carnival. Howard is in first year Engineering at UQ and is enjoying the move from North Queensland to College.