



Matthew Taylor

Wide Bay Region

Cross Country – Queensland School Sport Merit Team 2021

State and National Representative: *Multiple years*

State and National Champion: Previous 6 years

Track and Field – State and National Representative: *Multiple years*

National record holder: 800m

State record holder: 200m, 400m, 800m, 1500m, Shot put

Other sports: **Swimming and Aquathon**

How does school sport help you?

“It has helped me gain confidence and meet new people and make new friends all over the country”

ABOUT ME

PERSONAL GOALS:

Hopefully to represent Australia at the Para Olympics.

FAVOURITE SPORTING TEAM/ATHLETE:

Usain Bolt, Canberra Raiders, all the Olympic athletes who represent Australia.

MY ROLE MODEL/MENTOR:

My dad and mum and all of my coaches along the way so far.

FAVOURITE SCHOOL SUBJECT:

Project building and trade skills for when I leave school.

CAREER GOALS:

To finish my school-based traineeship at the Council in Parks and Gardens, and possibly a full-time traineeship after school.

MY ATHLETE JOURNEY

What is your favourite school sport memory?

Winning the National Cross Country in Maleny and also holding several national records for 800m and 1500m.

What motivates you to continue on your athlete journey?

I love to run and it also gets me to meet new people and friends. I have met a lot of sports people.

What personal habits / routines do you use to prepare for “Game day”?

I always have pasta and a T-bone steak the evening before every event.

All athletes on occasions have bad days, either at training, in competition or both. How do you overcome these “low” days?

I just take a day or two, step back have a think and refocus. I try to move on as quick as possible, I hate to lose, so I’m determined to win next time.

How would your teammates describe you?

Competitive, focused, determined and quiet. I do not like to smile in photos.

What advice would you give to another athlete wanting to succeed in their sport?

Never give up, always do your best, train hard but above all HAVE FUN.

Where did your running journey begin?

At school they had a Multi-class sports day. We got told to run around the oval and when you got tired, to stop. So after 30 laps of the school oval, they said I could stop and rang my dad to say your boy can run. The rest is history.



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