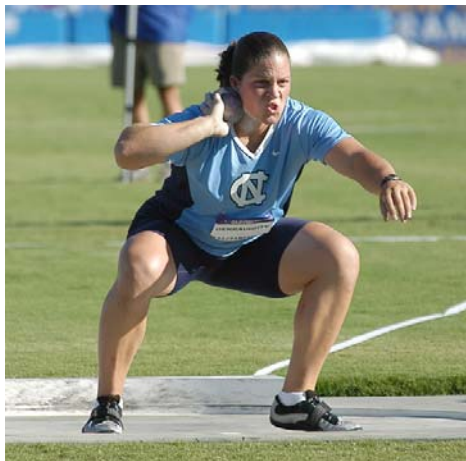




### Laura Gerraughty named Athlete of the Month



BOSTON – **Laura Gerraughty** of Nashua, NH, who competes for the University of North Carolina, has been named USA Track & Field New England's Athlete of the Month for July 2004. Gerraughty won the U.S. Olympic Trials shot put with a throw of 60-8 ½ (18.50m). The trials also served as the U.S. National Outdoor Championships. On July 30, Gerraughty added a win at the North American, Central American and Caribbean (NACAC) U23 Championship in Sherbrooke, Vermont.

Heading into the Athens Olympics, Gerraughty, who turned 21 years old on July 29, has established herself as the best women's shot putter in the U.S. Earlier this year, she won the U.S. National Indoor Championships in Boston as well as the NCAA Indoor and Outdoor Championships.

Other qualifiers for the U.S. Olympic Team were former Brookline (MA) High School star **Jonathon Riley**, 2<sup>nd</sup> in the 5000m in 13:30.85, **Shalane Flanagan** of Marblehead, MA and the University of North Carolina, 3<sup>rd</sup> in the 5000m in 15:10.52

and **Kate O'Neill**, Milton (MA) High School graduate who finished 3<sup>rd</sup> in the 10,000m with a time of 32:07.25.

**Ben Toomey** of Salem, MA at 4:08.43 and **Amy Rudolph** of Providence, RI at 4:08.57 finished 2<sup>nd</sup> and 3<sup>rd</sup> in the Olympic Trials 1500m but need to achieve the Olympic Games "A" standard time of 4:05.80 to compete in Athens. On July 30, at the Norwich International meet in London, England, Toomey came up short of the Olympic qualifier but ran a personal best of 4:07.44.

**Joanne Dow** of Manchester, NH finished 2<sup>nd</sup> in the 20km walk with in 1:38:42. Although she previously made the Olympic Games A standard, because of the sometimes complex selection rules, she will only go to Athens if one or more of the other top finishers make the A standard.

In other strong performances at the Olympic Trials, **Mustapha Adbur-Raheim** of Brookline (MA) High School, who competes for Dartmouth College, placed 6<sup>th</sup> in the decathlon with 7844 points, Boston College coach **John Mortimer** of Goffstown, NH ran a personal best of 8:24.92 to finish 7<sup>th</sup> in the 3000m steeplechase and **Laura O'Neill**, Kate O'Neill's twin sister was 7<sup>th</sup> in the 10,000m.

Former New England collegiate athletes who placed well at the Olympic Trials included Adam Nelson (Dartmouth) 1<sup>st</sup> in the shot put, Anna Mahon (UVM), 2<sup>nd</sup> in the hammer throw, Brenda Taylor (Harvard) 2<sup>nd</sup> in the 400m hurdles and Chris Clever (Harvard) 6<sup>th</sup> in the javelin. Robert Howard, a graduate of Shea H.S. in Pawtucket, RI, finished 5<sup>th</sup> in the triple jump.

At the USATF Eastern Regional Masters Championships at Springfield, MA on July 24, **Flo Meiler**, age 70, of Shelburne, VT, won the 300m hurdles in 1:08.35 bettering the current U.S. and world records for the W70-74 age group. Meiler also ran faster than the U.S. record for the 80m hurdles with a time of 18.23, but the wind was over the allowable limit.

**The Greater Boston Track Club** (GBTC) finished 2<sup>nd</sup> at the U.S. Club National Championships held July 2-3 in Bloomington, IN. With a 1st place finish in the 2002 club championships and a 2<sup>nd</sup> place finish last year, the GBTC has established itself as one of the premiere track & field clubs in the nation.

Coming up in August are the 2004 Olympic Games in Athens, Greece, August 13-29. The track and field events will be contested from August 18-29.

*Photograph of Laura Gerraughty courtesy of Cheryl Treworgy from Pretty Sporty*

#### Athlete of the Month

is a new program for USATF- New England and is designed to recognize outstanding performers at all levels of the sport. USATF-NE will name a new honoree each month and feature the athlete on the USATF-NE website.

*USATF – New England's mission is to continue its leadership role as one of the outstanding associations of the national governing body in Athletics. USATF – New England provides opportunities for athletes of all ages to pursue excellence in long distance running, race walking, and track and field, from grassroots to the elite level.*

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