

Bob Cedrone Named USATF-New England Athlete of the Month for August



Photo: Jerry Bookin-Weiner

BOSTON – **Robert Cedrone**, age 55, who lives in Stoughton, MA, and competes for the Twilight Throwers, has been named USA Track & Field – New England’s Athlete of the Month for August 2010. At the 2010 USA Masters Throws Championships held at Benedictine College in Lisle, IL on August 7-8, Bob won three gold medals and one bronze medal in the four M55 events.

On Saturday, the first day of the weekend meet, Cedrone won the Throws Pentathlon which consisted of the hammer throw, shot put, discus, javelin and 25 pound weight throw. He also took third place in the weight throw event. On day two, Bob won the

Ultra Pentathlon and also finished first in the super weight throw. The ultra event consists of increasingly heavier weight throws. For Bob's age division, the weights were 25, 56, 98, 200 and 300 pounds! For the record, Bob threw the 200 lb. weight 1.74m (5-9) and achieved the winning mark of .98m, (3'-2.5") in the 300 lb. He says throwing the ultra weights is a lot of fun - "the ultimate testosterone event." Bob's winning tally for the Ultra Pentathlon was 4,155 points – a world-class level performance.

Cedrone went to Canton (MA) High School, where he threw the shot put and discus. At Bates College in Lewiston, ME, the hammer throw became his favorite event, but he was also a top-notch Division III thrower in the shot put and 35 lb. indoor weight throw. He set school records for both the indoor and outdoor shot and was College All-American his last two years and won a silver medal in the hammer at the NCAA Division III National Championships.

He continued to compete in AAU meets after college and eventually discovered masters track & field. He notes that he is now in his 6th decade of competing as a thrower, and the wear and tear on his body is best indicated by the dual hip replacement surgeries he had - first in 2004 and then in 2008.

Bob enjoys both the competition and the camaraderie among the masters throwers and appreciates the competitive opportunities that the Twilight Throwers team – headed by founder **Jim Chamberas** - offers. He continues to train six days a week, spending three days throwing, and three days in the weight room. For the future, he aims to compete at the national championship level whenever possible and is hopeful of going to Sacramento in 2011 to compete for the US team at the World Masters Athletic (WMA) Championships.