

## James Randon Named USATF – New England’s Athlete of the Month for May 2013



*Photo: Desiree Sheff*

BOSTON – **James Randon**, age 18, a senior at the Middlesex School in Concord, MA, has been named USA Track & Field – New England’s Athlete of the Month for May 2013. On May 23, James ran 4:09.39 in the Dream Mile at the Adidas Grand Prix held at Icahn Stadium in New York City. Randon’s mark was the 8<sup>th</sup> fastest all-time Massachusetts scholastic outdoor mile.

At the Independent School League Championships on May 11, James won the 3000 meters in 8:20.80 which was the leading time in the U.S. at that point. His breakthrough race this outdoor season came on April 28 at the Brown Springtime Open where Randon won the Collegiate / Open 1500 meters with a time of 3:49.43.

Going into the “Dream Mile,” Randon expected a hot pace that might put him in position to go after the Massachusetts state record. His teammate, Garrett O’Toole was invited as the rabbit for the race. O’Toole did his job well, taking the field through the first quarter in 60.47 and the half-mile in 2:02.24. Randon ran near the back of the pack for the first two laps, splitting 2:07-2:08 for the first half. He then surged impressively passing five runners, and splitting the second half-mile in about 2:01.

Randon’s fast 3000 meter ISL championship run earlier in the month was achieved despite plantar fasciitis that had forced him to do only pool workouts for the two weeks before the race. Though the weather was cool, drizzly and windy, Randon’s pace was hot. James ran the first 400 meter lap in 63 seconds, opening up a big lead. With his nearest competitor almost 30 seconds behind, James managed to kick the final lap in 65 seconds.

Although James ran track beginning in his freshman year, he describes himself as “not particularly dedicated” then. He says that during his junior year “I fully invested myself” and made rapid progress from that point. His coach, Desiree Sheff, follows the training system of legendary New Zealand coach Arthur Lydiard. Randon averages 65 miles a week in training. He will enroll at Yale in the fall and has high aspirations as a runner, stating that he wants to become an NCAA All-American and break 8:00 for 3000 meters and 3:45 for the 1500.