

Sean Duncan Named USATF – New England’s Athlete of the Month for September 2013



Photo: Krissy Kozlowsky

BOSTON – **Sean Duncan**, of Arlington, MA, who runs for Western Mass Distance Project (WMDP), has been named USA Track & Field – New England’s Athlete of the Month for September 2013. On September 15, Sean ran 30:50 to win the Lone Gull 10K in Gloucester. The Lone Gull served as the USATF-NE 10K Championship and was the fifth of seven races in the New England’s Association’s Road Racing Grand Prix series. On September 8, at the WMDP XC Festival in Westfield, MA, Duncan won the men’s 8K race in 25:18.25 to win by 29 seconds.

Sean went to Gardner (MA) High School, where he was a league and district all-star in track for each of his four years. He then enrolled at UMass Amherst, and competed in cross country and indoor and outdoor track. He achieved his best marks in the 3000m steeplechase, running 8:52.85 as a senior in 2011, the third best mark in UMass history. He was also a vital contributor to the UMass 4 x 800 meter and distance medley relay teams.

Following his Athlete of the Month selection in September, Duncan continued to excel on the roads and was the overall men’s winner of the

2013 USATF-NE Road Racing Grand Prix Series. An avid member of the Western Mass District Project team, nicknamed the Wolves, Sean and his teammates ran the 2014 Boston Marathon and placed an impressive 2nd to the B.A.A. for the men’s team championship in a field of 83 teams. Duncan was the second WMDP runner and 54th overall with a time of 2:27:02.

Sean is a USATF Level 1 Certified Coach, and serves as assistant track coach at Littleton High School and as coordinator of the PTI Elite multi-sport training program. PTI is based on a European scientific fitness model that emphasizes functional, whole-body exercises both to support everyday activities and to enhance sports specific movements.