

Bob Cedrone Named USATF – New England’s Athlete of the Month for July 2015

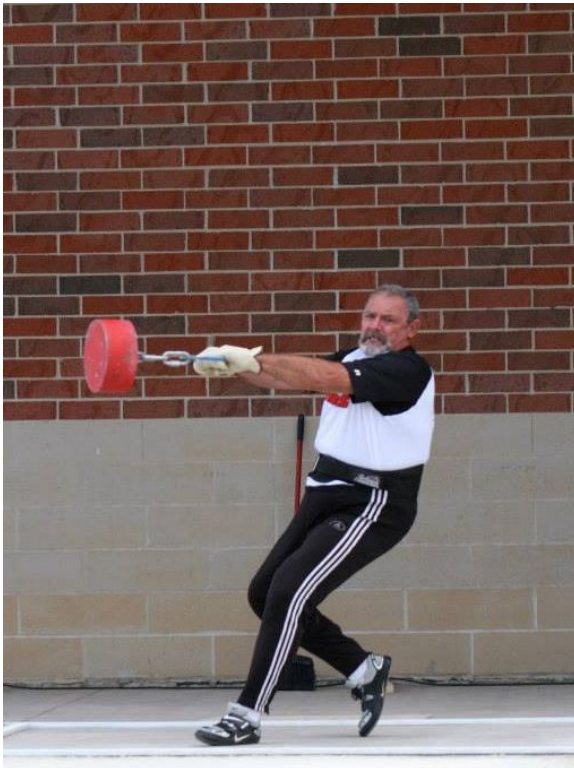


Photo by Gary Dixon

BOSTON – **Bob Cedrone**, age 60 of Stoughton, MA, who competes for Twilight Throwers, is USA Track & Field - New England's Athlete of the Month for July 2015. On July 11 at the USATF East Region Ultraweight Pentathlon, hosted by the Twilight Throwers in Chelmsford, MA, Bob set a pending American record in the M60 Ultraweight Pentathlon with 4844 points. Remarkably, Cedrone scored more than 1000 points in two of the throws, tossing the 56 pound ultraweight 8.51m for 1008 points and the 98 pound ultraweight 4.47m for an astounding 1117 points.

At the USATF Masters Outdoor Track & Field Championships held in Jacksonville, FL from July 23-26, Bob won two M60 national titles, with gold medals in the hammer throw (47.87m / 157-01) and the weight throw (18.01m / 59-01.25).

Cedrone's highlight achievements in July are only part of the story of his extraordinary 2015 indoor and outdoor seasons. In March at the USATF Indoor Championships in Winston-Salem, NC, Bob scored dominant victories in both the M60 weight throw (17.97m) and the super weight throw (10.52m.)

At the USA Masters Throws Championships held in Seattle, WA, August 29-30, Bob came up big again with three more M60 national championships as he won the weight pentathlon, the super weight throw and the ultraweight pentathlon. Bob notes that he is particularly at having achieved a "triple crown" with his two victories in both the indoor and outdoor masters championships and his three wins in the masters throws championships.

Bob 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. In 2014, one of his replacement hips had to be entirely reconstructed in emergency surgery when a metal rod in his hip snapped. Cedrone was not able to train for 4-5 months. Though his doctors advised "exercise as tolerated," Bob's plan was to make every effort to return to the intensive strength training and practice that would enable him to compete again.

Bob drew motivation from the arduous course of coming back from this surgery and found heightened appreciation and enjoyment in the opportunity to compete. Bob also cites the loss of Jim Chamberas, founder and head of the Twilight Throwers club, who passed away in July 2015 after a debilitating stroke the year before. Bob says that the leadership and commitment that Jim demonstrated in providing support, coaching and opportunities for throwers and building Twilight Throwers into a nationally prominent club has been a great source of motivation. He states that every time he puts on his uniform to compete, he does so in honor of Jim.

USATF – New England's mission is to continue its leadership role as one of the outstanding associations of the national governing body in Athletics.

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