

Maegan Allen Named USATF – New England’s Athlete of the Month for March 2016



Photo: Melissa Monaghan

BOSTON – **Maegan Allen** of Arlington, MA, a home-schooled high school senior, who competes for New England Walkers, is USA Track & Field - New England’s Athlete of the Month for March 2016. On March 11 at the New Balance National Scholastic Indoor Championships held at The Armory in New York City, Maegan placed 5th in the 1 Mile Race Walk. Her time of 7:23.72 set a scholastic indoor record for Massachusetts and New England. Two days later at the USATF Hershey Youth Indoor Championships, held at the Ocean Breeze Athletic Complex in Staten Island, New York, Maegan won the age 17-18 division 3000 meter race walk in a new youth record of 15:20.26. In February, at the Millrose Games in New York City, competing against the nation’s top race walkers, Allen placed 7th in the Open 1 Mile Race Walk.

Before turning to race walking, Maegan was a youth swimmer, specializing in the butterfly and backstroke. When her younger brother Nolan began achieving success as a race walker with the Waltham Track Club, Maegan decided to try it as well and soon became hooked. As a high school freshman, she focused on technique and conditioning. By sophomore year she began placing in national scholastic competitions, coming in 3rd in the mile at the New Balance Indoor Nationals and 2nd in the mile at the New Balance Outdoor Nationals. As a junior, she notes that the quality of competition in girls’ race walk events increased significantly. Indoors in February 2015,

she competed in her first Millrose Games and finished in a respectable 7th place, only to be disqualified for what she described as “lots of contact.”

Maegan and her brother Nolan are regular training partners and she notes that they push each other to do their best. Asked about her mental approach to training and racing, Maegan says that it’s highly important for her to feel confident in her abilities, especially in high-level competition. She states that the need to focus on form and technique with every step can make race walking more mentally challenging than running. Nonetheless she says that she does best when she goes out and has fun, without over thinking her technique.

For the future, Maegan would like to make the U.S. team for the 2017 USA – Canada Junior Dual Meet (U20). She also wants to keep up her indoor times so that she can race at the Millrose Games. Her highest aspiration – which she calls “a dream goal” - is to make the U.S. team for the 2017 IAAF World Championships in London.

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