



Allman Claims Discus Gold at Texas Relays

Wednesday, March 29th – Saturday, April 1st; Austin, TX – Tokyo 2020 Olympic champion **Valarie Allman** won the discus competition, her season opener, at the Clyde Littlefield Texas Relays with a meet record throw of 67.90m/222-9 last week. Valarie achieved this mark on her fourth throw of the competition and is currently ranked first in the world for discus. Jade Whitfield, a sophomore from Oregon State, took second with a throw of 58.36m/191-6, and Ashley Anumba, a senior from the University of Virginia, took third with a throw of 57.52m/188-8. [Click here](#) for full results from Texas. [Click here](#) to watch the throw.

Triathlon - Kanute and McElroy Finish Fourth and Sixth at 70.3 Oceanside

Saturday, April 1st; Oceanside, CA – The NYAC's **Ben Kanute** and **Matt McElroy** each contested the Ironman 70.3 Oceanside last weekend, finishing fourth and sixth, respectively. Leo Bergere of France won in 3:45:25. Ben Kanute crossed the line in 3:49:38, completing the 1.9K swim in 22:39, the 90K bike in 2:09:47, and the 21.1K run in 1:13:00. Matt McElroy finished in 3:50:54, completing his swim in 22:43, his bike in 2:13:33, and his run in 1:11:23. Notably, this was Matt's second Half Ironman of his career. [Click here](#) for complete results from the race. [Click here](#) to read more about the race.



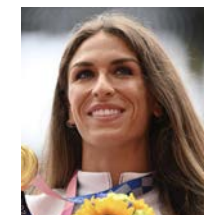
Judo - NYAC Judokas Contest Antalya Grand Slam



Friday, March 31st – Sunday, April 2nd; Antalya, Turkey – Several NYAC judokas contested the Antalya Grand Slam last weekend, including Jack Yonezuka, Ari Berliner, Maria Celia Laborde, Angelica Delgado, Hannah Martin, Dominic Rodriguez, Nicolas Yonezuka, and Christian Konoval. **Jack Yonezuka**, 2022 Junior World bronze medalist at -73kg, won his first round against Messaoud Redouane Dris of Algeria by ippon and his second round, also by ippon, against Alonso Wong of Peru. However, in his third round, Jack was defeated by Manuel Lombardo of Italy by ippon. Both **Ari Berliner** (-66kg) and **Maria Celia Laborde** (-48kg) won their first rounds but did not advance beyond their second rounds. **Angelica Delgado** (-52kg) and **Hannah Martin** (-63kg) each received byes into the second rounds of their respective weights but did not advance further. **Christian Konoval** (+100kg), **Nicolas Yonezuka** (-81kg), and **Dominic Rodriguez** (-73kg) did not advance beyond the first round of competition in their respective weights. [Click here](#) for complete results from Antalya.

Meet Valarie Allman

Sport: Track and Field
Hometown: Longmont, Colorado
College: Stanford University, Class of 2017
Achievements: Tokyo 2020 Olympic discus champion, 2022 world bronze discus medalist
 Find Valarie on Instagram [@vallman123](#)



Upcoming Events

TRACK AND FIELD: Friday, April 7th - Saturday, April 8th [Triton Invitational](#) - La Jolla, CA - **Valarie Allman** (Discus) [More info here](#)

SWIMMING: Wednesday, April 12th - Saturday, April 15th [TYR Pro Swim Series Westmont](#) - Westmont, IL - **Hunter Armstrong** [More info here](#)

SWIMMING: Thursday, April 13th - Sunday, April 16th [Stockholm Open](#) - Stockholm, Sweden - **Paige Madden** [More info here](#)

News

Water Polo – The NYAC's **Nicolle Payne** and **Coralie Simmons** will be inducted into the USA Water Polo Hall of Fame, Class of 2023, on June 9th. [Click here](#) to learn more.

Links

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