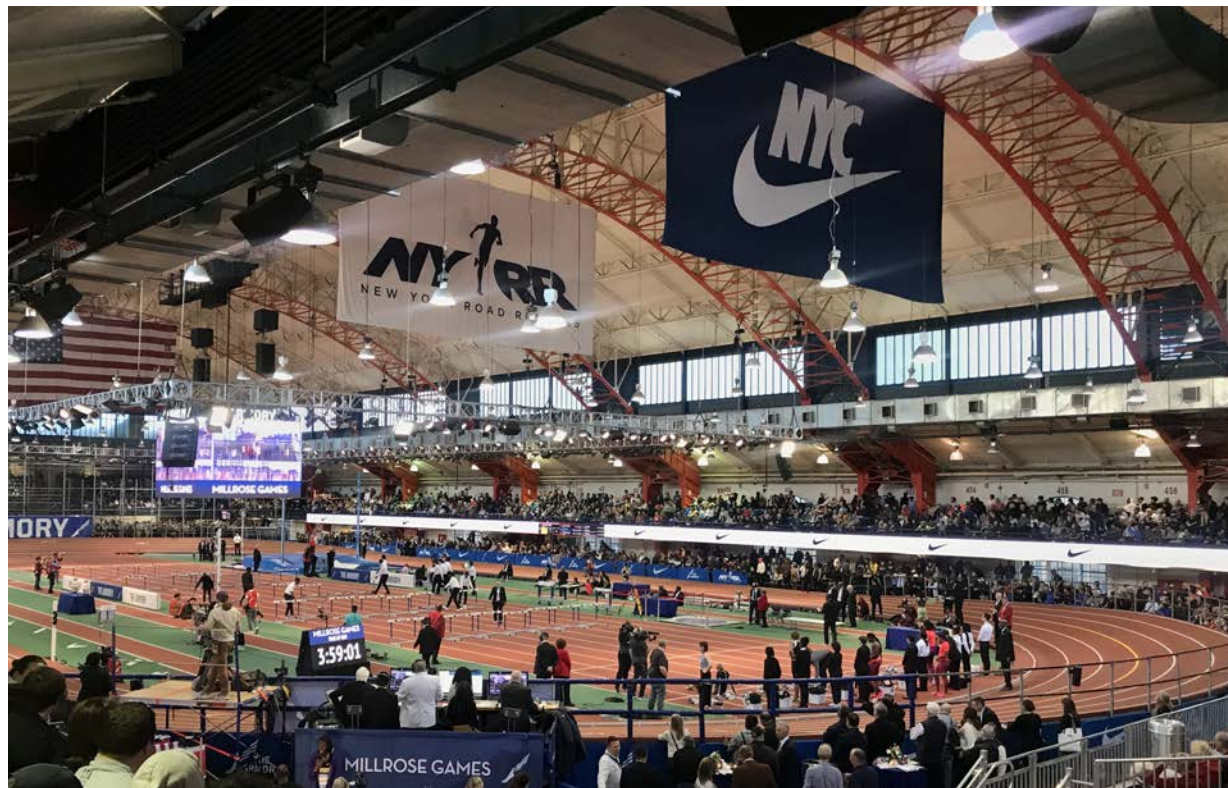




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## Rudy Winkler Claims Third Millrose Games Title

**Thursday, February 9th and Saturday, February 11th; New York, NY** – This past weekend, two-time Olympian (2016, 2020) **Rudy Winkler** claimed the men's weight throw title with a mark of 24.04m/78-10.5 at the 115th Millrose Games, the world's most famous indoor track meet. Though Rudy achieved his best mark on his sixth throw of the competition, all of his throws would have won the competition by over a meter. Lock Haven graduate Marcus Disbrow took second with a mark of 20.37m/66-10, and Evangelos Gradelakis of Caliber Throws took third with a mark of 20.19m/66-3. Thus, Rudy Winkler claimed his third Millrose title, having secured titles in 2020 and 2022. Also at the 115th Millrose Games, two-time shot put world champion (2015, 2019) **Joe Kovacs** took second in the men's shot put with a mark of 21.34m/70-0 1/4, made on his first throw of the meet. 2022 shot put world champion **Ryan Crouser** won with a meet record and world lead of 22.57m/74-1. Ryan held the prior meet record of 22.33m/73-3 1/4, which he set in 2019. Tripp Piperi of Elite Athletics Network took third with a throw of 20.65m/67-9. [Click here](#) for complete results from Millrose. • **Friday, February 11th; Paris, France** – 2022 world triple jump bronze medalist **Tori Franklin** took fourth at the Meeting de Paris, a World Athletics Silver Meeting, with a mark of 13.90m. Liadagmis Povea of Cuba won with 14.26m. [Click here](#) for results. • **Friday, February 10th – Saturday, February 11th; Boston, MA** – The NYAC's **Rob Napolitano**, a 10-time Ivy League champion in various cross country and track and field events while at Columbia University, finished fifth in the second section of the men's mile in a time of 3:53.59 at the David Hemery Invitational at Boston University. Elliott Cook of Oregon won the second section in a personal best of 3:55.34. Overall, Rob finished 25th, across the 31 sections of the race, which had 432 finishers in total. Amos Bartelsmeyer of the Union Athletics Club won overall in 3:50.45. Notably, 52 men broke four minutes in the race. [Click here](#) for complete results.

### Meet Rudy Winkler

**Sport:** Track and Field **Hometown:** Sand Lake, NY

**College:** Cornell University, Information Sciences '17  
**Achievements:** Two-time Olympian (2016, 2020); 7th place in hammer throw at 2020 Tokyo Games, hammer throw American record holder

*Find Rudy on Instagram @throwrw*



### Fencing - Kat Holmes at Barcelona Coupe du Monde

**Saturday, February 11th - Sunday, February 12th; Barcelona, Spain** - Two-time Olympian and 2018 epee team world champion **Kat Holmes** finished 35th overall in the women's epee competition at the Barcelona Coupe du Monde. Nathalie Moellhausen of Brazil won, Young Mi Kang of Korea took second, and Yiwen Sun of China took third. [Click here](#) for complete results from Barcelona.

### News

#### Swimming

As a follow up to last week's item about **Kate Douglass**, the NYAC swimmer officially set the American 200m breaststroke record this month with a time of 2:01.43 at the Cavalier Invitational in Charlottesville, VA. [Click here](#) to read more about the noteworthy swim.

### Links

To see the **NYAC's athletics pages**, [click here](#)

For news from the **IOC**, [click here](#).

To see the **IOC's Olympic channel**, [click here](#)

For news from the **USOPC**, [click here](#)

For news from the **Olympic Studies and Research Center**, [click here](#).

### Upcoming Events

**TRACK AND FIELD: Thursday, February 16th - Saturday, February 18th** [USATF Indoor Championships, Albuquerque, NM](#)

Joe Kovacs (shot put), Chris Nilsen (pole vault), Emmanuel Corvera (3000m race walk), Rudy Winkler (weight throw), Daniel Haugh (weight throw), Miranda Melville (3000m race walk), Jaaneah Stewart (weight throw), Brooke Andersen (weight throw), Deanna Price (weight throw) [More info here](#)

**JUDO: Thurs, February 16th - Sat, February 18th**

[Tel Aviv Grand Slam](#) Dominic Rodriguez, Nicolas Yonezuka, Alex Knauf, Angie Delgado, Hannah Martin [More info here](#)

**SWIMMING: Friday, February 24th - Sunday, February 26th** [BUCS Long Course Swimming Championships - Sheffield, England](#) - Paige Madden [More info here](#)

### Read All About It

Do you have news or results of NYAC athletes that should be featured in

**Athletics News?** Let us know by contacting the NYAC's Sports Information Manager, Laura Walsh, at [LauraW@nyac.org](mailto:LauraW@nyac.org)