



NYAC ATHLETICS NEWS HIGHLIGHTS OF 2024

It was another remarkable year of NYAC action across more than 15 sports, with Club athletes securing thrilling wins - and the occasional disappointment - throughout the year. Though there were many highs, some performances stand out as particularly memorable, the Paris Olympic and Paralympic Games being the inevitable site of many. We recognize these accomplishments below as the "NYAC Athletics News Highlights of 2024." Congratulations to all NYAC athletes on what they have accomplished in 2024; we look forward to all they will achieve in the months ahead.



69 NYAC Athletes Claim 36 Medals at Paris Games

The Paris 2024 Olympic and Paralympic Games were arguably the most successful Games in the history of the NYAC, with 65 NYAC Olympians claiming 30 Olympic Medals (10 gold, 13 silver, and seven bronze) and four NYAC Paralympians claiming six Paralympic medals (two gold, one silver, three bronze). Just some of the NYAC's gold medalists in Paris were **Sarah Hildebrandt** (50kg FS wrestling), **Nick Mead** (men's four), **Hunter Armstrong** (4x100m FS), **Ryan Held** (4x100m FS), **Kate Douglass** (200m BR, 4x100m Medley), **Nic Fink** (4x100m Mixed Medley), **Valarie Allman** (Discus), **Tara Davis-Woodhall** (Long Jump), **Anni Espar Liaquet** (Water Polo - ESP), and Paralympians **Grace Norman** (PTS5 Triathlon) and **Hunter Woodhall** (T62 400m). To see the full list and to re-live all of their accomplishments day by day, go to www.NYACParis2024.com.

Allman Secures Back-to-Back Olympic Discus Titles

The NYAC's **Valarie Allman** became the first American woman ever to win back-to-back Olympic discus gold medals with her mark of 69.50m/228-0 at the Paris Games. This winning mark was almost two meters further than silver medalist Bin Feng of China and bronze medalist Sandra Elkasevic of Croatia, who both reached (67.51m/221-6). Allman won her first Olympic discus title at the Tokyo Games with a throw of 68.98m/226-4, defeating Germany's Kristin Pudenz (66.86m/219-4) and Cuba's Yaima Perez (65.72m/215-7). Notably, Perez and Allman have recorded the #1 and #2 discus marks of the past 30 years, globally - Perez recorded the #1 throw of 73.09m/239-9 in April 2024, and Allman recorded the #2 throw - and the American record - of 71.46m/234-5 in April 2022. This year, the major goal for Allman, 29, will most likely be the World Championships in Tokyo at the end of the summer.



Hildebrandt 50kg Gold in Paris, Following Bronze in Tokyo

The NYAC's **Sarah Hildebrandt** entered the Paris Games with an impressive wrestling resume - Tokyo 2020 Olympic bronze medalist (50kg), two-time world championships silver medalist (2018, 2021), and two-time world championships bronze medalist (2022, 2023). After winning four consecutive matches in Paris, she left the French capital having completed her collection of medals, adding the elusive Olympic gold to her extensive range of silvers and bronzes. As for the details of her Olympic matches, Hildebrandt recorded a 10-0 win over Algeria's Ibtissem Doudou in the Round of 16, a 7-4 win over China's Ziqui Feng in the quarterfinals, a 5-0 win over Mongolia's Otgonjargal Dolgorjav in the semi-final, and to conclude, a 3-0 win over Cuba's Yusneylis Guzman in the final to win the Olympic gold medal.

Douglass Collects Four Medals in Paris, Two Gold and Two Silver

Pelham, NY native, **Kate Douglass**, secured a remarkable four medals at the Paris Games - two gold and two silver, adding to the 200m medley bronze she claimed at the Tokyo 2020 Games. Kate claimed her first medal in Paris on July 27th - a silver in the 4x100m freestyle relay, with an American record finish of 3:30.20. Australia won the race with an Olympic record of 3:28.92. Five days later, on August 1st, she claimed a gold medal in the 200m breaststroke with a finish of 2:19.24 - yet another American record. On August 3rd, she added another silver to her collection, in the 200m IM with a finish of 2:06.92, and she rounded out her Paris haul with another gold, in the 4x100m medley relay in a world record time of 3:49.63. Douglass' accomplishments were particularly special for the NYAC given that her first strokes in the water were taken in the NYAC pool at Travers Island.



Mead and US Four Secure First Olympic Gold Since 1960

For the first time since 1960, the US men's four, with the NYAC's **Nick Mead** and teammates Liam Corrigan, Michael Grady and Justin Best, claimed the gold medal at the Paris 2024 Games with a finish of 5:49.03. New Zealand took second (5:49.88), and Great Britain third (5:52.42). According to US Rowing, the crew "took the lead as the crews approached the 500-meter mark and then kept New Zealand at bay the rest of the way down the course to secure the top spot on the podium. The Americans held just a bowball advantage 500 meters into the race but used their strong base pace to push out to nearly a one-second lead at the midway point. New Zealand cut the advantage to just a half-second with 500 meters to go, but, the American boat was able to respond to New Zealand's move and pull away to win by 0.85 seconds."

US Tri Team - All NYAC Members - Claims Silver in Paris

The US triathlon mixed relay team, comprised entirely of NYAC members - **Seth Rider, Taylor Spivey, Morgan Pearson, and Taylor Knibb** - secured the silver medal in Paris, adding to the silver they claimed at the Tokyo 2020 Games. In the Paris race, each leg consisted of a 300m swim, a 7K bike and a 1.8K run. Germany won in 1:25.39 with the US just 1/100th of a second down (1:25.40) and Great Britain third in the same time - a truly thrilling finish. Notably, all of the aforementioned NYAC triathletes, plus **Kirsten Kasper**, contested the individual triathlon, with Spivey securing the best finish (10th). In addition to the triathlon individual and mixed relay races, Knibb took part in the cycling time trial, though falling victim to the slippery conditions and falling multiple times.



Jones Takes Boxing Bronze in Olympic Debut

In his Olympic debut, 22-year-old **Omari Jones** secured the 71kg boxing bronze medal at the Paris Olympic Games. According to USA Boxing, "his path at the Olympics ended [...] in a closely contested bout against Uzbekistan's Asadkhuja Muydinkhujaev, the reigning 71 kg world champion, that ended in a 3-2 split decision in favor of Muydinkhujaev. Heading into the third round, Jones was behind 3-1 on the judge's scores, but that did not deter the Orlando, Fla., native, who won the third round 4-1. Despite his strong finish, Jones needed a knockout or a 10-8 score from one of the judges to sway the decision in his favor. Although he mounted a strong comeback, he was unable to turn the tables and ultimately fell 3-2 in the bout." Jones was the only American boxer to secure a medal at the Paris Games.

McFadden - Most Decorated US Track & Field Athlete of All Time

During the Paris 2024 Paralympic Games, the NYAC's **Tatyana McFadden** became the most decorated American track and field athlete - Olympic or Paralympic - of all time, after securing a bronze medal in the mixed 4x100m universal relay. The Paris Games were McFadden's seventh, and she now has earned 21 Paralympic T&F medals (eight gold, eight silver, five bronze) over the course of her remarkable career. At the Paris Games alone, she took two medals - silver in the T54 100m and bronze in the mixed 4x100m relay. In addition, McFadden owns a silver medal from the 2014 Para Winter Games in Sochi.



Honorable Mentions -

Swimming - Starting the year the way they intended to continue, three NYAC swimmers - Kate Douglass, Nic Fink and Hunter Armstrong - won 17 medals at the World Aquatics Championships in Doha in February.

Water Polo - Also at the World Aquatics Championships in Doha, the US women's water polo team was crowned world champions.

News

Water Polo - The [World Aquatics Water Polo World Cup](#) is presently underway in Romania, and the US men, with many NYAC players on the roster, recorded wins in the group stage against Japan (19-17 on January 6th) and Romania (10-7 on January 7th) before being defeated by Montenegro, 7-15, today (January 10th). [Click here](#) for full results.

Late News - Boxing - On December 21st, 2024, NYAC boxer **Yoseline Perez** claimed the 119lb national title at the [2024 USA Boxing National Championships](#) in Richmond, VA.

In the championship bout, she faced top-seeded Kayla Gomez of El Paso, TX and secured a dominant win by unanimous decision, 5-0. [Click here](#) to learn more.

Upcoming Events

RUGBY SEVENS: Friday, January 24th - Sunday, January 26th [HSBC Rugby Sevens Perth](#) - Perth, Australia - Lucas Lacamp [More info](#)

TRACK AND FIELD: Saturday, February 8th [Millrose Games](#) - NY, NY [More info](#)

Links

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Athletics News? Let us know by contacting the NYAC's

Sports Information Manager, Laura Walsh, at LauraW@nyac.org

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