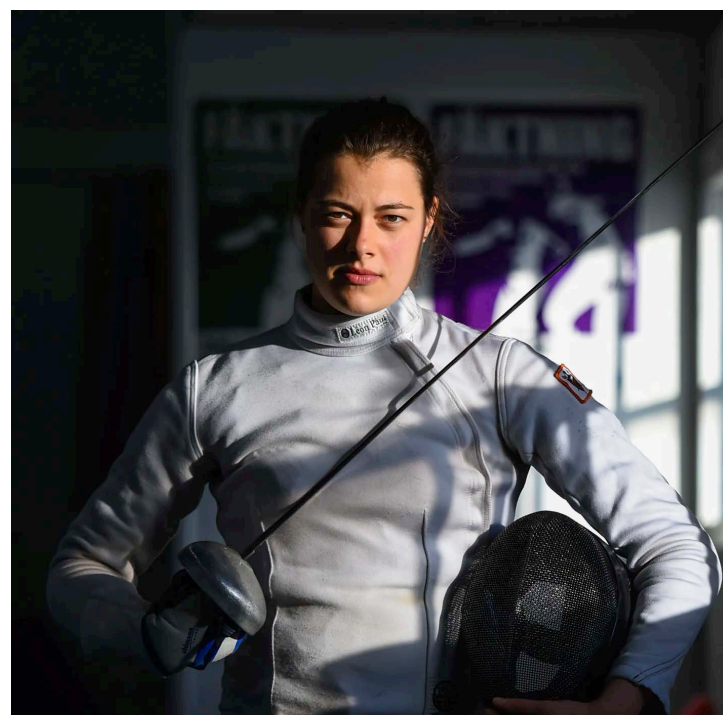




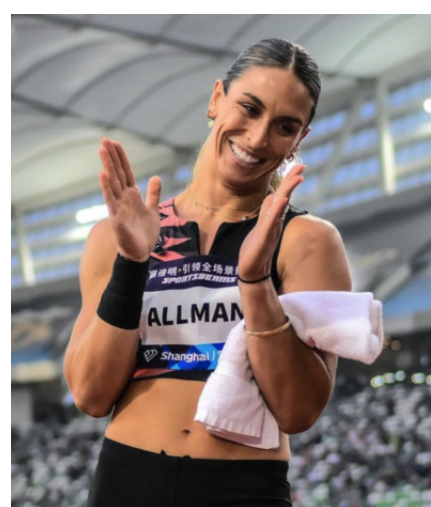
KAT HOLMES MAKES THIRD OLYMPIC TEAM

Fencer becomes 19th NYAC athlete to be selected for Paris Games so far

The NYAC's **Kat Holmes**, a 2018 world champion in the women's épée team competition and an Olympian in 2016 and 2020, has been selected for her third Olympic team. Holmes, 30, will represent Team USA as the épée team replacement athlete, meaning she can be substituted into the team competition at any time. The women's épée squad also includes the NYAC's **Anne Cebula**, who, in March, was selected for both the individual and team competitions. The remainder of the US women's épée comprises Hadley Husisian and Margherita Guzzi Vincenti. The NYAC's **Mitchell Saron** is also on the Paris team, contesting the men's individual and team saber competitions. At the Rio 2016 Games, Holmes finished 25th in the individual competition and fifth in the team division. In Tokyo 2020, she improved her individual performance by one place, finishing 24th, and, again, was fifth in the team division. In addition to her Olympic and world championships accolades, Holmes is a four-time Pan-Am Games champion (individual and team in 2015 and 2019) and a 2023 Pan-American Championships medalist (gold in team competition, bronze in individual). She attended Princeton University, where she was the 2017 Ivy League champion, and a four-time Ivy League team champion. She graduated in 2017 with a degree in neuroscience, magna cum laude with departmental honors. She is presently a medical student in the orthopedic surgery residency program at the Icahn School of Medicine at Mount Sinai and expects to graduate in 2025. For details of the 19 NYAC athletes who have been selected for the Paris Games so far, visit our dedicated NYAC Paris 2024 Micro Site [here](#).



Track and Field - Allman Claims Second Diamond League Win



Saturday, April 27th; Shanghai, China – In a loaded discus field at the [Diamond League Shanghai Meeting](#) last weekend, the NYAC's 2020 Olympic champion, **Valarie Allman**, dominated, reaching 69.86m/229-2 to comfortably defeat arch-rivals Bin Feng from China (67.11m/220-2), the 2022 world champion, and Cuba's Yaime Perez (65.59m/215-2), who, just two weeks prior, had reached 73.09m/239-9, the longest throw in the world since 1989. This was Allman's second consecutive Diamond League win, having also taken the win - again over Feng and Perez - in Xiamen the previous weekend. Also in Shanghai, **Maggie Malone-Hardin** placed fourth in the javelin (60.47m/198-4), **Chris Nilsen** placed sixth in the pole vault (5.72m/18-9.25), and **Aisha Praught-Leer** finished 21st in the 5000m in a time of 16:36.99. [Click here](#) for full results from Shanghai. • **Thursday, April 25th – Saturday, April 27th; Philadelphia, PA** – NYAC racewalkers **Miranda Melville** and **Nick Christie** both finished second in the women's and men's elite 5K racewalks, at the famed [Penn Relays](#). Melville crossed the line in 22:52.18, with Hungary's Viktoria Madarasz claiming the victory in 21:59.67. Christie finished in 19:46.66 behind winner Esteban Soto of Colombia, who won in 19:29.31. [Click here](#) for full results from the Penn Relays.

Judo - Delgado and Laborde Secure Pan-Am Championships Silver and Bronze

Friday, April 26th – Saturday, April 27th; Rio, Brazil – **Angie Delgado**, two-time Olympian, claimed the -52kg silver medal and **Maria Laborde**, the -48kg bronze medal, at the [Panamerican and Oceania Championships](#). Notably, Laborde is currently the top-ranked American across all weights on the Olympic Rankings List, ranked #10 at -48kg. On Delgado's silver-medal performance, Nicole Jomantas of USA Judo wrote, "Nearly 13 years after winning her first Senior Pan Am medal in 2011 with a bronze, Delgado finished 3-1 to win not only a silver medal, but significant points towards qualifying for her third Olympic Games. In the first two rounds of the day, Delgado pinned both Sheily Lopez (GUA) and Aleanny Caronell Julian (CAN) to advance to the semifinals where she threw two-time Senior Pan Am medalist Kelly Deguchi (CAN) for a waza-ari (half point) score to win the match. In the finals, Delgado faced Larissa Pimenta (BRA) – her opponent from the 2019, 2021 and 2021 Senior Pan Am finals. The two fought another close match with neither athlete scoring. The match went from regulation into overtime before Pineda won by three penalties to two." On Maria Laborde's bronze-medal performance, Nicole Jomantas wrote, "Laborde controlled her round of 16 match against Martina Diaz (CHI), throwing Diaz for a waza-ari score and choking her for ippon. The choke was waved off, however and the match resumed with Laborde throwing Diaz for another waza-ari score. In the quarters, Laborde and Gabriela Narvaez (PAR) were tied at two penalties each when the American threw Narvaez for a waza-ari score in the third minute. Narvaez then was given a third penalty and Laborde took the match. The next match would become a penalty battle as well with Laborde falling to Erika Lasso (COL), three penalties to two. In the bronze medal final, Laborde threw Keisy Peratan (ARG) for a waza-ari in the first 15 seconds and held her scoreless for the remainder of the match." Also in Rio, **Jack Yonezuka**, the top-ranked American male (#20 at -73kg), finished fifth, as did **Ari Berliner** (-66kg), **Hannah Martin** (-63kg), **Nate Keeve** (-100kg) and **Alex Knauft** (-90kg) each finished seventh. [Click here](#) for full results from Rio.



Water Polo - NYAC Men and Women Victorious



Sunday, April 28th; Torrance, CA – The NYAC Men claimed the [2024 National League Championship](#) title after defeating USAWP Senior B, 18-17, in the Championship Weekend final. The Olympic Club claimed third place after defeating the Los Angeles Athletic Club, 11-9. The final 2024 National League standings are as follows: (1) NYAC, (2) USAWP Senior B, (3) The Olympic Club, (4) Los Angeles Athletic Club, (5) Riptide, (6) USAWP Junior, (7) Nashville Channel Cats. [Click here](#) for more details about the NYAC's victory. • **Saturday, April 20th - Sunday, April 21st; Huntington Beach, CA** - The NYAC Women finished the inaugural [American League](#) season, a three-weekend series in Huntington Beach, CA, undefeated, going 7-0 in the league to win the championship title. With a roster including NYAC Olympians **Melissa Seidemann**, **Kami Craig**, **Jamie Neushul** and others, the NYAC Women recorded an 8-7 win over the Olympic Club in the final. [Click here](#) for full results. • **Saturday, April 27th; Torrance, CA** – The US Women swept China in a three-game exhibition series over the past week, which concluded with an 11-7 win on Saturday, April 27th at the Torrance Aquatic Center. The NYAC's **Maggie Steffens** recorded a hat trick, **Rachel Fattal** and **Ryann Neushul** claimed two goals each, and Ashleigh Johnson, nine saves. [Click here](#) for more information.

Upcoming Events

LOCAL ACTION! **TRACK AND FIELD: Friday, May 3rd** [Trials of Miles](#) - Icahn Stadium, Randall's Island, NY,NY - Mikey Brannigan [More info](#)

RUGBY: Friday, May 3rd - Sunday, May 5th [HSBC Sevens Singapore](#) - Singapore [More info](#)

JUDO: Friday, May 3rd - Sunday, May 5th [Dushanbe Grand Slam](#) - Dushanbe, Tajikistan [More info](#)

FENCING: Saturday, May 4th. Sunday, May 5th [FIE Epee Grand Prix](#) - Cali, Colombia - Anne Cebula, Kat Holmes [More info](#)

FENCING: Saturday, May 4th - Monday, May 6th [FIE Sabre Grand Prix](#) - Seoul, South Korea - Mitchell Saron [More info](#)

TRACK AND FIELD: Saturday, May 4th - Sunday, May 5th [World Athletics Relays](#) - Nassau, Bahamas [More info](#)

TRACK AND FIELD: Saturday, May 4th [2024 USATF Throws Festival](#) - Tucson, AZ [More info](#)

TRACK AND FIELD: Friday, May 10th [Diamond League Doha](#) - Doha, Qatar [More info](#)



NEWS - Celebrating the 70th Anniversary of the first Sub-Four-Minute Mile

This coming Monday, May 6th, Oxford University will celebrate the 70th anniversary of **Sir Roger Bannister's** epoch-defining race that took place at the Iffley Road track in Oxford, England on May 6th, 1954. On that occasion, Bannister became the first human to break the four-minute mile barrier for the mile, crossing the line in 3:59.4 in front of a crowd of 3000 spectators. In celebration of the historic date, Oxford University will host a series of races, beginning with a community mass mile run through the center of Oxford, and, concluding with men's and women's elite mile races at the Iffley Road Track. Additionally, in the late afternoon, **World Athletics** will present a Heritage Plaque to the Iffley Road track in recognition of Bannister's achievement and the contribution of the Oxford University Athletic Club to the development of track and field. In the 70 years since that unprecedented day, thousands of runners, some in high school, have broken the hitherto unapproachable barrier, including NYAC members such as **Eamonn Coghlan**, **Marty Liquori**, **Dick Buerkle** and **Mikey Brannigan**. Coghlan, notably, was the first person to run a sub-four minute indoors and the first person over the age of 40 to do so. To watch Bannister run the first sub-four, [click here](#). **NYAC Members - If you would like to see a piece of track and field history in the NYAC City House**, the Lobby archival display cases contain a letter written by Sir Roger Bannister to the NYAC's former Athletic Director, Ray Lump.

Links

NYAC Paris 2024 Micro Site, [click here](#) **NYAC's Athletics**, [click here](#). **IOC**, [click here](#).
IOC Olympic channel, [click here](#). **USOPC**, [click here](#). **Paris 2024**, [click here](#).
LA 2028 site, [click here](#). **Olympic Studies and Research Center**, [click here](#).



What's News?

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

Follow the NYAC on Twitter and Instagram ([@newyorkac](#)) to get the latest results, photos, video highlights and news, as the NYAC's athletes compete around the world.