



Shadow Project emerges out of the “Shadows” to win two 2022 USATF Masters Indoor National Championship Titles at the Armory in New York City

Washington DC based Shadow Project– an Elite Masters Track Club focused on middle distance track with the goal to develop USATF and AAU Masters National Champions and Medalists to become medal contenders at Masters Athletics World Championships - delivered it first two National Champions in their debut USATF Masters National Championship event.

Mark Neff (60-64) won the 3000M race in 10:23.1 by a significant margin over his competition. Spectators commented on his calm and cool race domination, leading it from wire to wire. This was Shadow Project’s first USATF National Championship title and happened in their debut USATF meet. This set the tone for the remainder of the weekend with emotions and comradery at an all-time high.



Peter Bandettini (55-59) winning the 800M with a huge margin

Peter Bandettini (55-59) followed up by winning the 800M race in 2:14.30. It took patience and perseverance to deliver against international level competitors. Peter delivered a negative split race, etching his name as the 800M National Champion.

New 1500 specialist **Scott Wallace** (40-44), achieved an impressive result, 4:33.99. Scott, wearing the Shadow Project singlet for the first time, showed his dedication and talent against a star-studded field.

Other results included a bronze medal by **Mark Neff** (60-64) in the mile.

The remainder of the team **Jason Abbot** (40-44), **James Coates** (40-44) and **Mark Walchinsky** (40-44) had impressive results in very competitive heats to obtain personal bests as Master’s runners in the 400 through the mile with top finishes overall.

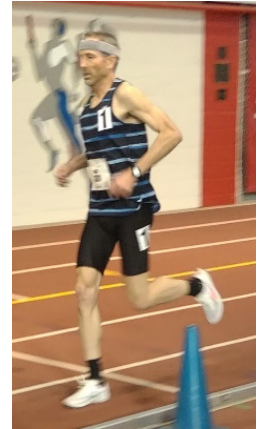
Shadow Project would like to thank their coach, professional half-miler and Olympian, **Alex Amankwah**, of the District Track Club, for the training block that resulted in 2022 National Championship titles,



Jason Abbot (40-44) and Scott Wallace (40-44) delivering impressive results in the mile

exceeding Shadow Project’s expectations going in. Also, thanks go to numerous mentors and contributors.

The concept behind Shadow Project is simple. Selectively identify a group of the best regional masters middle-distance runners and apply a multi-year approach to training with hopes to further develop American World Class Level Masters 800 and 1500 athletes. Shadow Project is well on the way to achieving their goals based on their recent achievements.



Mark Neff (60-64) winning the 3000M



Left to Right – James Coates, Mark Neff, Peter Bandettini, Mark Walchinsky (not pictured Jason Abbot and Scott Wallace)



Night out on the town in New Balance Shadow Project Gear

For more information, please contact shadow.project.tc@gmail.com and follow us on Instagram at Shadow Project Running (@shadowprojectrunning).