

The art of keeping
time in place...

JAVELIN ART

BY ERIC GEIRNAERT



- Roald Bradstock -

(Pictures and graphic design by Eric GEIRNAERT
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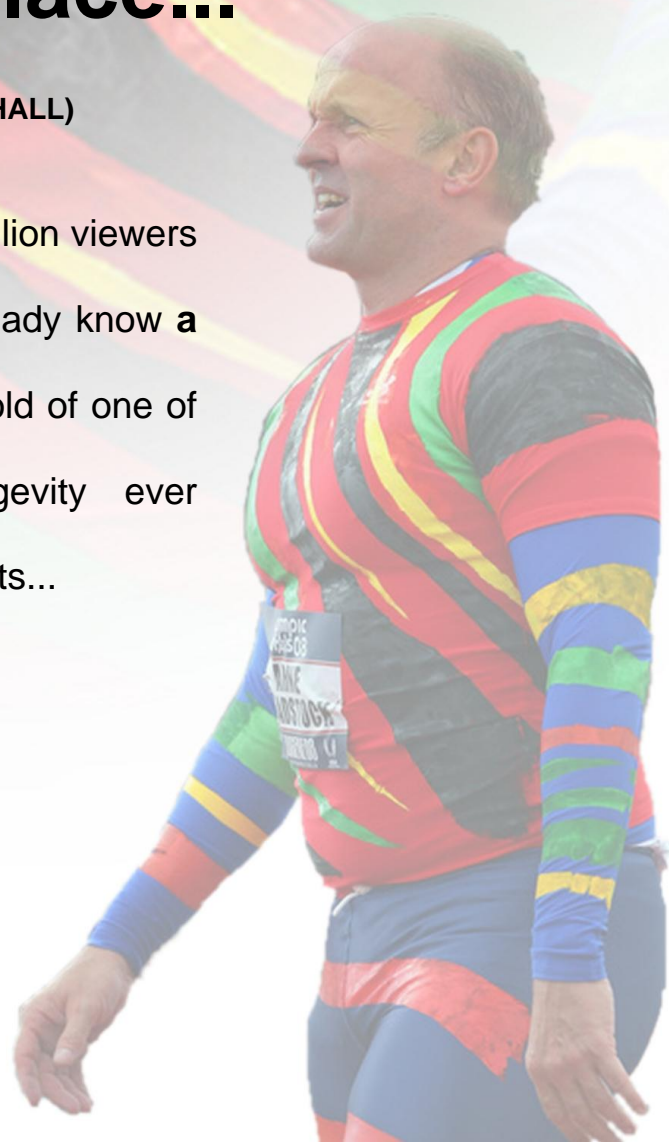
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(Text by Ken HALL)

If you are one of the nearly two million viewers of You Tube channel *Roald62*, you already know a **true javelin hero** stands on the threshold of one of the greatest feats of athletic longevity ever attempted in the history of Olympic Sports...



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Broxbourne, England native **Roald Bradstock** is 50 years of age, and has many unique bragging rights of exceptional throwing prowess, from making throwing distance records ranging from golf ball throws to cell phone throws to LP record disc throws – and even a novel attempt to establish a new underwater world record in the javelin throw – if it can fly, he'll probably throw it farther than you!


But these things pale in comparison to what has never failed him throughout his life. In fact, it's been the best friend he's had when we look at the heart of his greatest athletic gift.

Time...

Through multiple age-graded Masters World Record performances in the javelin throw event over the past five years, Bradstock has already proven that he has – for now – managed to keep the onward march of ‘time’ steadfast in his back pocket. More recent evidence can be found on the 2011 IAAF Men’s Javelin List. You’ll find him there at nearly 75 meters, the only world ranked javelin thrower born in the 1960’s, and one of merely a dozen javelin aces born before 1980 who still throw over the fence.

Bradstock intends on qualifying...

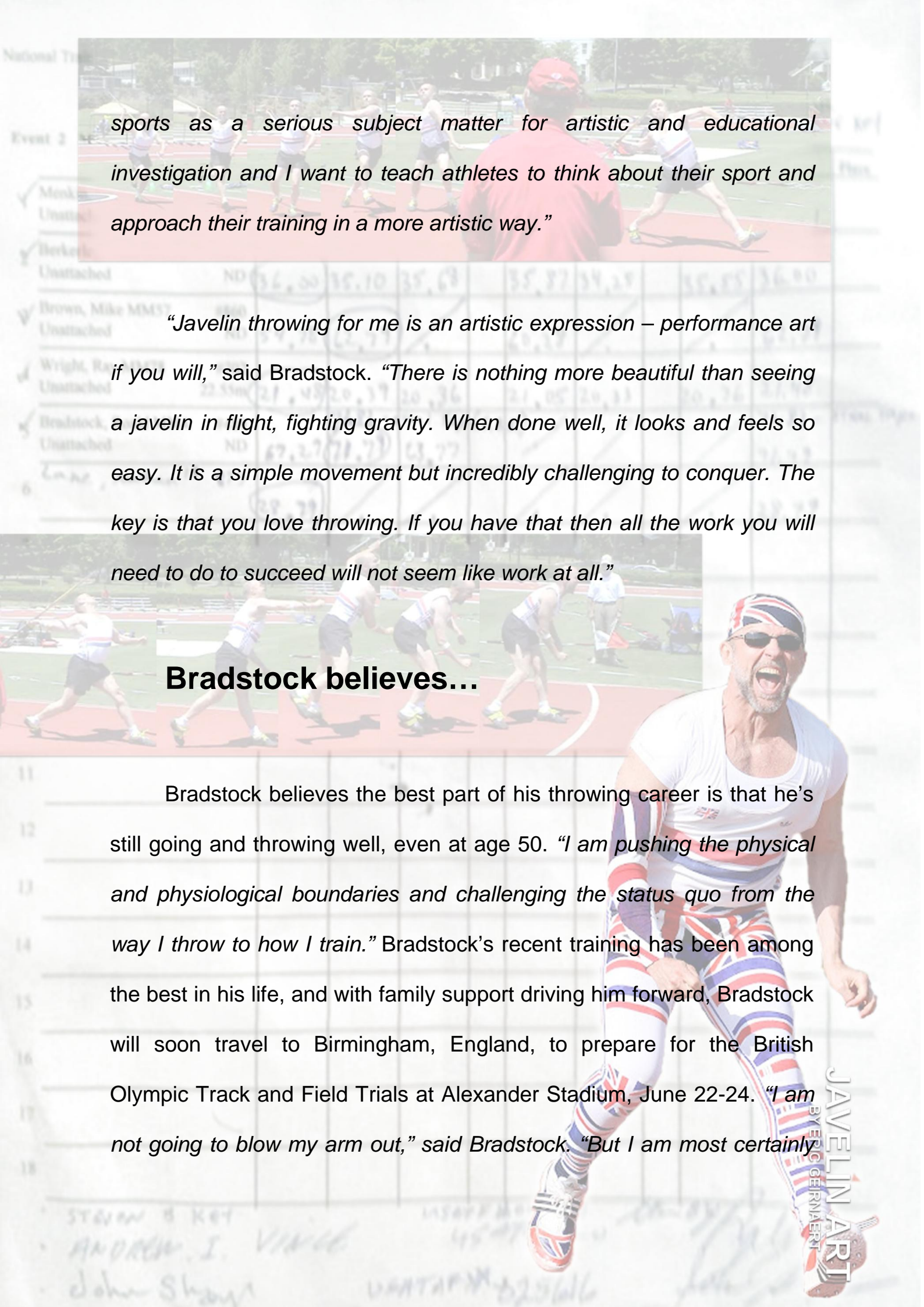
Bradstock intends on qualifying for his third British Olympic Track and Field Team this summer. The three-time NCAA Javelin All American began his quest to London in early March at the USATF National Training Center, Clermont, Florida. *“I have only thrown once this year,”* said Bradstock. *“I threw 72.35 meters during the middle of a heavy weight training cycle. The 74.73m I did last year in Tucson just seems very short to me now.”* Bradstock trains near his home in Atlanta, as the



rest of the former giants of javelin throwing – long retired from injuries or victims of time – sit back, watch, and wait for him to bring on an artistic, competitive fire to mid-life years rarely seen throughout Track and Field history. *“My standing throws are 3m up on last year and my run-up throws are up 3-5 meters,”* he said. *“I just got a life time best with my standing golf-ball throw this week as well as smashing all my life-time med ball throw bests.”*

A fan of the Miklós Németh...

A fan of the Miklós Németh style of rotational throwing, Bradstock has competed in 16 different countries during the past 30+ years. Along the way, he's made an international impression on the art world with highly acclaimed Olympic themed paintings, winning 2003 United States Sports Academy Artist of the Year. Sharing his artistic experience and success, Bradstock, a founding member of Art of the Olympians, has lectured throughout Britain about how there is a connection between sports and art. Known throughout the sporting and art world as ***“The Olympic Picasso,”*** he hopes to start doing more hands-on workshops in other countries in person or via the Internet. *“I just did my first virtual workshop last week,”* said Bradstock. *“I hope to teach students to look at*



sports as a serious subject matter for artistic and educational investigation and I want to teach athletes to think about their sport and approach their training in a more artistic way."

"Javelin throwing for me is an artistic expression – performance art if you will," said Bradstock. "There is nothing more beautiful than seeing a javelin in flight, fighting gravity. When done well, it looks and feels so easy. It is a simple movement but incredibly challenging to conquer. The key is that you love throwing. If you have that then all the work you will need to do to succeed will not seem like work at all."

Bradstock believes...

Bradstock believes the best part of his throwing career is that he's still going and throwing well, even at age 50. "I am pushing the physical and physiological boundaries and challenging the status quo from the way I throw to how I train." Bradstock's recent training has been among the best in his life, and with family support driving him forward, Bradstock will soon travel to Birmingham, England, to prepare for the British Olympic Track and Field Trials at Alexander Stadium, June 22-24. "I am not going to blow my arm out," said Bradstock. "But I am most certainly

not without fear...quite the opposite, in fact." He said he'll be pleased with 78-79m, even if he didn't make the team. He'll enter the trials ranked 5th in the UK. The final team selection takes place on July 2. Bradstock said he's ready to throw a long way and does not believe he will ever stop throwing the javelin.

For javelin throwers past, present, and future, there will never be any doubt about it at all...

Story by **Ken Hall** and pictures by **Eric Geirnaert**.



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More Roald Bradstock pictures at :
http://infographies.pagesperso-orange.fr/Roald_Bradstock_by_Javelin_Art.html