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Returning National Champion Sets Mark in 2010 April 23, 2010 Deptford, NJ

Chris Johnston made the longest javelin throw of the season last year at the NJCAA National Championship Meet and is now on pace to repeat as a national champion. He recently set the mark in 2010 at the Widener Invitational in Chester, PA. Johnston's throw of 181' 7" is the best this season by an NJCAA Division III athlete.

Johnston is a graduate of Triton Regional High School where Gloucester CC head Track and Field coach Ryan Hughes is a science teacher. Johnston was actually a student in Hughes' 9th grade science class. Hughes followed Johnston's high school career and was able to convince him to attend Gloucester CC and follow in the footsteps of other Triton graduates who have excelled at GCC, most recently NATYCAA Scholar Athlete of the Year Heather DiCrescenzo.



GCC sophomore Chris Johnston in action

"Coach Hughes started to recruit me during my junior season and I made up my mind to attend GCC by the middle of my senior year," says Johnston. "It is a nice campus where you can get to know a lot of people and still feel like you are on a big campus."

Johnston did not rest after winning the national championship last season and knows that what may have been good enough to win last season may not be this season. "My goal is to repeat as National Champion," says Johnston. "I would love to break 200ft. but anything in the 190's (feet) would be great." Johnston has been aided in his efforts by assistant coach Joe Kalnas (photo below with Johnston) who specializes in working with the throwers and has really helped Johnston with his strength and technique.

The team will be traveling to the NJCAA National Championships from May 5-8 in Columbia, MD. Johnston has the last word - "Our team is strong. We have depth at the sprints and throwing which we did not have last year so I think we have a chance at a national championship."

