

Reid, Tamgho, Nambawa Leads Tracksters at Vandy

Middle Tennessee wins dual meets for both men and women

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MURFREESBORO, Tenn. -

Senior Orlando Reid won both the 100- and 200-meters, junior Stephanie Tamgho finished first in the long jump and freshman Stephanie Tamgho placed first in the triple jump while the men's 4x100-meter relay was also victorious, leading the Middle Tennessee track teams Friday and Saturday at the Vanderbilt Invitational in Nashville, Tenn. Reid was victorious in both the 100 and 200, adding to his NCAA regional qualifying mark with a winning time of 10.29 in the 100 and also qualifying for the regional in the 200 with a first-place mark and season-best time of 20.57. Sophomore Samuel Adade finished fourth in the 100 in 10.61 and placed seventh in the 200 in a season-best 21.22. The men's 4x100-meter relay of senior Juan Walker, Reid, senior Jermaine Barton and Adade placed first with a time of 39.57. Tamgho was first in the long jump on Friday night with



a mark of 19-7.5, while Nambawa finished fourth in the event with a personal-best mark of 18-7. On Saturday Nambawa added to her impressive showings this spring, leading three Blue Raiders in the triple jump. Nambawa placed first with a PR of 41-10.75, while Tamgho was third in 39-6.5 and junior Sierra Douglas came in fifth with a mark of 38-11.75. Elsewhere on Friday, freshman Sangau Zamzam placed third in the 5000-meters, breaking her own school record with a time of 17:40.00, while freshman William Songock finished fourth in the 3000-meters in 8:40.00. In the long jump Blue Raider junior Carlos Morgan, competing unattached, came in first with a mark of 24-7, while Walker

finished second with a season-best mark of 24-4.25 and senior JaKeith Hairston was seventh (23-4.5). On Saturday for the men, senior Sean Waller finished sixth in the 400-meters in 47.39, while Walker placed fourth and was the top collegian in the 110-meter hurdles in 14.10. Walker also came in third in the 400-meter hurdles in 51.92, with sophomore Pete Senatus eighth in the event in 53.05. In the field events, Middle Tennessee assistant coach Andrew Owusu, competing unattached, won the triple jump with a 54-3.75. Senior James Thomas finished fourth in the shot put (54-0), fifth in the hammer (169-2) and sixth in the discus (157-4). For the Blue Raider women, sophomore Erika Palmer had an impressive day, placing third in the 100-meters in a personal-best 11.80 and fifth in the 200-meters with another PR of 24.14. Sophomore Tenesha Hill finished fourth in the 100 in a season-best 11.84. Senior Shanna-Kay Campbell tied for seventh in the 400-meters in 55.21, while Zamzam finished sixth and Nambawa seventh in the 800-meters with times of 2:12.03 and 2:12.11, respectively. Douglas also came in fourth in the 100-meter hurdles in a personal-best 14.42. In the field events, freshman Brittany Cox placed seventh in the shot put with a season-best mark of 45-10.5. The Middle Tennessee track teams will split up once again next week in their final tuneup before the conference meet. Some members of team will head to the Penn Relays in Philadelphia, Pa., April 26-28, while the remainder of the squad will participate in the Western Kentucky Invitational in Bowling Green, Ky., on April 28. The Sun Belt Championships are scheduled for May 11-13 in Lafayette, La.

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