Zamzam Wins Twice, Thompson Sets School Record

Raiders post season, personal-bests as squads tune-up for conference championships

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MURFREESBORO, Tenn. - Sangau Zamzam won the 1500-meters and 5000-meters, MeLyn Thompson set a school record in winning the shot put, Pete Senatus was first in the intermediate hurdles and James Thomas was victorious in the shot put as well, leading Middle Tennessee's tracksters Saturday at the Stan Lyons Invitational in Indianapolis, Ind. Zamzam won the 1500-meters in a personal-best 4:38.74. Then an hour later the freshman was first in the 5000-meters in 17:39.43. Thompson, another freshman broke the school record in the shot put with a mark of 49-5.75, surpassing Laetitia Florimond's previous record in 2005 by more than two feet. Senatus won the 400-meter hurdles in 53.25 and finished third in the 110-meter hurdles in 14.57. Thomas won the shot put for the men with a mark of 53-8.5 and set a personal-best in the discus with a sixth-place mark of 166-0. Elsewhere for the Blue Raider men, freshman Phillip Tanner placed second in the 100-meters in 10.78 and was eighth in the 200-meters in 22.26. Junior Carlos Morgan came in eighth in the 400-meters in 49.87 and senior Tony Carufe finished fourth in the 1500-meters in a season-best 4:01.65. Freshman Julius Kurui placed sixth in the 3000-meter steeplechase in 9:46.02. Senior JaKeith Hairston finished fourth in the triple jump with a mark of 46-1.5 and placed fourth in the long jump with a mark of 23-3.5. For the Middle Tennessee women,

junior Antranette Stringer was third in the 200-meters in 24.44 and junior Marjorie Gombert placed eighth in the 800-meters in 2:16.22. Sophomore Ashleigh Thaler finished eighth in the 5000-meters in 18:32.02, while junior Sierra Douglas was fourth in the 100-meter hurdles in 14.45. Freshman Brittany Cox placed fourth in the shot put with a mark of 46-4.75 and was seventh in the hammer throw with a mark of 154-1. "It was a good day all around, from the distance runners to the throwers as well as some sprinters," assistant coach Keith Vroman said. "It was a nice day to run and we performed very well, getting ready for the conference championships." Middle Tennessee takes next week off before heading to Lafayette, La., May 11-13, for the Sun Belt Championships.

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