

Sangau, Chemaoui Both Win Twice

Blue Raiders win eight times in first indoor meet of the season

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MURFREESBORO, Tenn. -

Sophomore Zamzam Sangau and freshman Festus Chemaoui both won a pair of events, sophomore Sarah Nambawa posted a first and two second-place finishes and Middle Tennessee's track teams captured eight events Saturday at the MT Christmas Invitational at Murphy Center. Sangau won the women's mile in 5:09.04 and then came back to take the 3000-meters in 10:21.75, while Nambawa was first in triple jump with a mark of 42-11.5 and placed second in both the long jump (18-4.75) and the 400-meters (56.05). Nambawa was also the top collegian in the long jump. Chemaoui pulled the same double as Sangau, winning the mile in 4:13.96 and then the 3000 in 8:39.29. Junior Samuel Adade posted a winning time in the 200-meters in 21.60 and was second in the 55-meter dash (and the



top collegian) in 6.45. Junior TraMayne Gillyard won the 200 in 25.11 and finished third in the 400 in 56.08. The other winner for the Blue Raiders was sophomore MeLyn Thompson in the shot put with a mark of 47-6. Elsewhere for the women, junior Tenesha Hill placed fourth in the 200 in 25.49 and was second in the 55-meter dash in 7.13. Junior Erika Palmer placed seventh in the 200 in 25.84 and was sixth in the 55-meter dash in 7.32. Junior Ashley Comstock finished fourth in the mile in 5:16.62. In the 3000, senior Marjorie Gombert captured third in 10:23.93, freshman Marla Bailey placed seventh in 10:44.66 and junior Ashleigh Thaler was eighth in 10:49.26. In the field events, sophomore Brittany Cox placed fourth in the shot put with a mark of 45-11 and was sixth in the weight throw with a mark of 46-7.5. Junior Maite Cortin finished eighth in the weight throw with a mark of 46-1.5. For the Middle Tennessee men, the Blue Raiders finished 1-4 in the men's mile, with Chemaoui followed by sophomore Julius Kirui in second in 4:22.16, sophomore William Songock in

third in 4:23.06 and freshman Isaac Biwott in fourth in 4:26.06. Sophomore Philip Benavides was sixth in 4:33.35. The men's team also placed 1-2-3 in the 3000, with Chemaoui followed by Songock (8:44.50) and Kirui (8:45.79). Olympian Kenta Bell won the triple jump with a mark of 54-2, while junior Carl Morgan finished third with a mark of 46-6.25 and junior Brandon Jones was fourth with a mark of 44-6. Former Blue Raider Juan Walker won the 55-meter hurdles in 7.34, while sophomore DeRay Sloss (7.52), sophomore Freddie Rankin (7.66) and junior Pete Senatus (7.69) finished 2-3-4. In the 55-meter dash, junior Greg Franklin was third in 6.46 and freshman Chaz Ward finished fifth in 6.59. Senior Chris Travis finished fourth in the 800-meters in 2:00.31. Senatus placed second in the 200 in 21.95, while Rankin (22.79) was sixth and Sloss (22.87) finished seventh. The men's mile relay team of Senatus, Rankin, Brandon Lucas and Sloss placed fourth in 3:18.99, while the other mile relay foursome of Biwott, Travis, Benavides and Matthew Young was eighth in 3:45.65. "I thought we had some really good performances," head coach Dean Hayes said. "This is a meet for the kids to really see where they are after their work in the fall and to show them they need to keep working over the break. "Sarah [Nambawa] did really well, TraMayne [Gillyard] got her PR's and Tenesha [Hill] did well and she really hasn't practiced all that hard. Of course Zamzam [Sangau] and Marjorie [Gombert] did their part as always. Brittany [Cox] had a big foul in the weight throw and Sarah had a gigantic jump in the triple jump that was just barely a foul. It was a monster, 44-feet. Festus [Chemaoui] and William [Songock] and Julius [Kirui] also ran really well," Hayes said. Both the men's and women's teams return to action January 11-12 at the Kentucky Invitational in Lexington, Ky.

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