Nambawa, Morgan, Sangau, Songock Post Wins on Final Day

Men finish second, women third at SBC meet

May 11, 2008 · Jo Jo Freeman

MURFREESBORO, Tenn. - Sophomore Sarah Nambawa and junior Carl Morgan both won the long jump, sophomore Zamzam Sangau was first in the 1500-meters and sophomore William Songock posted a victory in the 5000-meters, but both Middle Tennessee track teams simply ran out of gas, as the men finished second and the women placed third Sunday at the Sun Belt Outdoor Championships in Denton, Texas. Both the men and women led midway through the running events Sunday evening by very slim margins, but Western Kentucky was simply too strong and had too many bodies, prevailing for men's and women's championships. Nambawa won the triple jump by almost three feet, posting an NCAA regional and personal-best mark of 44-2. The next closest competitor posted a mark of 41-7.75. Carl Morgan posted another NCAA regional mark as well in winning the triple jump with a personal-best mark of 51-8.25, while brother and senior Carlos Morgan was sixth with a mark of 48-2. Sangau won the 1500 in 4:33.79, the first event in a very busy day. She also placed second in the 800-meters in 2:11.82 and was second in the 5000 as well in 17:51.86. Songock followed his second-place finish on Friday in the 10000-meters with a first-place showing in the next-to-last event on Sunday, winning the 5000 in 15:02.87. Sophomore Julius Kirui placed fifth in 15:24.72 and freshman Festus Chemaoi concluded a very busy day, finishing seventh in 15:34.83. "We really competed hard. Everyone put out a good effort and you can't really

ask for more than that," head coach Dean Hayes said. "Everyone did a good job. We're just so thin on numbers is what it comes down to." Carlos Morgan placed third in the javelin with an NCAA regional and personal-best mark of 208-4 and Carl Morgan finished sixth with a mark of 186-7. In the women's hammer throw, sophomore Brittany Cox set the school record for the third time this season with a fifth-place mark of 165-4, while junior Maite Cortin was sixth with a mark of 161-2. The women's 4x100-meter relay of junior Tenesha Hill, freshman Kortney Thurman, senior Antranette Stringer and Nambawa placed fourth in 46.27. Nambawa took about a 45-minute break before finishing eighth in the 400-meters in 58.30. Stringer was seventh in the 100-meters and Hill finished eighth while Stringer placed eighth in the 200-meters. Senior Marjorie Gombert placed third in 1500 in 4:42.04 and was eighth in the 800, while freshman Marla Bailey placed sixth in the 5000 in 18:26.78. The men's 4x100-meter relay of sophomore Phillip Tanner, Morgan, Morgan and junior Samuel Adade placed second in an NCAA regional qualifying time of 40.53. Adade placed third in the 100 in 10.66 and sixth in the 200 in 21.39. Chemaoi and freshman David Emery finished third and fourth, respectively, in the 1500 in 3:57.58 and 3:59.62. Emery was seventh in the 800 in 1:59.82 and Chemaoi placed eighth. Sophomore DeRay Sloss was seventh in the 110-meter hurdles in 15.05 and came up just one-hundredth of a second from qualifying for the NCAA regional in the 400-meter hurdles, placing second in 52.52. Sophomore Freddie Rankin was eighth in the 400 hurdles as well. Full results from the weekend event may be found at http://www.deltatiming.com/events/2008/sunbeltout/. **WOMEN**

1. Western Kentucky 143
2. North Texas 115
3. Middle Tennessee 109
4. Troy 101
5. South Alabama 82
6. Louisiana-Monroe 72
7. Florida Atlantic 61.5
8. Louisiana-Lafayette 44
9. Florida International 41
10. Arkansas State 34
11. UALR 14.5

MEN

1. Western Kentucky 144
2. Middle Tennessee 124
3. Troy 99.5
4. North Texas 98
5. Arkansas State 91
6. Louisiana-Monroe 74
7. UALR 68
8. Louisiana-Lafayette 49
9. South Alabama 41
10. Florida International 29.5

Printed on December 20, 2013
Original URL: http://www.goblueraiders.com/content.cfm/id/31779