

January 24, 2009

## Middle wins seven events at Blue Raider Invitational

### Sangau sets personal in the Mile

*Christian Lemon*



Zamzam set a personal best in the women's mile winning in 5:03.21 (Athletic Communications)

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**MURFREESBORO, Tenn.** - The Blue Raider track and field teams continued their season at home as they hosted the Blue Raider Invitational on Saturday afternoon.

Middle Tennessee won seven events even with multiple injuries hindering both men's and women's teams.

"Overall it was good meet. We had some injuries and we are still mixing things around to see what exactly we have to work with this season," head coach Dean Hayes said.

Nyeisha Wright was the top Middle Tennessee contributor winning two events and taking second in another. Wright won the women's long jump with 18-07.00. Then she followed up by winning the 200-meters in 24.63 and place second in the 55-meters.

Hayes said, "Nyeisha had a great day winning two events and taking second in the 55-meters."

The women's throwers also had excellent meet. Brittany Cox won the weight throw with a 57-06.50. MeLyn Thompson then won the shot put with a 45-03.00 toss with Cox coming in second throwing 44-05.00.

On the track, TraMayne Gillyard won the women's 400-meters while Sarah Nambawa finished second. Gillyard clocked a 56.53 and Nambawa finished in 58.01. Zamzam Sangau won and set a personal best in the women's mile run in a time of 5:03.21. Ashley Comstock set a lifetime best of 10:21.80 in the 3000-meter run placing her second.

On the men's side, William Songock won the mile clocking a 4:17.46, setting a personal best. DeRay Sloss just missed an NCAA Provisional mark in the 55-meter hurdles with a 7.39 placing in first among collegiate entries.

A handful of Middle Tennessee football players ran unattached in the men's 55-meters. Malcolm Beyah finished in 6.39 and Rod Isaac finished in 6.50.

"There was a group of unattached that we were not able to get eligible for the meet today. They will be good help for us later on down the road," Hayes said.

Robert Carter finished second in the 400-meters running 50.34 setting a personal best.

Middle Tennessee will continue to compete at home playing host next weekend to the Middle Tennessee Classic at Murphy Center. Results will be available on [goblueraiders.com](http://goblueraiders.com).

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