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Cox and Nambawa sweep events at Middle Tennessee Classic

Blue Raiders win 11 events at Middle Tennessee Classic

Christian Lemon



Sarah Nambawa won the long jump and triple jump at the Middle Tennessee Classic (Athletic Communications)

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MURFREESBORO, Tenn. - Blue Raider juniors Brittany Cox and Sarah Nambawa swept their events on Saturday at the Middle Tennessee Classic.

Cox won the women's shot put with a 48-04.00 toss and the weight throw with a 55-08.00 mark. Cox's biggest competition came from her teammate MeLyn Thompson who took second in the events. Thompson threw a 47-05.00 in the shot and 45-07.00 in the weight throw. Maite Cortin finished third in the weight throw.

Nambawa won the women's long and triple jump posting a 19-04.75 in the long jump and a 43-03.25 in the triple jump. She remains perfect this season in the triple jump and has won the long jump all but once when she has competed.

Nicole Neeb won the high jump with a 5-00.00 leap. Nyeisha Wright finished third in the long jump with a mark of 18-09.00.

On the track, Zamzam Sangau ran to victory in the women's 800 meters in 2:11.80. This was the fastest indoor 800 meters in school history beating her own mark of 2:12.63 from a season ago. Ashley Comstock finished behind Sangau in 2:19.20 taking third. In the sprints, TraMayne Gillyard won the women's 200 in 24.74. Kiara Henry placed second in the 55 meters.

Head coach Dean Hayes said, "We had a more solid performance this week because we had a full team. Zamzam ran a great 800 and we finally put together a women's mile relay that can compete against Western. It was exciting to watch Zam run against Western's anchor in the mile relay because she is one of the best quarter milers in the Sun Belt."

The men swept the sprints taking the 55 meters and the 55 meters hurdles. Football standout Malcolm Beyah won the 55 meters in 6.44 in his first meet for the Blue Raiders with teammate Rod Isaac finishing third. DeRay Sloss won the 55 meter hurdles in 7.36 tying a personal best and freshman Roscoe Payne finished second in 7.59.

Hayes said, "Malcolm can run and Isaac can get a place. We've got a couple of other sprinters who are pretty good. These guys should provide excellent depth and hopefully we can hit the league pretty hard in the 55 and maybe the 200."

Festus Chemaoui won the 800 meter run in 1:54.78 and fellow distance runner Isaac Biwott came in second in the 3000 meter run. Biwott finished in 8:48.21.

Overall the two teams combined for 11 first place finishes in their sixth meet of the season.

Both teams will travel to Lexington, Ky., for the Rod McCravy Memorial Friday and Saturday. Results will be available on ukathletics.com and goblueraiders.com.

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