

# Morgan wins long and triple jump at Rod McCravy Memorial

## Morgan sweeps, Nambawa get NCAA provisional

February 7, 2009 · Christian Lemon

**LEXINGTON, Ky.** - Carl Morgan won the men's long and triple jump while Sarah Nambawa took first place in the women's triple jump this weekend as the Blue Raider track teams traveled to the Nutter Fieldhouse in Lexington, Ky., to compete in the Rod McCravy Memorial Meet.

On Friday night, Morgan out performed the field with a winning triple jump of 50-03.25 which was almost two feet longer than the second place finisher. Morgan then won the long jump Saturday with a 24-03.75 leap. Teammate Brandon Jones finished eighth in the triple jump and 10th in the long jump.

Nambawa earned a NCAA provisional mark of 42-08.00 in the triple jump. This is the second provisional mark for the junior this year. Nambawa also placed sixth in the long jump with a 18-09.00 leap. Kortney Thurman out jumped teammate Nambawa in the long with a 18-09.25 mark placing her fifth.

The men's sprinters had a good weekend with seven athletes finishing in the top 10 in the three events. DeRay Sloss and Roscoe Payne performed well in the 60 meter hurdles. Sloss, a current Sun Belt Conference Performer of the Week, placed fifth in 8.07 and Payne finished sixth in 8.11. In the 200 meters, Greg Franklin finished fourth in 21.60, Samuel Adade came in eighth in 21.89 and Curtis King placed 10th running in 21.93. Stanley Gbagbeke ran a 6.81 in the 60 meters finishing



seventh, while Franklin finished ninth. Gbagbeke also finished eighth in the long jump.

Women's distance runner Zamzam Sangau was the top collegiate finisher in the 800 meters and the mile. For the second week in a row, Sangau broke her own Middle Tennessee indoor 800 meter record. Her time of 2:11.03 beat her time of 2:11.80 from last week. Zam ran a 4:50.25 in the mile.

Ashley Comstock shattered her lifetime best by almost 22 seconds in the women's 3000 meters. The senior ran a 10:00.52 placing her fifth overall.

Festus Chemaoui finished second in the men's mile run clocking a 4:06.29 which was a personal best. Chemaoui also finished 11th in the 800 meters. William Songcock placed sixth in the men's 3000 meter in 8:14.15. This the fastest 3000 meter for the Blue Raiders this year and a personal best for Songcock.

Coach Dean Hayes said, "Overall, it was good meet for us. We had good performances all around. We've got one more meet next week to get us ready for Sun Belt Championships at Arkansas State which will be a tough battle."

The teams return to Murphy Center next weekend to play host to the MT Valentine Invitational. Results will be available on [goblueraiders.com](http://goblueraiders.com).

---

*Printed on July 23, 2014*

*Original URL: <http://www.goblueraiders.com/content.cfm/id/36837>*