Sangau runner up in Bowling Green

Third runner up finish for Uganda senior

September 19, 2009 · Christian Lemon

BOWLING GREEN, Ky, - Zamzam Sangau was the runner up at the WKU Old Timers meet in Bowling Green, Ky., Saturday, running the 5K course in 17:40.51.

Sangau led all Middle Tennessee runners and finished as the runner up for the third straight week upon placing second last week at the UTC Opener and second two weeks ago at the Belmont Opener. The Uganda native ran the first 5,000 meter race of the team's 2009 schedule and proved herself among the elite in the full championship distance after shown success in the shorter races she ran earlier in the season.

Along with Sangau, Jackie Serem and Marla Bailey had strong races and continued their 2009 success with respective finishes of 10th and 14th. Serem completed the course in 18:45.37 and Bailey finished in 18:57.06.

Amber Kassuba led the Blue Raider freshman for the second straight week placing 22nd in 19:56.09. Kayla Bryan came in 27th in 21:08.61. Stephanie Smith and Kristen Tithof did not compete because of injury because of injury.

"The top three ran well and we had some injuries. We need to sure up our fourth and fifth spot on the roster, but should be ready when it is time for the Sun Belt championships," said head coach Dean Hayes.

Festus Chemaoi led the Blue Raider men's for the third straight week as he placed third overall in the men's 8,000 meter race in 24:59.51. Teammates William Songock coming in fifth in 25:20.75 and

Chris Mason ran ninth in 26:09.14 rounded out the top three Blue Raider finishers. Isaac Biwott and David Emery also continued to improve in the fourth and fifth spots. Biwott placed 17th in 26:55.52 and Emery came in 22nd in 27:32.74.

"All and all the teams ran well. We got a chance to see that we can compete against Western Kentucky who will be one of our biggest challenges at the Sun Belt Championships. Our teams had some hard workouts this week and they are continuing to get better each week," said Hayes.

Full results and times will be posted on goblueraiders.com when they are made available.

Printed on March 10, 2014
Original URL: http://www.goblueraiders.com/content.cfm/id/41048