

Quarter-milers shine at Rod McCravy Memorial

David wins men's 3,000 meters

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LEXINGTON, Ky. - The Middle Tennessee quarter-milers shined on Saturday at the 2011 Rod McCravy Memorial meet in Lexington, Ky. All four open entrants earned the personal-best times in event that are expected to be among the best in Sun Belt Standings this year.

- **2011 Rod McCravy Memorial Meet Results**

Females Amber Jackson and France Makabu and males Noah Akwu and Steven Palmer's times were all almost a half second better and than their standing season-best times.

Jackson's time of 55.82 placed her ninth at the day's meet and ranks as the second fastest in the Sun Belt. Makabu's time of 58.76 improved her standing time by over a second.

In the men's race, Akwu finished fourth collegiately in a time of 47.49 with Palmer taking fifth in 48.21. Akwu, who entered the weekend 29th in the NCAA, unofficially sits as the 13th fastest time in the nation. Weekly rankings will not be official until all the weekend's meets have been reported.

Newcomer Justus David won the only event of the day, taking the 3,000 meters in 8:15.67. Although it does not top Joe O'Loughlin's time of 8:12.94, it is one the of fastest ever run by a Blue Raider athlete in the indoor event.



Josh Butler took second in the triple jump, leaping 50-6.25 (15.4m). He also took eighth in the high jump with a mark of 6-4.25 (1.94m).

In the sprints, Kendall Bacchus improved his 200 meter time to 21.70, placing fourth collegiately. Ken Gilstrap placed 11th in the 60 meter dash in 6.88.

"The men ran solid, without getting the big performance," said head coach Dean Hayes. "Justus' 3,000 meters is the third fastest in the program, Noah (Akwu) continues to get faster, and Josh (Butler) was really very consistent again in the triple jump."

On the women's side, Hurdler Rosina Amenbede missed matching her season best in the 60 meter hurdles by one-hundredth of a second with a time of 8.49. She finished fifth in the event.

Kiara Henry earned a personal best in the 60 meter dash, running a time of 7.58. She sits second in the SBC in the event.

Deanna Brasz set a lifetime best time in the 3,000 meters, clocking 10:12.27 in the event. This is the fifth fastest time in the conference.

"The women were solid overall. Amber had the best individual performance and Kiara really looked good in the 60 meters."

The teams return to action next weekend as they play host to the 2011 Middle Tennessee Classic at Murphy Center. Live results and full event coverage will be available on GoBlueRaiders.com.

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