

Distance runners propel Blue Raiders at Ed Temple Classic

Distance teams claim three event titles

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NASHVILLE, Tenn. -- The Blue Raider distance runners fueled Middle Tennessee's efforts on Saturday at the Ed Temple Classic.

The men's squad was led by junior Vincent Bett who claimed the men's 3,000 meters, clocking a time of 8 minutes, 46.94 seconds to edge Florida A&M's Shuaib Winters by less than one second. Meanwhile Silas Taiget finished fourth in the event while Keith Davis rounded out the top five.

The Blue Raiders also claimed the distance medley as Rycine Ellison and Jamarious Jones joined Davis and Taiget as part of Middle Tennessee's "B" relay team to cross the finish line first in a time of 11:38.40. Robinson Simatei, Asa Bowman, Lyle Haywood and Justus David formed the "A" squad and finished a close second.

Middle Tennessee also claimed the women's distance medley. Tressanique Hampton, Autumn Gipson, Rachel Islam and Lucy Kapkiai completed the race in 13:32.94.

"Overall, I was pleased with our performance today," said Middle Tennessee coach Dean Hayes. "Our distance runners had a great day and we also had some nice efforts in the jumps and sprints as well."

Euphemia Edem led the women's team in the jumps events as she finished second in the triple jump with a jump of 40-04.25 (12.30m). The junior placed fourth in the long jump, leaping a 19-08.75



(6.01m).

Ann Dudley won the 55-meter hurdles, completing the event in 8.19 seconds while teammate Christal Wilson followed immediately behind to claim second. Dudley picked up a second-place finish in the high jump competition, leaping a 5-08.00 (1.73m).

Fellow juniors Kiara Henry and France Makabu also had good days on Saturday. Henry finished second in the long jump with a leap of 19-11.00 (6.07m) while Makabu jumped a 40-03.50 (12.28m) to place third in the triple jump.

Middle Tennessee will return to action next weekend when the teams travel to Lexington, Ky., for the Kentucky Invitational which takes place Jan. 13-14.

Follow the Blue Raider track and field teams on Twitter @MTTrackField and on Facebook at the MT Track & Field page. Also, stay up-to-date on the teams on the new Track & Field Notebook, which can be found [here](#) as well as linked on the Track & Field page on GoBlueRaiders.com.

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