

Kapkiai sets new school record to pace Blue Raiders

Freshman drives MT distance runners

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LEXINGTON, Ky. -- Freshman Lucy Kapkiai set a new school record in the women's 3,000 meters, pacing the Blue Raiders on Saturday at the Rod McCravy Memorial in Lexington, Ky.

The Eldoret, Kenya native recorded a time of 9 minutes, 49.37 seconds, breaking the previous record held by Zamzam Sangau by more than five seconds.

Middle Tennessee received great efforts from a number of other distance runners as well. Amber Jackson finished with a time of 2:11.63 seconds to place sixth in the 800 meters. Sophomore Rachel Islam followed shortly behind, finishing 15th while logging a time of 2:14.96. In the men's 3,000 meters, Justus David clocked an 8:20.66, good enough for an eighth-place finish.

"Overall, today was not a bad day," said Middle Tennessee head coach Dean Hayes. "We had some very good performances from some people including Lucy Kapkiai, but we also had to hold some others out of competitions due



to injuries. We are coming along but we still have some work to do.”

The Blue Raider men’s relay teams had another great day on Saturday. Asa Bowman, Roscoe Payne, Steven Palmer

and Noah Akwu comprised the “A” squad and posted a time of 3:13.00 to finish third. Meanwhile Rycine Ellison, Demetrius Shelton, Nathaniel Moore and Robinson Simatei placed seventh with a time of 3:18.85.



The Middle Tennessee football and track tandem of Drayton Calhoun and Kenneth Gilstrap posted solid results in the 60 meters for the second-consecutive weekend. Calhoun notched a sixth-place finish with a time of 6.83 seconds while Calhoun ran a 6.96 to place 11th.

After collecting victory in the competition last weekend, Palmer had another nice run in the 400 meters. He clocked a 48.99 and finished 11th. Bowman recorded a time of 49.33 to place 13th while Geoffrey Akena finished 15th with a time of 49.75 in his Blue Raider debut. Ellison and Moore also posted sub-50-second times as they came away with respective times and finishes of 49.92 and 49.94 to finish 18th and 19th.

Ann Dudley had another impressive performance in the women’s high jump competition. She leaped 5 feet, 10.50 inches (1.79 meters) to place second in the event.

In the triple jump, Euphemia Edem jumped a 39-11.25 (12.17), placing fifth, while France Makabu finished seventh with a mark of 38-11.75 (11.88). In the men’s event, Cordairo Golden posted a leap of 49-10.50 (15.20) and finished sixth.

The Blue Raiders will return to action next weekend when they host the MTSU Invitational on Saturday at the Murphy Center.

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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