Jumpers, hurdlers power Blue Raiders at MTSU Invitational

Golden, Dudley shine once again

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MURFREESBORO, Tenn. -- The Middle Tennessee track and field teams dominated the jumps and hurdles events, part of another strong showing for the squads on Saturday at the MTSU Invitational presented by MarineOfficer.com.

Cordairo Golden put together another remarkable performance, winning the men's long jump with a personal-best leap of 23 feet, 6.25 inches (7.17 meters). Golden also finished as the top collegiate finisher in both the triple and high jumps with respective marks of 50-0.50 (15.25m) and 6-3.25 (1.91m).

Sophomore Kameron Rory had the best day of his Blue Raider career. He notched personal-best jumps in the long jump with a leap of 22-7.75 (6.90m) and the triple jump with a measurement of 46-3.25 (14.10m) while finishing fourth in both events.

On the women's side, Ann Dudley captured another high jump title, successfully clearing the bar at 5-9.25 (1.76m). Meanwhile Euphemia Edem finished as the top collegiate in the long jump, leaping 19-4.00 (5.89m) and recorded a personal-best in the triple jump with a mark of 40-7.50 (12.38) while finishing third.

Dudley also won the women's 55-meter hurdles in a time of 8.05 seconds. Rosina Amenebede followed immediately behind in 8.14 seconds while Christal Wilson placed third, clocking an 8.22 in the finals of the event. In the men's race, Roscoe Payne ran a 7.87 to win the event for the third time this season.

Freshman Sheniece Daphness ran the best time of her career thus far to capture the women's 55 meters, crossing the finish line in 7.10 seconds.

In the preliminaries of the men's event, Kenneth Gilstrap recorded a time of 6.32, equaling his personal best in the competition and placing him tied for seventh in the country in the event. Gilstrap unfortunately was held out of the finals due to injury; however, Noah Akwu finished third while also equaling his indoor personal-best, clocking a 6.41.

Akwu also led the Blue Raider men in the 200 meters, posting a time of 21.66 seconds to finish second. He was immediately followed by a trio of teammates who finished second through fifth. Steven Palmer ran a 22.14 while freshmen Demetrius Shelton and Asa Bowman clocked respective times of 22.27 and 22.30.

In the 400 meters, the men swept the top six spots of the competition. Palmer won with a personal-best time of 47.90. He was trailed by Payne, Bowman, Nathaniel Moore, Geoffrey Akena and Kendall Bacchus. Payne and Bowman also recorded personal-best times in the event.

The Blue Raider distance runners also enjoyed a solid day on Saturday. Robinson Simatei placed second in the men's 800 meters with a personal-best time of 1:54.18 while fellow sophomore Autumn Gipson also notched a personal-best in the women's event, clocking a 2:17.62.

"I feel like today was a very good day for us," said Middle Tennessee head coach Dean Hayes. "I was proud of everyone's effort and felt like we put up some very good showings. We won some events and a number of people had personal-best performances."

Middle Tennessee will host their final regular season indoor event of the season next weekend as the squads will take part in the Valentine Invitational next Saturday at the Murphy Center. Fans are reminded that the meet is scheduled to begin at 3 p.m. following the men's basketball game against UALR which will tip-off at noon on ESPN2.

Please check back on Monday for a photo gallery from the meet with additional photos appearing on the teams' Facebook page.

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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