

# Complete team effort drives Track & Field at Valentine Invitational

## Blue Raiders primed for SBC Championships

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### MURFREESBORO, Tenn. --

The Blue Raider track and field teams posted solid results in an excellent performance on Saturday at the Valentine Invitational presented by MarineOfficer.com.

Ann Dudley began the day by picking up another title in the women's high jump. She successfully cleared the bar at 5 feet, 7.25 inches (1.71 meters) to win the competition.

Junior jumpers France Makabu and Euphemia Edem

also had nice days on Saturday. Makabu recorded personal-best leaps in both the triple jump and long jump. She posted a mark of 41-8.00 (12.70m) to place second in the triple jump and finished third in the long jump with a measurement of 17-8.25 (5.39m). Edem meanwhile leaped 17-11.00 (5.46) in the long jump and 40-3.50 (12.28m) in the triple jump for respective second and third-place finishes.

Cordairo Golden once again led the Blue Raider men in the jumps. Like Makabu, the sophomore posted personal-best leaps in the triple and long jump competitions. He won the long jump with a measurement of 24-2.25 (7.37m) and leapt 50-3.25 (15.32m) to finish as the top collegiate in the triple jump.

The Blue Raider distance runners captured event titles in the men's and women's 800 meters and the women's mile run while picking up a top collegiate finish in the men's mile. Autumn Gipson and Robinson Simatei each clocked personal-best times in the mile runs with respective times of 5 minutes, 8.76 seconds and 4:17.35. Meanwhile Justus David ran a 1:54.89 to win the men's 800 meters while Amber Jackson edged teammate Lucy Kapkiai in the women's competition, logging a time of 2:16.19.

In the men's sprints events, Asa Bowman, Drayton Calhoun, Steven Palmer and Roscoe Payne all captured event titles. Bowman ran a 49.74 in the 400 meters and Calhoun recorded a time of 6.48 seconds to claim the 55 meters. In the 55-meter hurdles, Payne picked up another win, clocking a



7.44 while Palmer crossed the finish line in 21.98 seconds to take the 200 meters. The Blue Raiders capped the day by winning the men's 4x400-yard relay.

"I am proud of how we performed today," said Middle Tennessee head coach Dean Hayes. "We received solid efforts from the entire team today which is exactly what we needed going into the conference championships. It was also nice to contribute to what was a great day in Middle Tennessee athletics."

Middle Tennessee will break from competition next weekend prior to hosting the Sun Belt Championships which take place Feb. 25-26 at the Murphy Center.

Please check back to this story on Monday for the complete meet photo gallery. Additional photos will be available 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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