

**2015-2016 University of New Mexico  
Cross Country  
Indoor Track & Field  
Outdoor Track & Field**



**2015 NCAA Cross Country National Champions**



**Allan Hamilton - 2016 Mountain West Conference  
Indoor Track & Field Most Valuable Athlete**



**Courtney Frerichs - 2016 NCAA Outdoor Track & Field  
National Champion**



# University of New Mexico Cross Country

## 2015 Wolftracks Newsletter

### News, Views, Previews, Reviews



#### WOMEN'S SCORING SUMMARY

1. NEW MEXICO (#1)	29
2. North Carolina St. (#14)	74
3. Notre Dame (#20)	143
4. Vanderbilt (#22)	150
5. Utah	164
6. Purdue (#35)	201
7. Arizona State	213
8. Colorado State	258
9. Bradley	272
10. Penn	284
11. Eastern Michigan	342
12. Florida	358
13. SMU	366
14. Clemson	380
15. Missouri	386
16. Texas A&M	426
17. Idaho State	461
18. Northwestern	469
19. Iowa	487
20. Illinois State	490
21. UTEP	524

#### Volume 6, #115 Friday, October 2, 2015 Notre Dame/Adidas Invitational Notre Dame, Indiana

And the 2015 Lobo Cross Country season is now in full swing!! After several low-key competitions early in September which only a few team members competed in, the Notre Dame Invitational was the first "full" team competition of the season. After spending almost six weeks training and competing against each other, it was a welcome relief to finally compete against other athletes. The day in South Bend, Indiana was a classic early fall day,

#### MENS SCORING SUMMARY

1. UTEP (#34)	89
2. N. Carolina State (#27)	97
3. Colorado State (#26)	126
4. Southern Utah (#23)	134
5. Purdue	169
6. Eastern Michigan (#36)	190
7. Texas A&M	218
8. Navy	225
9. NEW MEXICO (#17)	230
10. Notre Dame	239
11. Penn	243
12. Florida	278
13. IUPUI	335
14. Bradley	379
15. Indiana State	391
16. Missouri	405
17. UC - Santa Barbara	433
18. Illinois State	434
19. Arizona State (#18)	473
20. Iowa	481

cool, windy, but thankfully sunny. The Burke Golf Course on the campus of Notre Dame was in excellent condition, and spots that are normally wet and soft, were actually firm and lush. Both races were good early season competitions with ample nationally ranked teams, and top individuals. Both the women's 5000 meter race, and the men's 5 mile race would provide a good early season analysis of how things would potentially shape up in 2015. The Lobo women were the pre-season #1 ranked team in the country, and given the final results probably a good and fair ranking by the coaches association. The Lobo men, #17 ranked in the pre-season, most likely will drop down in the top 30 ranking after their finish, and the lads will have to re-group and prepare for the next important

race at Wisconsin in two weeks. The Burke Golf Course is a small, narrow, nine-hole course that has lots of sharp turns which can cause problems for the athletes if not aware. After the race start athletes have about 300 meters until a sweeping turn and it can be hectic to get 174 women runners and 169 men runners through that part of the course. The Lobo women got off to a fine start and traversed the first hard turn like seasoned pro's, and didn't have any issue establishing good field position. As expected the first four Lobos grouped together at the front of



*Courtney Frerichs #570 talking things over with Rhona Auckland #568*





the race. Returning Lobo All Americans Alice Wright (Worcester, England) and Calli Thackery (Yorkshire, England) along with All American transfer Courtney Frerichs (Nixa, Missouri) and European cross country champion Rhona Auckland (Torphins, Scotland) took control of the race before the 1 mile point. They all came through the first mile of the race in 5:24/5:25. Rhona was at 5:24.82, Alice at 5:24.87, Courtney at 5:24.98, and Calli at 5:25.96 while Harvard transfer Molly Renfer (Essex, England) running #5 was at 5:27.04. Good communication during the race is critical to good team running and the picture on the previous page shows Courtney turning to her left to speak with Rhona. As runners ran over the top of the timing mats on the ground which picked up a signal from the computer chip they were wearing, the Lobos tallied 61 points, far out in front of the second team at that point, the 14th ranked Wolfpack of North Carolina State who were well over 100 points. Rhona was #1, Alice #2, Courtney #3, Calli #19, and Molly #36. But with lots of narrow racing left it was too early to make any substantive conclusions how things were really going. As the runners looped the outside of the course they came down the east side of the golf course which cramped them between a row of pine trees and a fence that surrounded the property. The picture to the top left shows the race at



the 1 ½ mile point still congested but the Lobo front runners doing a nice job of keeping clear of bumping and tripping. Alice, Courtney, Rhona, and Calli were running side by side at the front. Molly was just off the pace with Emily Hosker-Thornhill (Canterbury, England) right behind her. The runners then ran right up the middle of the course before starting a long loop around the entire layout, passing the 2 mile along with way. By 4000 meters the race was well in hand with Rhona third, Courtney fourth, Alice fifth, and Calli moving up to eighth. Molly also had made a nice surge forward going up to fourteenth position. The picture on the bottom left show the front trio just past the 4000 meter point. Rhona leads Courtney with Alice right behind. The Notre Dame runner had been second overall and the Cherry & Silver trio were working to use team tactics to pass her. As the race



turned the final corner and athletes looked 300 meters to the finish line the large spectator crowd lining the finish chute was buzzing with questions about who the red team was. Once the runners got close everyone could see the “New Mexico” on their jersey. Courtney would pull ahead of the group to finish second overall with a 16:27, five seconds back from a froshie from North Carolina State who had won the individual title. Then Rhona and Alice came in at 16:28 and 16:29 for fourth and fifth. Calli was next in at 16:40 and sixth place. Molly had a nice finishing sprint as she crossed the finish line in twelveth place and 16:52 to round out the scoring. The final team total of 29 points dominated the competition. In fact, even if the first two Lobos hadn’t run, it would have been a real close battle between UNM and NC State for the title.

**OVERALL INDIVIDUAL RESULTS** Winner: Ryen Frazer, NC State 16:22.9

	<u>1 Mile</u>	<u>4000 meters</u>	5000 meters
2. Courtney Frerichs	5:25	13:18 (7:53)	16:27.0 (3:09)
4. Rhona Auckland	5:25	13:16 (7:51)	16:28.0 (3:12)
5. Alice Wright	5:25	13:18 (7:53)	16:29.5 (3:11)
6. Calli Thackery	5:26	13:24 (7:58)	16:40.6 (3:16)
12. Molly Renfer	5:27	13:36 (8:09)	16:52.7 (3:16)
26. Whitney Thornburg	5:29	13:44 (8:15)	17:07.7 (3:23)
33. Emily Hosker-Thornhill	5:27	13:47 (8:20)	17:14.2 (3:27)
62. Sophie Connor	5:38	14:09 (8:31)	17:33.5 (3:24)
97. Lindsey Andrews	5:38	14:21 (8:43)	17:58.0 (3:37)
Kendall Kelly	5:44	15:14 (9:30)	19:19.1 (4:05)

The men’s 5 mile race was going to be much, much different from the Lobo women’s race. The men’s team does not have the low sticks (high individual placers) like the women and when a team doesn’t have multiple athletes that finish in the top five to ten every race, the entire team becomes more important in order to run within a close proximity to each other. In essence there is much more value placed on every man getting the job done and collectively not letting the group down. In some regards that is more fun in that every athlete



Molly Renfer outdueling a Wolfpack runner down the finish sprint



Elmar can be seen on the left side of the picture leading up to the first mile

plays a much more critical role. With three Mountain Region teams in attendance (UTEP, Colorado State, Southern Utah) the Cherry & Silver would get a good view of what they have to do in order to place high enough in November to have a chance to advance to the NCAA finals. The Lobo team got swallowed up at the start as there was a free-for-all to get to the front. Only senior [Elmar Engholm \(Stockholm, Sweden\)](#) could withstand that early pace. Elmar, who had run the Notre Dame Invitational on two prior occasions finishing 93rd as a frosh (24:58) and 140th as a sophomore (26:14) was intent on making sure his last trip was his best. At the one mile point the leader from Colorado State got



to that checkpoint in 4:44, not insanely fast, but competitive. Elmar was the only Lobo in the top 20 as he clocked 4:45, good for exactly 20th. Senior [Matt Bergin \(Bedford, England\)](#) was around 4:46ish and somewhere in the 30's. [Graham Thomas \(Dulce, NM\)](#), who was clearly in the best fitness of his life, was only three seconds back at 4:48, but in 103rd place. That is how tightly packed the men's race was early on. Newcomer [Dan Milechman \(Mill Valley, CA\)](#) was running very near to Graham and they were working in tandem. The course followed the exact same first three miles as the women, so the men came thundering down the east side shoulder to shoulder and tightly packed against each other. Elmar had settled comfortably within the top 30 runners and was just cruising along maintaining his placing and observing what was going on around him. Graham was in a pack of about 10 runners with Dan about three meters behind. Those three men were doing a good, solid job of establishing a solid scoring position, but then there was a gap backward which is dangerous. At 4000 meters Elmar was



Elmar fighting hard with about 500 meters to go. He was able to outkick both of the runners he was around.

in 27th position at 12:05, while Graham was at 12:10 and Dan 12:11. Both had made serious moves forward as Graham was in 52nd position almost cutting in half his one mile position. Matt was at 12:18 and in 87th slot. Froshie [Josh Kerr \(Edinburgh, Scotland\)](#) the European Junior 1500 meter champion, and a true middle distance runner was competing over 5 miles for the first time and doing well under the circumstances. Josh, who does not have the training base that most other distance runners have, but makes up for that with a tenacity in effort was running in the top 100 at 12:19. At four miles Elmar was at the back end of a large group that consisted of maybe the top 35 runners. He was working very

hard to not lose contact with that group. Then Graham and Dan came through still running in tandem. These two guys were racing a very good tactical plan. Josh had moved into fourth Lobo position with Matt holding down the number five slot. In the end Elmar continued to race well all the way through the finish line crossing in 18th place at 24:09. He accomplished his goal of making sure his Notre Dame experience was a positive one. Then Graham who finished 47th in 2014 crossed the line in 22nd place at 24:14. This very well may have been Graham's best UNM cross country race ever. Dan lost contact with Graham over the final meters of the course but finished a fine 28th place anyway. Josh, who picked up 20 places over the last parts of the course crossed the finish line in a superb 71st place. The final scoring member of the Lobo team was Matt who crossed in 94th position with a 25:02. When the point totals were added up the Lobo men tallied 230 points, good for 9th place in the meet. The



Graham running hard all the way to the finish line



three other Mountain region teams finished 1st, 3rd, and 4th so clearly the Lobo guys have their work cut out for them over the course of the next month.

OVERALL INDIVIDUAL RESULTS		Winner: Anthony Rotich, UTEP 23:49		
	<u>1 Mile</u>	<u>4000 meters</u>	<u>5 Miles</u>	
18. Elmar Engholm	4:45	12:05 (7:20)	24:09.1 (12:04)	
22. Graham Thomas	4:48	12:10 (7:22)	24:14.3 (12:04)	
28. Dan Milechman	4:48	12:11 (7:23)	24:20.5 (12:09)	
71. Josh Kerr	4:48	12:19 (7:31)	24:51.5 (12:32)	
94. Matt Bergin	4:46	12:18 (7:32)	25:02.2 (12:44)	
135. Taylor Potter	4:50	12:26 (7:36)	25:36.8 (13:10)	
140. Zac Castillo	4:48	12:19 (7:31)	25:41.8 (13:22)	
150. Jesus Mendosa	4:49	12:30 (7:41)	26:00.1 (13:30)	



NEXT MEET

FRIDAY, OCTOBER 16

WISCONSIN/ADIDAS INVITATIONAL

MADISON, WISCONSIN

Dan Milechman fighting it out with a Bradley Brave, a Florida Gator, and Penn Quaker. Dan had an excellent first Lobo race.

Josh Kerr with about 400 meters to go. This is prime time for true middle distance runners and they can smell the finish line, and love to outkick everyone around them.







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#### Women

1	• New Mexico	#1	32
2	• Arkansas	#11	188
3	• Virginia	#17	217
4	• North Carolina St.	#12	240
5	• Providence	#3	264
6	• Boise State	#6	275
7	• Iowa State	#8	283
8	• Washington	#10	293
9	• BYU	#22	316
10	• Penn State	#16	352
11	• Syracuse	#15	382
12	• Notre Dame	#18	415
13	• Michigan State	#13	421
14	• Princeton	#25	421
15	• Minnesota	#23	429
16	• William & Mary	#23	464
17	• Columbia		481
18	• Vanderbilt	#21	484
19	• North Carolina	#19	492
20	• Dartmouth		500
21	• Northern Arizona		553
22	• Indiana		564
23	• Florida State		566
24	• Arizona State		579
25	• Wisconsin	#14	580
26	• Harvard		600
27	• Tulsa		601
28	• West Virginia	#20	601
29	• Boston College		634
30	• Baylor		671
31	• Ohio State		730
32	• SMU		751
33	• Lamar		789
34	• UCLA		799
35	• Iona		885
36	• Toledo		999

**Volume 6, #116**  
**Friday, October 16, 2015**  
**Wisconsin/Adidas**  
**Invitational**  
**Madison, Wisconsin**

#### LOBO WOMEN DOMINATE NATIONAL-CLASS FIELD, MEN MAKE PROGRESS TOWARD NCAA BERTH

In just seven short years the Wisconsin/Adidas Invitational has grown to become the preeminent meet outside of the NCAA Championships. In fact, of the 31 teams that qualified to the NCAA Championships in 2014, over 20 raced at Wisconsin in order to earn NCAA qualifying points. With a significant donation from alum, Thomas Zimmer, Wisconsin built a permanent world-class cross country course, which is composed of rolling hills, switchbacks to help spectators enjoy the competition, and lush, green grass suitable for quick running. Nationally ranked teams from all parts of the country trav-

#### Men

1	• Syracuse	#2	101
2	• BYU	#9	186
3	• Michigan	#8	218
4	• Virginia	#7	238
5	• Iona	#5	268
6	• Furman	#24	310
7	• N. Carolina State	#17	311
8	• Tulsa		328
9	• UCLA	#20	334
10	• Columbia	#28	361
11	• Boise State		387
12	• Michigan State	#15	404
13	• Washington		413
14	• Eastern Kentucky		418
15	• Providence		453
16	• Indiana	#16	459
17	• Wisconsin	#11	459
18	• Florida State		466
19	• Portland		467
20	• Illinois		492
21	• Stanford	#4	494
22	• Oklahoma	#21	497
23	• New Mexico		511
24	• Mississippi	#19	559
25	• Dartmouth		572
26	• South Dakota State		572
27	• Notre Dame		582
28	• Iowa State	#26	642
29	• North Carolina		652
30	• Northern Arizona		671
31	• Princeton	#27	674
32	• Harvard		754
33	• Penn State		772
34	• Arizona State		784
35	• Lamar		799
36	• William & Mary		982



*The women's race gets ready to rumble.*

eled to Madison to see if they could earn those valuable NCAA qualifying points to use later in the season. On the women's side 20 of the top 25 ranked teams came to compete, while 16 of the top 30 men's programs showed up to race. The day of the meet was classic Wisconsin fall weather, sunny, a little windy, and temperatures hovering around 40 degrees. Only when the sun hid behind large clouds did it seem cold, but other than that was a fine cross country day.

#### WOMEN REVIEW

The Lobo women came into the meet ranked #1 in the country, a ranking they had held for over a month. With a fine victory two weeks ago at Notre Dame it appeared that ranking was fairly computed, and reflective about the team potential. But the Notre Dame meet did not have a very strong field, so there were still some questions





*Top to Bottom: Just past the 1000 meter point one could not spot any Lobos in the lead grouping as they were calmly moving forward. The middle picture shows Courtney with Rhona just off her pace after the 2000 point. The bottom picture shows great teamwork between Calli and Alice as they ran to each other to form a strong tandem.*

about just how good this edition of the Lobo harriers was. Well after a historic victory, just smashing the field, there can be no question about the talent and potential success of the 2015 team. In the previous six years of the Wisconsin meet the team champions had scored: 2009-Duke, 78 points; 2010-Syracuse, 89 points, 2011-Washington, 199 points, 2012-Iowa State 109 points, 2013-Arizona 117 points, 2014-Michigan State 87 points. And those teams went on to finish 8th, 10th, 2nd, 11th, 2nd, and 1st at the NCAA Championships about five weeks after. Never before had a team placed so many runners highly in a 246 athlete race.....32 points, just stunning. Thankfully, the Wisconsin course is designed to handle that many athletes, and the runners get to travel almost 1/2 mile on the straight, before getting to the first turn. On the long straight the Lobo women were content to stay out of the lead scrum and as athletes approached the first turn no Lobo woman in their distinctive turquoise tops with red bottoms was in the top 30. Arkansas, the 11th ranked team had scurried their top five up near the front and took the early lead. After the runners go around that first turn and head up a hill for the 1000 meter mark, smoothly, but quickly the top five of UNM surged up into the top 20. They used great team tactics to group together, and push forward as a collective group, which is what team tactics is all about. Usually by the 2000 meter point in a large race one can see some overall plan start to develop, and those athletes who go out too hard start to fall off the lead pack, and a team focus begin to take shape. By that 2K point, the leader of the race hit 6:42 but the Lobos were in full contact as **Courtney Frerichs (Nixa, MO), Rhona Auckland (Torphins, Scotland), Calli Thackery (Yorkshire, England), Alice Wright (Worcester, England), and Molly Renfer (Esher, England)** were all at 6:44/6:45. This was a powerful display of running and the public address announcer kept highlighting that UNM had taken a commanding lead. There was a group of about 13 athletes who had separated themselves from the race then several smaller groups between 10 and 15 meters behind. Leading up to the 4000 meter point of the race the first four





*Top Picture: 3000 meters into the race and this sight must have sent shivers to all other teams, four Lobos running in the top 10 of the race, feeding off each other, and working together for their common good. Bottom Picture: Molly Renfer had a great race and always was within eyesight of the first four.*



Lobos had remained together, while Molly had fallen off ever so slightly. When the race got to 4000 meters the group of four Lobos hit 13:24/13:25 with Molly at 13:34. The team scores at 4000 meters were New Mexico 41, Virginia 170, Arkansas 184, and North Carolina State 198. Now to finish off the last 2000 meters and shut the door on everyone else. Right after the 4000 meter point three athletes surged hard and pulled away from the rest of the pack. But the Lobos remained calm, feeding off of each other, and displaying great team awareness and confidence. Over the final 2000 meters the Lobos were 4th/5th/6th/7th but the greatest gain was by Molly. Running one of the finest races she has ever put together she moved forward and entered the top 10. Down the finish line the Lobos were impressive in their strength and at the finish line they did end up going 4-5-6-7-10, just a great example of team running. So impressive was their victory that if you pulled out the top individual finisher from Boise State (moving everyone in the race up one), and scored the first five finishers from ANY team (it would be Notre Dame, Arkansas, Providence, William & Mary, and Baylor) New Mexico would beat the field. And to understand what that means the Notre Dame runner and Arkansas athlete are both NCAA track champions!!! The Lobos were beating down great runners in their own right. What also was impressive was the average time of the first five finishers. In women's

cross country if an athlete runs faster than 20:00 for 6000 meters that is very, very good - VERY GOOD. The first five Lobos AVERAGED 19:44 with Courtney at 19:39, Rhona at 19:41, Calli at 19:42, Alice at 19:43, and Molly at 19:55. And the depth of the Lobo team is also something very powerful. Even if the first two Lobo finishers (Courtney and Rhona) hadn't run with the fine finishes of sixth runner **Whitney Thornburg (Ashville, NC)**(50th in 20:30) and **Heleene Tambet (Viljandi, Estonia)**(73rd in 20:43) the Lobos would have still won the race by around 40 points! There is no team in the country that can lose their top two runners and still win a major championship. And how about one more comment about team depth. Wisconsin only allows seven runners to race in the championship section and any other team member must run in the "open" race. **Emily Hosker-Thornhill (Canterbury, England)** went out from the gun with the intent of winning the race. Since there were only 79 athletes in the race Emily got stuck running the entire race all by herself, without anyone to draft off of, or surge toward,





**Top Picture:** At 4500 meters the top four Lobos refused to separate from each other. **Bottom Picture:** The final 200 meter sprint to the finish with Courtney, Rhona, Alice, and in the background Calli.



history (led by Virginia's 36 in 1981) all came within the first six years of the meet. That makes those early scores misleading as there was less depth in women's collegiate running nationally. In addition, the average field size at NCAAs from 1981-86 (15.2) was less than half as big as today's field and much smaller than the men's fields at that time (22.0). Since then, the lowest score is BYU's 62 in 2001, followed by Colorado's 63 in 2004. The 2008 Washington women also come to mind; that squad scored 36 at Pre-Nats (back when there were two races), went 1-2-3-4-5-6 at Pac-10s and scored 79 points at NCAAs. Those seem like reasonable totals to shoot for; Michigan State scored 87 at Wisconsin last year and 85 at NCAAs. And considering the dazzling PBs of New Mexico's top four (at 15:47, Frerichs has the slowest PB of that group), this UNM team stacks up favorably against anyone historically.

The final section of the 2015 schedule will be fun to watch as the Lobos continue their journey to Louisville, Kentucky and the 2015 NCAA Championship.

which is incredibly hard. Emily was the top collegiate finisher in a sparkling 20:38. Plug that time into the championship section and she would have finished 65th!

And what about improvement from team members. Last year three of the current Lobo team ran in the Wisconsin meet and their improvement is significant. Alice ran 20:37 in 2014 and 19:43 this year, while Heleene ran 21:08 in 2014 and 20:43 this year. Finally, Emily ran 21:38 in 2014 and 20:38 this year. Great training and believing in the system is one of the keys to success in collegiate distance running.

This Lobo team has the potential to be one of the best in NCAA history, which is hard for everyone to get their head around. All they need to do is continue to work cooperatively, enjoy the journey of heading to the NCAA Championship, and not be intimidated by the opportunity to embrace greatness.

One respected running website (Letsrun) which does very good analysis of distance racing said this about the Lobo women's performance,

*"At this point, the question isn't whether New Mexico will win NCAAs. They will, barring an injury to multiple members of their top five (sixth woman Whitney Thornburg, another Harvard fifth-year, was a solid 50th today; seventh woman Heleene Tambet was 73rd). No, the question now becomes whether this New Mexico squad can become the greatest of all time. Normally the best indicator of a team's greatness is to look at their point total at NCAAs, but that metric is a little wonky when it comes to women. The NCAA didn't hold an official women's cross country championship until 1981, and the four lowest point totals in meet*





## INDIVIDUAL RESULTS

Individual Winner: Allie Ostrander, Boise State, 19:19.5 (course record)

	2000m	4000m	6000m
4. Courtney Frerichs	6:44	13:24 (6:40)	19:39.3 (6:15)
5. Rhona Auckland	6:44	13:24 (6:40)	19:41.1 (6:17)
6. Calli Thackery	6:44	13:24 (6:40)	19:42.7 (6:18)
7. Alice Wright	6:44	13:24 (6:40)	19:43.8 (6:19)
10. Molly Renfer	6:45	13:34 (6:48)	19:55.5 (6:21)
50. Whitney Thornburg	6:56	13:53 (6:56)	20:30.1 (6:37)
73. Heleene Tabet	6:59	13:59 (7:00)	20:43.3 (6:44)
Emily Hosker-Thornhill	6:57	14:02 (7:05)	20:38.6 (6:36)

## INDIVIDUAL RESULTS

Individual Winner: Marc Scott, Tulsa, 23:35.5

	2000m	4000m	6000m	8000m
59. Dan Milechman	6:08	12:19 (6:11)	18:28 (6:09)	24:14 (5:46)
84. Elmar Engholm	6:04	12:19 (6:15)	18:38 (6:19)	24:22 (5:44)
109. Graham Thomas	6:07	12:19 (6:12)	18:41 (6:22)	24:29 (5:48)
120. Matt Bergin	6:09	12:23 (6:14)	18:42 (6:19)	24:32 (5:50)
139. Josh Kerr	6:07	12:20 (6:13)	18:42 (6:22)	24:41 (5:59)
210. Zac Castillo	6:10	12:32 (6:22)	19:10 (6:48)	25:21 (6:11)
213. Jesus Mendoza	6:10	12:33 (6:23)	19:11 (6:48)	25:25 (6:14)
Taylor Potter	6:10	12:48 (6:38)	19:39 (6:49)	26:01 (6:22)

## MEN REVIEW

After the Notre Dame meet two weeks ago the men knew they had plenty of work to do in order to place themselves into a good position by the end of the season. The Wisconsin meet provided them another opportunity for two important things, #1 a chance to improve as a collective team, and #2 beat someone and get NCAA qualifying points. After the conclusion of the meet it would be fair to say the men accomplished both. The men's race had the same number of teams as the womens race, but it developed and played out much differently.

In the women's race after 2000 meters the athletes started to string out, but in the men's race it stayed jammed packed together for 6000 meters. The picture on the bottom left shows the men's race at 4500 meters and the guys were still shoulder to shoulder and bumping and shoving to maintain position. At the start of the race the Lobo men got stuck in the middle of the 244 runners, and only sr. **Elmar Engholm (Stockholm, Sweden)** could be seen anywhere near the front. Elmar was probably in the top 50 as the runners approached the first turn. By the 3000 meter point things had calmed down for the men and they had looked for each other and grouped together, which in a meet of this size important. The top picture shows Elmar followed by **Graham Thomas (Dulce, NM)**, **Josh Kerr**







**Top Picture:** Matt Bergin looking comfortable and in control around 3000 meters into the race. **Bottom Picture:** Elmar Engholm gritting his teeth trying to get every ounce of energy out of his system to finish the race well.



(Edinburgh, Scotland) and Dan Milechman (Mill Valley, CA).

Their intent was to work together and move forward through the race as a unit. The number five man for the Lobos was **Matt Bergin (Bedford, England)** and Matt was holding back a little, being much more conservative than Notre Dame, and looking comfortable in the process. At 4000 meters they announced the team scores and the men weren't quite where they needed to be. The goal was to finish around 20th and by doing that would certainly knock off some ranked teams for qualifying points. So the Lobos had some work to do. Right in front of the Lobos were three ranked teams (Stanford #4, Mississippi #19, and Oklahoma #21) and to get any or all of them would be fantastic. From 4000 meters to 6000 meters Dan put in a great forward surge to move into the top 75 of the race. He clearly was having a good day and a fine race. Matt also made a nice push forward from 4K to 6K and he was right behind Graham and Josh which helped all of them. During the last 2000 meters of the race the same theme was present, get to the line and take down as many teams as possible. Dan ended up finishing 59th as the #1 Lobo in 24:14. That is a huge improvement from last year when running as an undergraduate student at Harvard Dan finished 193rd in 25:23! Elmar threw

in the fastest final 2000 meters on the team to get up to 84th place in 24:22, sixteen places better than last year and fifteen seconds faster. Graham finished off as the #3 Lobo in 109th place. Last year Graham placed 185th in 25:14 and this years 24:29 shows how intelligently he has worked over the summer. Matt crossed the line in 120th and Josh was in at 139th. The final team places had UNM at 23rd. The good news was that the Lobos were able to take down Mississippi and potentially get one NCAA point, but just came up a little short in getting Stanford (17 points in front) and Oklahoma (14 points in front). Still the overall race was a positive step forward for the men and they ran a much better team race than at Notre Dame, which is what one wants. The NCAA Regional Championship which UNM hosts will play an important role in deciding whether the men can return to the NCAA meet for the seventh straight year. Stay tuned.





**PICTURE OF THE WEEK:** Head Coach Joe Franklin appears to be trying to show Josh Kerr how to sprint to the finish line. Joe has got the right body lean (45 degrees), his knee is in a good position, his right foot is dorsi-flexed correctly and he is pushing off his back foot. His arm action needs some work, but given he is carrying his cell phone in his left hand, and a candy bar in his right hand we need to cut him some slack. Josh doesn't appear to be paying attention BTW.



Dan Milechman in the final sprint to the finish





# University of New Mexico Cross Country

## 2015 Wolftracks Newsletter

### News, Views, Previews, Reviews



#### WOMEN TEAM SCORE

1. NEW MEXICO	24
2. Boise State	71
3. Air Force	98
4. Colorado State	106
5. Wyoming	129
6. Utah State	144
7. Nevada	149
8. San Jose State	218
9. San Diego State	267
10. UNLV	299
11. Fresno State	312

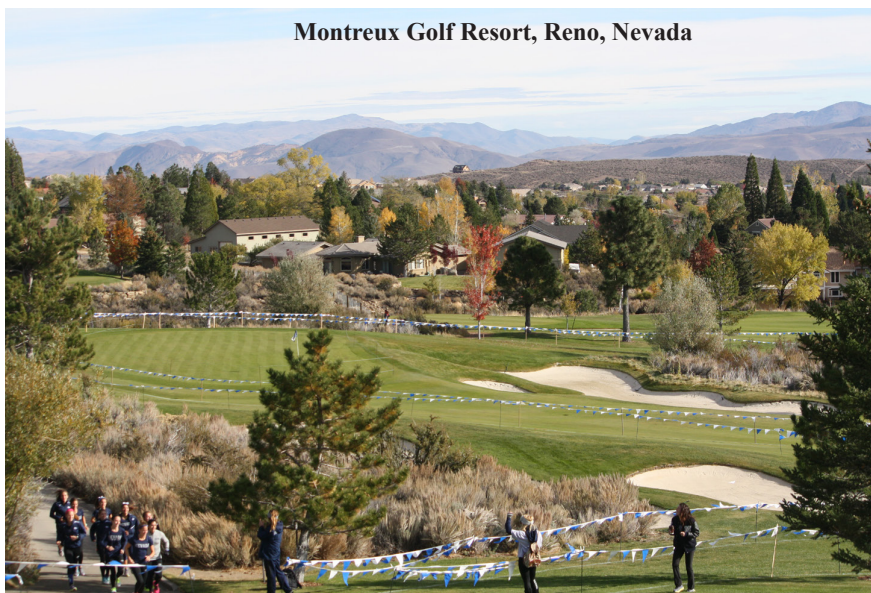
**Volume 6, #117**  
**Friday, October 30, 2015**  
**Mountain West**  
**Conference Championship**  
**Reno, Nevada**

**Lobo Women Take**  
**8th Straight**  
**MWC Title**

#### MEN TEAM SCORE

1. Air Force	49
2. Colorado State	53
3. Boise State	56
4. Wyoming	89
5. NEW MEXICO	120
6. San Jose State	159
7. Fresno State	205
8. Utah State	220

Montreux Golf Resort, Reno, Nevada



The 2015 Mountain West Conference Cross Country Championship was hosted by the University of Nevada in Reno, Nevada. The Montreux golf club and resort that UNR secured for the championship was a lush, private golf resort which was surrounded by million dollar homes and one where everyone just said.....WOW!!!! The panoramic views, lush mountains, beautiful trees turning shades of red, yellow, and orange just was astounding. The golf center allotted two small pieces of the course for the championship which created a maze of tight sharp-turned undulating loops for the runners which equated to strategic issues for all teams. There were multiple sharp uphill and downhill, and when combined with 5600 feet of altitude provided a serious and deep challenge for all runners. Most athletes said it was the toughest, most emotionally challenging course they had ever run and looking at hundreds of pictures one thing became apparent - a very large percentage of the athletes had their eyes closed during much of the race, as they reached inside to survive the intensity and discomfort. In fact, there were at least six athletes that fell flat on their face going up one of the hills and lay there with exhaustion. It was unquestionably a race of attrition, where race leaders just try to hold on to their position the best they can. The day of the meet could not have been better, as it was pure sunshine and just about perfect temperature for the runners. The Lobo women, ranked #1 in the NCAA were the prohibitive favorite to run away with the title, while the





*Coach Laura Bowerman is shown walking up the steep incline that the runners had to traverse multiple times.*

men's team was trying to come up with their best collective race of the season. In the end, the first part of the previous sentence happened, while unfortunately, the second part did not. First the women's race. The goal of the Lobo women was to run as easily as humanly possible and still win the race. With NCAA Regional Championships coming up in 14 days, trying not to diminish precious energy stores was paramount.

There really wasn't anything that any other team could do to stop the Lobo express train given the group is strong up front, incredibly strong through the middle of the line-up, and have the best depth of anyone in the field. In fact, after the race was concluded froshie **Natasha Bernal (LaCueva, ABQ, NM)**, running her first collegiate race finished 9th on the Lobo team, and 30th overall (out of a field of 83) but would have been in every other teams scoring five! In fact, she would have been the #1 runner on three teams, and the #2 runner on one other. That's powerful stuff. It was clear from the start that everyone would bunch together, run easier than normal, and let the race develop slow and gradual. Throughout the first



*Just waiting for the gun to go off to begin their journey*

kilometer **Rhona Auckland (Torphins, Scotland)** and **Calli Thackery (Yorkshire, England)** ran side by side but within five meters of their pace was **Molly Renfer (Esher, England)**, **Courtney Frerichs (Nixa, Missouri)** and **Alice Wright (Worcester, England)**. Then at the back of that pack was **Emily Hosker-Thornhill (Canterbury, England)**. As the runners hit the 1000 meter mark on their first journey up the long and winding hill the Lobos had already exerted their command of the race. The first six Lobos hit that 1000 meter point in about 3:36 and continued up and up into a long, loop at the very top of the golf course. Once the runners made that loop they started a gradual downhill section that contained some interesting short rolling mogul-like bumps. On their way down the hill the field passed the 1 mile point. At the one mile juncture sixteen athletes had made a break from the main pack and UNM had six of the runners in this grouping. The race took another long loop then the runners passed by the finish line area around 2200 meters in. The sixteen runner pack had evolved more and now five runners, including Rhona and Calli (one Air Force and two Boise State) were about five meters up on another group of five which included Courtney and Calli. The race announcer kept booming out over the loudspeaker system that it looked like the Lobos had taken a commanding position - as if that wasn't obvious to all! The race





The picture at the top shows the first time up the hill by the 1000 meter and the bottom picture shows the runners as they come down the hill the first time about 1 mile (1609 meters) into the race.



loops then just began all over again and as the runners started up the steep slope the section time Courtney had joined the party, and the lead group was six. Molly and Calli were about five meters off this group running side by side. Then a gap of about 20 meters existed with a Utah State and Colorado State athlete. Then about 20 meters back was Emily running all by herself which was not an ideal position, especially on a challenging course like Montreux. As the race went up and around passing two miles before coming back down the eventual race winner from Boise State threw in a hard, driving surge and broke the race open. Rhona decided to chase her and took off increasing her tempo while Courtney and Alice stayed patient, running

alongside an Air Force Falcon. Molly was next for the Lobos as she was alongside a Bronco from Boise State and then Calli was off her stride by about ten meters. A Colorado State runner was next after Calli then Emily came by with Heleene right on her left shoulder. The runners made one more loop around behind the start line and then the big loop with the hill for the final time. Some time after the 4000 meter point Courtney surged forward and took over sole possession of second place with Alice about five meters back running alongside the Air Force Falcon. Rhona was then about five meters back from those two. Everyone's face was in stress as the runners had to get up the steep hill one more time. Shortly after Rhona went up the hill Molly came around the turn ready to tackle the incline with a Boise runner just off her pace. Calli was sticking closely to Molly and it was clear that UNM



would have five in the top seven finishers of the race. Heleena was flying around the course making a strong bid to get right up near Calli. Over the final kilometer the Lobo strong just finished their work and got to the finish line like they wanted. Courtney would finish second overall with the Boise State froshie winning it all. The Air Force Falcon then finished third before the Lobos powerdrove fourth place (Alice), fifth place (Rhona), sixth place (Molly, seventh place (Calli), and eighth place (Heleena). There was a nice 50 second split between the first and sixth Lobo finishers which was good on this type of stressful course. The winning score of 24 points places the Lobos in all-time record territory. Plus the 8th team title matches former MWC member BYU for the most titles in conference history. Now in its 17th year of existence the Mountain West Conference was won the first eight editions by BYU, then Colorado State one once, and since then the Lobos have ruled the roost. This was another great Lobo victory and places the program in elite company nationwide.



**INDIVIDUAL RESULTS**

Winner of race: Alli Ostrander, Boise State, 21:49

	<u>2000m</u>	<u>4000m</u>	<u>6000m</u>
2. Courtney Frerichs	7:29	14:54 (7:25)	22:05 (7:11)
4. Alice Wright	7:27	14:52 (7:25)	22:24 (7:32)
5. Rhona Auckland	7:27	14:52 (7:25)	22:39 (7:47)
6. Molly Renfer	7:30	15:02 (7:32)	22:54 (7:52)
7. Calli Thackery	7:29	15:05 (7:36)	22:55 (7:50)
8. Heleena Tambet	7:38	15:18 (7:40)	22:55 (7:37)
12. Emily Hosker-Thornhill	7:32	15:25 (7:53)	23:32 (8:07)
26. Sophie Connor	7:41	16:07 (8:26)	24:26 (8:19)
30. Natasha Bernal	7:39	16:08 (8:29)	24:41 (8:33)





### Tambet Has Fantastic Second Half of Race

Heleene Tambet is pictured in the large picture directly behind a Wyoming runner on the second time up the hill right before the 3000 meter point of the race. Heleene would finish one minute faster than the Cowboy athlete who was 16th overall! The smaller inset picture above shows Heleene on her third and final time up the hill right behind a Colorado State runner just before 3 miles (4800 meters). Heleene left her in the dust also, finishing a whopping 20 seconds faster than the Ram, who placed 11th overall.



*Courtney Frerichs was the top Lobo athlete finishing second overall.*

### MWC Finishes in the Franklin Era

	<u>Men</u>	<u>Women</u>
2007	2nd	3rd
2008	3rd	1st
2009	1st	1st
2010	1st	1st
2011	1st	1st
2012	1st	1st
2013	1st	1st
2014	1st	1st
2015	5th	1st









The mens championship race was just more unsettled for the Lobo guys as they had not been able to get everyone to race their best on the same day during the 2015 season, which is not uncommon, but necessary for success. Last year the men came into the championship unsettled and needing a great team race to contend for the title, and they got it with clearly their best overall group race of the

season, going 3-4-5-6-8 to score 26 points and easily walk off with a victory. This year the same thing would be needed from five scoring members. There were three nationally ranked teams the Lobos would have to contend with, #16 Boise State, #26 Air Force, and #30 Colorado State. The Lobo men had dropped out of the national rankings and had their work cut out for them. Early on the men did exactly as they should do, find each other, and run with the comfort of teammates. The above picture shows five Lobo men running in a tight pack. #43 is **Graham Thomas (Dulce, NM)**, #45 froshie **Josh Kerr (Edinburgh, Scotland)**, #44 **Matt Bergin (Bedford, England)**, and #42 **Elmar Engholm (Stockholm, Sweden)**. Just past Matt's right shoulder can be seen **Zac Castillo's (Volcano Vista, ABQ, NM)** face. The men's field was tightly bunched for the first 1000 meters and the Lobo group of guys stuck together well as they passed that 1K threshold in roughly 3:12. Up the hill the race went, around the long loop at the top, and then slowly back down to



the 1 Mile point. The picture to the left shows **Dan Milechman (Mill Valley, CA)** #41 joining Graham and Zac at the 1 mile checkpoint. This was good team running and needed from the guys. As the race looped down the tight turns to the start/finish area everything was going as planned, but unfortunately past the 2000 meter point and before the 3000 meter point senior Matt





Bergin, last years sixth place finisher and a First-team All MWC runner had to withdraw from the race with an injury. All of a sudden everything changed for the Lobos as any team in this predicament would be affected. In fact, after the race was completed it was found that Colorado States #5 man did not finish and it cost them the team championship!! Going



up the steep hill for the second time the top picture shows Elmar running near the front of the race as Dan tries to stay connected to the pack, while the picture above to the right shows Josh running hard to make it up that steep slope. The men were starting to get separated which was not a good thing for the lads, since staying together allows them to feed off each others energy, and support. When a runner finds themselves all alone that allows doubt to creep into their mind, not some-





thing positive on a tough, demanding course like Montreux. Coach Franklin scurried around the course imploring the guys to rally and make a surge forward toward a teammate. The picture to the left shows him speaking with Graham Thomas. Elmar stayed within

the top eight of the field and kept trying to reduce the race down to the last kilometer, which he can always finish well in. Dan was staying in the top 12 and the group he was running with were all hurting pretty badly. The picture below shows the battle going on for those second team All MWC slots. Then the Lobos dropped off slightly as Graham maintained the third man position. He was somewhere around the 25th person in the race. The end of the race found Elmar moving up to finish in sixth place overall and earn first-team All MWC honors. Dan did a good job finishing off the last kilometer to finish 11th and earn second team All-MWC honors. Third in for the Lobo was Graham, who finished 26th three spots higher than he accomplished in 2014. Then Josh



finished the race in 37th position. The fifth and final scorer for the Lobos was Zach in 47th place. When the final results were announced the Lobos had accumulated 120 points which left them in fifth overall place. Not where the men wanted to finish, but this will now give





Elmar in the final kilometer of the race trying to stay close enough to outkick all these guys.

them incentive to work hard over the next two weeks to correct as much as they can, in order to place highly as a team at the NCAA regional championships which is being hosted by UNM. While it will be a tough regional battle lots can change at the end of the year so they need to stay positive and continue to work on a great team race.

#### INDIVIDUAL RESULTS

Overall Winner, Jerrell Mock, Colorado State, 26:16

	<u>2000m</u>	<u>4000m</u>	<u>6000m</u>	<u>8000m</u>
6. Elmar Engholm	6:37	13:19 (6:42)	20:06 (6:47)	26:43 (6:37)
11. Dan Milechman	6:38	13:18 (6:40)	20:18 (7:00)	27:03 (6:45)
26. Graham Thomas	6:38	13:34 (6:56)	20:59 (7:25)	27:56 (6:57)
37. Josh Kerr	6:40	13:42 (7:02)	21:17 (7:35)	28:16 (6:59)
47. Zac Castillo	6:39	13:52 (7:13)	21:45 (7:53)	29:03 (7:18)
54. Jesus Mendoza	6:42	13:54 (7:12)		29:23

#### NEXT MEET

**FRIDAY, NOVEMBER 13, 2015**  
**NCAA MOUNTAIN REGION CROSS COUNTRY CHAMPIONSHIP**  
**UNIVERSITY OF NEW MEXICO NORTH GOLF COURSE**

**WOMEN 6000 METER CHAMPIONSHIP - 12:00PM**

**MEN 10,000 METER CHAMPIONSHIP - 1:00PM**



**MOUNTAIN WEST ALL CONFERENCE CC TEAM**  
1st & 2nd Team (Began in 1999)

**MEN**

2001	Matt Gonzales 1st	Ben Ortega 2nd
2002	Cameron Clarke 1st	Matt Gonzales 1st
2004	Shadrack Kiptoo-Biwott 1st	Matt Gonzales 1st
		Cameron Clarke 2nd
2005	Cameron Clarke 2nd	Jeremy Johnson 1st
2006	Juan Ortega 1st	Matt Ashton 2nd
2007	Jeremy Johnson 1st	Brian Vallie 2nd
	Brock Hagerman 2nd	Rory Fraser 2nd
2008	Jacob Kirwa 1st	Mat Ashton 2nd
		Chris Barnicle 1st
2009	Jacob Kirwa 1st	Rory Fraser 2nd
	David Bishop 1st	Lee Emanuel 2nd
	Ross Millington 2nd	Keith Gerrard 1st
2010	Rory Fraser 1st	David Bishop 2nd
	Ross Millington 2nd	Brock Hagerman 2nd
2011	Ross Millington 1st	Sean Stam 1st
		Pierre Malherbe 1st
2012	Luke Caldwell 1st	Pat Zacharias 1st
	Adam Bitchell 2nd	Sean Stam 2nd
2013	Luke Caldwell 1st	Adam Bitchell 1st
	Pat Zacharias 1st	Sean Stam 2nd
2014	Matt Bergin 1st	Alex Cornwell 1st
	Ross Matheson 1st	Jake Shelley 1st
	Elmar Engholm 2nd	Dan Studley 2nd
2015	Elmar Engholm 1st	Dan Milechman 2nd

**WOMEN**

2003	Sarah Gonzales 1st	Leslie Luna 1st
2004	Jacquelyne Gallegos 1st	Jacquelyne Gallegos 2nd
2005	Timmy Murphy 1st	Leslie Luna 2nd
		Carolyn Boosey 1st
2006	Timmy Murphy 1st	Leslie Luna 2nd
2007	Michelle Corrigan 1st	Michelle Corrigan 2nd
2008	Lacey Oeding 1st	Nicki Archer 1st
	Nicki Archer 1st	Ashley Gibson 1st
2009	Ruth Senior 1st	Carolyn Boosey 2nd
	Lacey Oeding 1st	Delyth James 2nd
	Vanessa Ortiz 2nd	Sarah Waldron 1st
2010	Natalie Gray 1st	Vanessa Ortiz 1st
	Ruth Senior 1st	Delyth James 2nd
2011	Kirsty Milner 2nd	Natalie Gray 1st
	Ruth Senior 1st	Sarah Waldron 1st
	Kirsty Milner 1st	Imogen Ainsworth 2nd
2012	Lacey Oeding 1st	Charlotte Arter 1st
	Josephine Moultrie 1st	Shawna Winnegar 2nd
		Imogen Ainsworth 2nd
2013	Sammy Silva 1st	Charlotte Arter 1st
	Nicole Roberts 1st	Calli Thackery 2nd
	Heleene Tambet 2nd	Tamara Armoush 2nd
2014	Alice Wright 1st	Calli Thackery 1st
	Charlotte Arter 1st	Nicole Roberts 2nd
	Amber Zimmerman 2nd	Tamara Armoush 2nd
2015	Courtney Frerichs 1st	Alice Wright 1st
	Rhona Auckland 1st	Molly Renfer 1st
	Calli Thackery 1st	Heleene Tambet 2nd
		Emily Hosker-Thornhill 2nd

**MOUNTAIN WEST CONFERENCE**  
UNM's COACH OF THE YEAR

**Women**

2005	
2008	Joe Franklin
2009	Joe Franklin
2010	Joe Franklin
2011	Joe Franklin
2012	Joe Franklin
2013	Joe Franklin
2014	Joe Franklin
2015	Joe Franklin

**Men**

Matt Henry
Joe Franklin
Joe Franklin
Joe Franklin
Joe Franklin
Joe Franklin

**Coach Franklin  
picks up his 13th  
Cross Country  
Coach of the Year  
Award**



**Senior Elmar  
Engholm moved  
up to First Team  
All Conference  
in 2015**



**MOUNTAIN WEST CONFERENCE**

	<b><u>Athlete of the Year</u></b>
2004	Shadrack Kiptoo Biwott
2006	
2007	Jeremy Johnson
2008	
2009	Jacob Kirwa
2010	Natalie Gray
2011	Ross Millington
	Ruth Senior
2012	Luke Caldwell
	Lacey Oeding

**Freshman of the Year**

Sharick Kiptoo Biwott
Vanessa Ortiz
Lacey Oeding
Ross Millington
Elmar Engholm





# University of New Mexico Cross Country

## 2015 Wolftracks Newsletter

### News, Views, Previews, Reviews



**Volume 6, #118**

**Friday, November 13, 2015**  
**NCAA Mountain Regional**  
**Championship**  
**Albuquerque, New Mexico**

**Lobo Women Advance to NCAA**  
**Championship for Eighth Straight**  
**Year.....Men's Streak ends at six.**

#### WOMEN FINAL SCORES

1. Colorado (#2)	49
2. <b>NEW MEXICO (#1)</b>	50
3. Utah (#20)	116
4. BYU (#24)	126
5. Weber State (#25)	128
6. Northern Arizona	175
7. Air Force	175
8. Colorado State	181
9. Nevada	295
10. Wyoming	306
11. Utah State	310
12. Montana State	354
13. UTEP	360
14. Utah Valley	375
15. Idaho State	381
16. Texas Tech	396
17. Southern Utah	454
18. Northern Colorado	502
19. New Mexico State	503

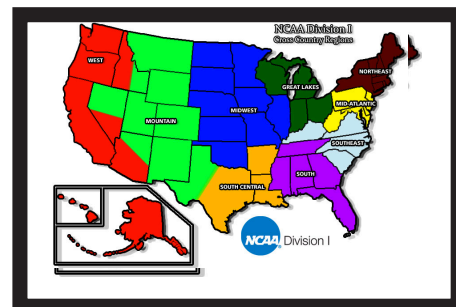
#### MEN FINAL SCORES

1. Colorado (#1)	67
2. UTEP (#11)	77
3. BYU (#3)	98
4. Southern Utah	114
5. Air Force (#21)	124
6. Colorado State (#25)	124
7. Wyoming	153
8. Northern Arizona	215
9. <b>NEW MEXICO</b>	254
10. Weber State	292
11. Utah Valley	294
12. Texas Tech	343
13. Idaho State	352
14. Montana State	360
15. New Mexico State	364
16. Utah State	406

Each year early in November the nine NCAA cross country regional championships are held to determine which 31 teams will advance to the NCAA finals. And there isn't a year that goes by that major surprises don't occur, where top teams don't advance, and unranked programs pull off major upsets. 2015 was no different as seven ranked mens teams

(Columbia, Illinois, Air Force, Colorado State, Villanova, Providence, Indiana) didn't make the cut, while three ranked womens teams (William & Mary, North Carolina, Yale) will be staying home for the holidays. But there were the great unranked teams that came up with enough effort to get their invitation to the "Big Dance". Florida State, Mississippi, Texas, Louisville, Michigan State,

Washington State, California, Southern Utah, Gonzaga, San Francisco, Tulsa, and Kansas all punched their ticket. The 2015 Mountain region championship was hosted by UNM on the North Golf Course over a flat, six hole layout that provides spectators with wonderful views of the entire race. The women ran two loops of the golf course for a 6000 meter distance, while the men ran three loops totaling 10,000 meters. It was a classically



L-R: Calli Thackery, Natasha Bernal, Molly Renfer, Courtney Frerichs, Whitney Thornburg, Lindsey Andrews, Rhona Auckland

great cross country day, mid-50's, bright sunshine, and excellent footing around the course. The two Lobo teams were trying to achieve the same goal, but approaching it in very different fashion. The Lobo women, ranked #1 in the country the entire season, were trying to qualify, but do so with the least amount of energy expended. With the NCAA finals just eight days after, the goal for top ranked teams is to race, finish in the top two teams to earn the automatic qualifying bid, but don't go all out, leaving precious energy in the gas tank so to speak for the finals. For the Lobo men they were trying to put the pieces of a complete race plan together and come up with their very best team race of the season, and maybe somehow get an at-large bid. For the Lobo guys there was no holding back and they had to not worry about the NCAA finals, but focus solely on the regional qualifying meet.



The women's race was first up and the 19 teams toed the starting line with Colorado, the #2 team in the country the Lobos only real competition. Coach Joe Franklin had instructed the Lobo women to go out and run within themselves, maybe around 10th-15th place in the race, and to just see how the race developed. At no point were they to go to the front and push the pace, and they should try to stay within close proximity to each other the entire race. Over



the course of the first kilometer (1000 meters) the group took a little bit of time to congregate but eventually they did find each other, group up, and move forward consistently and with firm grasp of their purpose. After all most of the 127 runners sprint away from the starting gun and it takes a little while to navigate through all the runners. About 400 meters into the race not one Lobo runner could be found in the top 30 of the race, but by 1000 meters they had moved toward the front of the race to get a good running lane. The picture to the top right shows Courtney Frerichs (Nix, MO) running on the inside line with Calli Thackery (Yorkshire, England) directly behind her left shoulder, Whitney Thornburg (Ashville, NC) directly behind her right shoulder, and Molly Renfer (Esher, England) right alongside Whitney. Somewhere close to that foursome was Rhona Auckland (Torphins, Scotland). As the race looped around the third of six fairways leading over to the two kilometer point (2000 meters) not one thing changed which was a positive and comforting feeling. The ladies were doing exactly as Coach Franklin

wanted and the race plan could not be unfolding any better. The picture to the left show the first five Lobos running in tandem stretched out leading the race, but not pushing the pace hard. As the race passed that 2000 meter point Colorado had formed their five scoring members at the front also, and it was clear that early in the race the top two automatic qualifying positions had been spoken for. The real race was going on behind the Lobos and Buffalos as no less than six other teams were trying to put themselves into an at-large finishing position. The race looped back by the starting line which indicated the halfway







point of the 6000 meter race. As the top picture to the left shows nothing had changed as the Lobos continued on their merry way. The front group had been reduced to about 15 athletes before a ten meter gap to the next group of runners. In the front 15 all five Lobo scorers were tightly packed with three Colorado runners in there also. Colorado had their fourth and fifth scorers in the second pack at the halfway point. Hannah Everson, from Air Force who was leading at this point decided to push the pace harder between 3000 meters and 4000 meters, and she drew the two Colorado runners with her along with one Ram from Colorado State, and a Grizz from Montana. They opened up about a 15 meter lead on the group that the Lobo contingent was running in by the 4000 meter mark. Not to panic the Lobo ladies were still around 10th place which was where Coach Franklin wanted them. The middle picture to the left show the first four Lobos side by side with the fifth Lobo scorer (Whitney) in the background, about 15 meters away. Over the last kilometer the Lobos made sure to hold their spots and as they finished four abreast (as the bottom picture shows) they knew they had accomplished the only goal for the day.....qualify to get to race at Louisville in eight days. Colorado got up to make it interesting and when the final tally was done the Buffaloes actually nipped the Lobos by one point 49-50, but the difference was the Buffs were running real hard and the Lobos were running to qualify only. Both teams will have another chance at the NCAA finals.



## NCAA MOUNTAIN REGIONAL FINISHES

	<u>WOMEN</u>	<u>MEN</u>
1977	3rd	7th
1978	2nd	9th
1979	6th	10th
1980	7th	dnc
1981	1st	7th
1982	5th	4th
1983	5th	4th
1984	2nd	7th
1985	2nd	10th
1986	4th	9th
1987	5th	12th
1988	5th	2nd

(new larger regions were established in 1989)

1989	14th	7th
1990	11th	18th
1991	10th	7th
1992	13th	16th
1993	16th	12th
1994	16th	12th
1995	11th	15th
1996	10th	dnc
1997	16th	dnc
1998	13th	14th
1999	16th	16th
2000	14th	12th
2001	12th	9th
2002	15th	7th
2003	13th	13th
2004	12th	4th
2005	6th	8th
2006	7th	11th
2007	6th	5th
2008	2nd	4th
2009	5th	3rd
2010	1st	1st
2011	1st	4th
2012	2nd	4th
2013	2nd	3rd
2014	2nd	7th
2015	2nd	9th



**Whitney Thornburg**  
earned All Region  
honors with her 13th  
place finish



### *Incredible Lobo Depth*

*One aspect of a successful team is to have great depth where if someone gets hurt someone very talented can step into their place. Pictured above is froshie **Natasha Bernal (La Cueva, ABQ, NM)**. Racing in her first NCAA type competition she finished 32nd overall in the race, the fourth best freshmen. But looking farther into it, Natasha, who was the Lobos sixth runner would have been the #1 runner on nine other teams, and #2 on two other teams. Of the 19 teams that raced, Natasha would have been in the scoring five of 17 teams (only not on UNM and Colorado).*

## NCAA CROSS COUNTRY CHAMPIONSHIP

**HOSTED BY  
THE UNIVERSITY OF LOUISVILLE**

**TOM SAWYER STATE PARK**

**SATURDAY, NOVEMBER 21**

**Noon**

### INDIVIDUAL RESULTS

OVERALL WINNER: Hannah Everson, Air Force, 20:45

9.	Calli Thackery	21:15
10.	Courtney Frerichs	21:15
11.	Molly Renfer	21:15
12.	Rhona Auckland	21:15
13.	Whitney Thornburg	21:19
32.	Natasha Bernal	21:49
55.	Lindsey Andrews	22:27



## MENS RACE

The entire field was racing over 10,000 meters (6.2 miles) for the first time this season, and for many, the first time they ever ran that distance. During the course of the regular season all meets are 8000 meters (4.97 miles) but for NCAA Championship level races they move the distance up. This creates lots of problems for runners as physiologically it is just a different animal, and those middle distance type runners can struggle over the longer race. For the Lobo men they had to think of getting into the top six teams, and hoping that someone with lots of regular season victories was right behind them, and could "push" them into the national meet. At the onset **Dan Milechman (Mill Valley, CA)** and **Graham Thomas (Dulce, NM)** found each other and ran in tandem. That was good team strategy for the Lobos. The picture on the bottom left shows the two guys during the first kilometer of the race. The mens race stayed very condensed

given the trepidation from almost everyone in the field of going out too hard over the longer distance. Therefore there were lots of very tight running paths that needed to be navigated by the men. In tight races like this there is ample bumping and shoving



Above: The men discuss final plans for the race.

Below: Dan and Graham team up to run together for their mutual benefit.







which can throw one off their rhythm. The other five guys racing found each other and were tightly bunched during the early phase of the race. The picture to the left shows Taylor Potter (Eldorado, ABQ, NM), Zac Castillo (Volcano Vista, ABQ, NM), Josh Kerr (Edinburgh, Scotland), and Matt Bergin (Bedford, England) right behind Elmar Engholm (Stockholm, Swe-

den). The guys had accomplished the first part of the plan, to find each other, but now they needed to carry out the second part, which was to move forward as a collective group. Only Elmar was able to start moving effectively through the athletes, and the bottom picture shows where he caught up to Dan and then they ran together. Both were racing in the top 30 of the field but Coach Franklin had told them they needed to "average" about 30th place (tallying around 150 points as a team) to be effective. Racing around the course Elmar went into the final loop of the course (last 3000 meters) 28th, with Dan slightly off his pace. Dan made a hard charging surge forward to try to catch up with Elmar so they could help each other. The tremendous effort that he put into getting nearby to Elmar at 9000 meters was costly as it left him without a great deal of "pop" in his legs. Therefore, Elmar had



to do the work all on his own. Over the final 1000 meters Elmar let it all go and did finish the way that he wanted to end. His final place of 24th left him short of qualifying as an individual, but did earn him All Region. Dan for his efforts finished 30th place overall in the 106 athlete race. The men's total of 254 points left them in 9th place on the day.





*Elmar racing hard all the way to the finish line*

#### INDIVIDUAL RESULTS

OVERALL WINNER: JONAH KOECH, UTEP, 29:57

24.	Elmar Engholm	30:42
30.	Dan Milechman	30:59
51.	Zac Castillo	31:56
59.	Graham Thomas	32:14
91.	Taylor Potter	33:30
98.	Matt Bergin	34:03



Elmar  
Engholm  
All Region





# University of New Mexico Cross Country

## 2015 Wolftracks Newsletter

### News, Views, Previews, Reviews



**Volume 6, #119**  
**Saturday, November 21, 2015**  
**NCAA Cross Country**  
**Championship @ Tom Sawyer Park**  
**Louisville, Kentucky**

## LOBOS MAKE HISTORY IN WINNING FIRST NCAA CHAMPIONSHIP

### FINAL TEAM SCORES

1. NEW MEXICO (#1)	49
2. Colorado (#2)	129
3. Oregon (#5)	214
4. Providence (#4)	231
5. North Carolina State (#9)	264
6. Michigan (#6)	264
7. Oklahoma State (#11)	274
8. Notre Dame (#15)	276
9. Arkansas (#3)	276
10. Washington (#12)	297
11. Boise State (#8)	330
12. Syracuse (#18)	359
13. Michigan State (#17)	368
14. Stanford (#13)	379
15. Virginia (#7)	386
16. Penn State (#9)	396
17. Mississippi State (#20)	405
18. Minnesota (#23)	471
19. Vanderbilt (#19)	474
20. Georgetown (#14)	491
21. Princeton (#22)	524
22. Weber State (#25)	558
23. BYU (#24)	591
24. Iowa State (#16)	591
25. Gonzaga (#27)	615
26. Utah (#21)	618
27. Kansas	625
28. San Francisco (#29)	636
29. Tulsa (#27)	646
30. Villanova (#25)	667
31. Texas	828

**OVERVIEW:** There are many firsts in a persons life they will always remember. The birth of a first child, the first date, the first job, the first time voting, the first day of school, a first anniversary, the first kiss, the first race, and on and on and on. Firsts have a special place in our memory banks, and when reflecting on them later in life, bring a special satisfaction and feeling. The 2015 NCAA Cross Country Championship hosted by the University of Louisville at Tom Sawyer State Park will be etched in the memory of each and every member of the Lobo cross country family, both present and past for the record breaking accomplishment, the first in program history. Winning an NCAA Championship in any sport is incredibly difficult, and the odds are heavily stacked against a school, especially in sports like cross country which have huge numbers of institutions supporting them. The NCAA began offering a championship for women in 1981 and in that 34 year history only 14 of the 336 programs that compete in cross country have been able to say.....we **ARE** NCAA Champions. And to top it



off the Lobo women put together a historic performance scoring the lowest number of points in NCAA history, and laying claim to saying, "we are the best of all-time" which adds just another layer to an already special accomplishment. Doing something "historic" also adds significance to the accomplishment since there are wonderful moments in an athletic department history. Take for example the small picture to the upper right which shows the very first Lobo track & field team from 1906. Here we are 109 years later and this photograph has incredible importance. The picture to the left of the seven women who raced will also go down as a historic milestone and in 25, 50, 75, or 100 years those future athletes and alums will be able to stare at the picture and know how special this group was.

L-R: Heleene Tambet, Molly Renfer, Courtney Frerichs, Rhona Auckland, Calli Thackery, Alice Wright, Whitney Thornburg



Photo by Mike Mulcahy



All season long the #1 ranked Lady Lobos handled the expectations and pressure with great maturity, and focused on simply trying to attain the very best result they could, regardless of what that ended up being. Most publications and pundits felt the UNM team would win the championship and had the chance to be the best ever, but the road to success is littered with individuals and teams that could not live up to the hype, and deal with the simple task of running 6000 meters together as a team, sacrificing individual goals for team goals, and having great pride in wearing the magical turquoise uniform. The classic example of the best team NOT winning was in 2004 when the most dominant men's program in NCAA cross country history (Wisconsin) came into the meet the proverbial favorite with three world-class distance runners on their team, but was outdueled by four points (90-94) by the Colorado Buffaloes who ran an incredible team race without any mistakes. (BTW: Butler University men's program shocked everyone that year by having an unheralded team finish fourth on the podium.....a team coached by Joe Franklin!)

When the meet was concluded and the Lobos had scored a new NCAA womens record low score of 49 points the buzz was strong about the domination of the team. No team had ever scored under 60 points, or 50 points for that matter. To examine that domination just slightly more the previous all-time record low in a 31 team field (the NCAA went to 31 teams in 1998 where prior to that there were only 13 teams in 1981, then 16 teams from 1982 - 1988, and 22 teams from 1989 - 1997) was 62 points by the 2001 BYU juggernaut just under the 63 points Colorado put up in 2004. Never before had any team been able to place all five scorers in the overall top 25 finishers of the race, which given there are 255 athletes in the race is challenging to do. There are 31 teams represented plus another 38 athletes who qualified as individuals not on a qualifying team. The Lady Lobos individual overall finishes of 4-5-13-15-24 was just a stunning example of strong running. The domination was complete and absolute winning by 80 points over second place Colorado which is one of the three largest score differences in

## CONSISTENCY AT NCAA WOMEN'S CHAMPIONSHIPS

Since the University of New Mexico women's program started its annual trek to the NCAA Championships the following 8 programs have qualified to the NCAA cross country championships each of the last 8 years, the only teams of the 336 NCAA Division I programs to do so. Listed is their NCAA finish each year and then their total places during that eight-year time span. This shows the strength of the Lobo women's cross country program.

	<u>2008</u>	<u>2009</u>	<u>2010</u>	<u>2011</u>	<u>2012</u>	<u>2013</u>	<u>2014</u>	<u>2015</u>	
Oregon	2nd	9th	12th	5th	1st	14th	6th	3rd	52 points
<b>NEW MEXICO</b>	<b>18th</b>	<b>13th</b>	<b>5th</b>	<b>9th</b>	<b>10th</b>	<b>10th</b>	<b>3rd</b>	<b>1st</b>	<b>69 points</b>
Georgetown	9th	21st	4th	1st	2nd	5th	4th	20th	76 points
Washington	1st	3rd	16th	2nd	9th	17th	23rd	10th	81 points
Stanford	8th	16th	13th	10th	3rd	11th	14th	14th	88 points
Michigan State	11th	26th	23rd	16th	16th	6th	1st	13th	112 points
Michigan	16th	27th	22nd	15th	5th	4th	18th	6th	113 points
Minnesota	12th	10th	27th	27th	22nd	20th	31st	18th	167 points

history. In fact, the sixth finisher for the Lobos placed 74th overall and you could have added the scores of the first six Lobos together and they would have still won the meet against Colorado's five scorers. Any one of the top five finishers could not have run and UNM would have still won the meet. In every conceivable fashion the Lobo harriers put on a racing clinic to all in attendance.

**A NINE YEAR JOURNEY:** Most people will look at the 2015 meet and focus on just what happened on November 21, 2015 at noon but the seeds of the NCAA Championship were actually spawned nine years before when **Head Coach Joe Franklin** got to Albuquerque. Coach Franklin set in motion a master plan to fulfill one of his coaching dreams.....win an NCAA Cross Country Championship. Utilizing his skills which were honed at Butler University prior to coming to the Lobos he started to lay the foundation. In his first New Mexico fall campaign in 2007 without any chance to recruit the women matched the previous years MWC third place finish, and did likewise at the NCAA Regional Championship where they finished sixth, but that did not advance the team to the





The 2015 NCAA Championship begins. L-R: Molly Renfer, Calli Thackery, Courtney Frerichs, Whitney Thornburg, Alice Wright, Rhona Auckland

NCAA's. Then with one year of recruiting and instituting his coaching philosophy Coach Franklin guided the 2008 women to a second place finish in the NCAA Regional which advanced them to the NCAA finals where the team finished 18th. Then in 2009 the team finished 13th and the program took off, following that up with five consecutive Top 10 finishes (5th-9th-10th-10th-3rd). The countless hours of recruiting, selling the program, trying to find new outside ways of keeping the group healthy, fund-raising to help the program grow, and convincing talented women to come to Albuquerque was always behind the scenes. It has been an arduous journey which has culminated in Coach Franklin being honored as **NCAA COACH OF THE YEAR FOR 2015!**



The Lobo ladies in their distinctive turquoise tops can be seen way in the back on the very outside of the running course. They were trying to work their way through the crowded field.

**THE MEET:** On the Wednesday prior to the meet Louisville was hit by a huge rainstorm which left the course unrunable on Thursday as teams started showing up. But on Friday it was a gorgeous late fall day, with nice sunshine and good conditions on the course. Unfortunately, there was a major rain and cold storm brewing in the midwest and local weathermen predicted the new heavy storm would come in sometime mid-afternoon on Saturday. With the women racing at noon, and the men racing at 1:00pm there was at least a chance the races would be completed by the time the storm rolled in. When teams got to the course at about 10:30am the conditions were pretty good, but very quickly the wind picked up and the tem-

perature slowly cooled. At noon-time the athletes were called to the starting line to get the festivities started with the temperature at 50 degrees. The Tom Sawyer State Park course is not a traditional national championship type course as it is in a state park that is used year-round for recreation. So the running course has poor footing in spots, tree roots sticking up out of the ground, and assorted other issues. The course starts out across a large field and then quickly narrows to go over several ditches, which are hard on the legs. With 255 runners all trying to get through the gully it can become quite dangerous as in the two meets Louisville hosted this fall athletes fell during that part of the course. Running out of starting box 10 the Lobo women were forced outside and directly into the path of the gully. The race then heads out past the 1000 meter point before heading into a wooded section which is difficult for spectators to see before coming back into view near the starting line at roughly 2500 meters. The Lobo ladies got swallowed up at the beginning of the race and by the 1000 meter point were nowhere to be seen running way back in the pack. But as they had done all season long the group did not panic, and worked confidently to get through the packs of runners as efficiently and easily as possible. The first timing pad was set up at 2000 meters into the race which would tell everyone exactly what place they were in, and what the total team



score was. The second 1000 meters was much better than the first one and junior **Alice Wright (Worcester, England)** had done a nice job of sliding through the race to get all the way up to 12th place overall at 6:40.9, right behind the leader from Oregon who clocked 6:40.3. Senior **Molly Renfer (Esher, England)** was second for the Lobos at 41st place and 6:42.2 with classmate **Courtney Frerichs (Nixa, Missouri)** next at 66th place and 6:44.7. Junior **Rhona Auckland (Torphins, Scotland)** was the Lobos fourth runner at 74th place and 6:45.1 and rounding out the scoring five was senior **Calli Thackery (Yorkshire, England)** at 78th and 6:45.4. When the large videoboard flashed up the early team scoring at 2000 meters it showed Oregon way out in front at 89 points with New Mexico second at 137 and Washington third at 162. While some in the crowd may have felt pressure and stress the ladies had set themselves up to work through the group to get more to the front section of the race by the halfway point. It was between 2000 meters and 3000 meters that UNM flexed its proverbial muscles and changed the outcome of the meet. As the course map on the next page shows after the 2000 meter point the runners make a sharp left hand turn, run down a gravel road before making a sharp right hand turn heading back into a wooded section. Once athletes return to view at about 2800 meters a better analysis can be made on how the team is doing. As the pictures below show (just when they are exiting the woods about 2800 meters into the race) Alice was still in the large lead pack of 15 runners, but the important part was that Molly, Courtney, and Rhona had found each other (run to the turquoise) and now were side by side in 22nd/23rd/24th

position. And about seven meters behind them in 28th place was Calli. So in 800 meters (1/2 mile) the Lobo top five had gone to an overall placing of 12-41-66-74-78 (not team scoring since individuals were still in this count) to 14-22-23-24-28! That is a drop from 271 overall team points to 111 team points and if the non-team runners were pulled out most likely meant UNM had taken the team lead from Oregon. Now with the team in position they had to navigate the remainder of the course and stay in those hard fought positions. Once the race passed the 3000 meter point the runners just looped the large starting



#### CHANGING OF THE GUARD

*The top picture shows Alice maintaining her position in the leading pack at 2800 meters into the race while the picture to the right shows Molly, Courtney, and Rhona grouped together.*





# NEW MEXICO LOBOS AND COACH FRANKLIN IN ELITE COMPANY

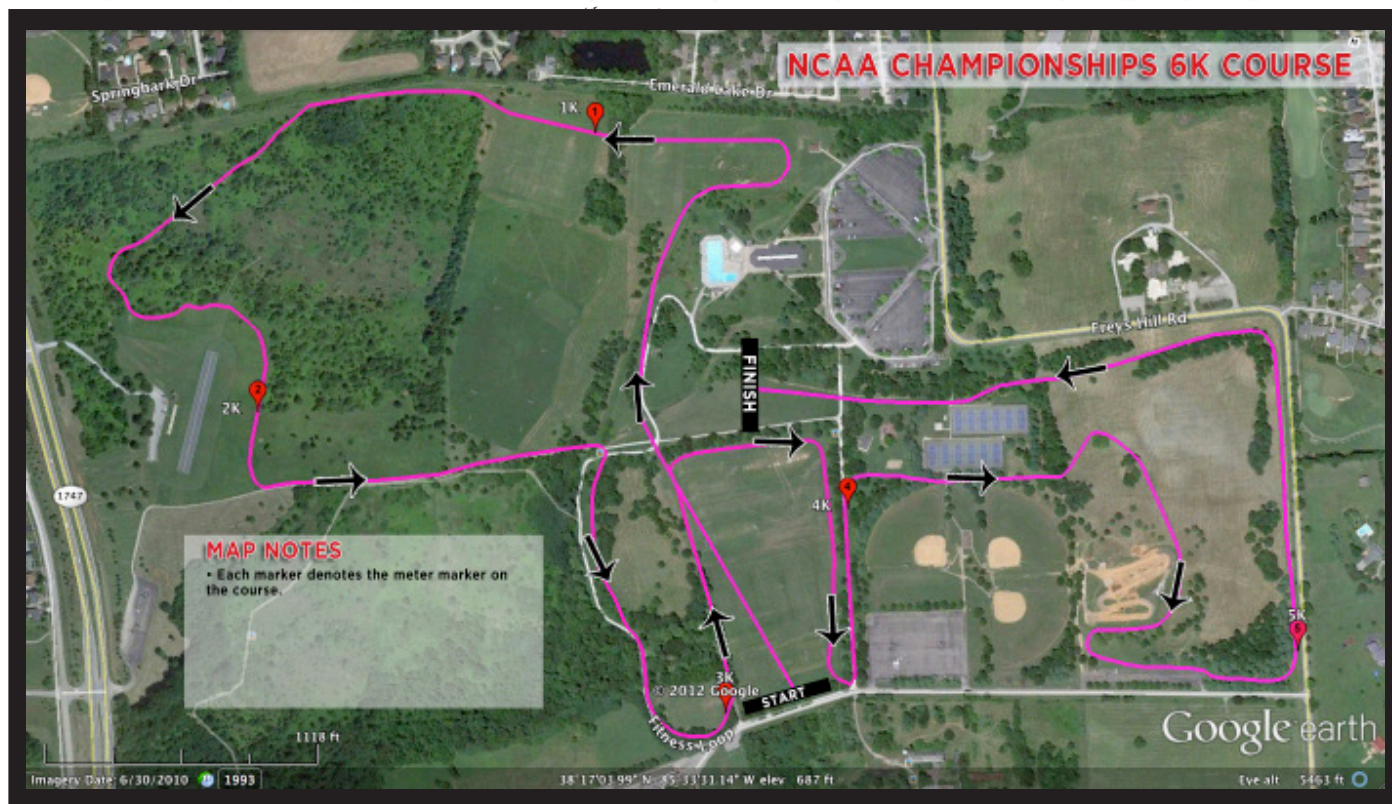
In the 34 year history of the NCAA women's cross country championship only 14 programs (out of the 336 Division I programs) have been able to win the championship.

Villanova - 9 times; Stanford - 5 times; BYU - 4 times; Oregon - 3 times; Wisconsin - 2 times; Providence - 2 times; Virginia - 2 times; Colorado - 2 times; Texas - 1 time; Kentucky 1 time; Georgetown - 1 time; Michigan State - 1 time; **NEW MEXICO - 1 TIME.**

The select coaches (18) who have been able to stand on the top of the podium with their teams.

Marty Stern  
Patrick Shane  
Peter Tegen  
Peter Tegen  
Martin Smith  
Tom Heinenon  
Gina Procaccio  
Ray Treacy  
Mark Wetmore  
Terry Crawford  
Don Weber  
Vin Lananna  
Marcus O'Sullivan  
Dena Evans  
Greg Metcalf  
Chris Miltenberg  
Maurica Powell  
Walt Drenth  
**Joe Franklin**

Villanova (six times, 1989, 1990, 1991, 1992, 1993, 1994)  
BYU (four times, 1997, 1999, 2001, 2002)  
Stanford (three times, 2005, 2006, 2007)  
Wisconsin (twice, 1984 & 1985)  
Virginia (twice, 1981 & 1982)  
Oregon (twice, 1983 & 1987)  
Villanova (twice, 2009 & 2010)  
Providence (twice, 1995 & 2013)  
Colorado (twice, 2000, 2004)  
Texas (1986)  
Kentucky (1988)  
Stanford (1996)  
Villanova (1998)  
Stanford (2003)  
Washington (2008)  
Georgetown (2011)  
Oregon (2012)  
Michigan State (2014)  
**New Mexico (2015)**







*The top picture shows Alice who put herself out with the leaders and was never tentative. Notice #266, Erin Finn from Michigan, one of the pre-meet individual favorites. Look at her feet! Finn got both shoes knocked off early in the race and had to run on the gravel roads and roots bare-foot! That is one tough runner. The middle picture shows the group just past the 4000 meter point of the race and the lead group of 20. The bottom picture shows Molly and Calli doing exactly what you want teammates to do - find each other and help each other to continue to persevere.*



field and hit the 4000 meter point on the other side of the starting line. By the 4000 meter point the race had been blown up and people started falling off the pace from the leaders. There was a clearly defined group of 20 athletes running tightly packed (with Alice, Courtney, Rhona) and then about ten meters and another group of five athletes tightly bunched (with Molly and Calli side by side in this group). So between 3000 meters and 4000 meters the ladies had found each other and were running in team tandem. As pictures on the next page show Heleene Tabet and Whitney Thornburg were absolutely rolling trying to make up for getting caught in the back of the race when it started. Both of them were sprinting past runners like they were standing still. After 4000 meters the runners made a sharp left hand turn, ran down another gravel road, then turned right heading out past the finish line and then out into a big long loop. Not many people saw the runners once they passed the finish line given the course is laid out a long way from the far eastern part of the course to the far western part of the course. One almost had to choose where you wanted to see the athletes. As the Lobo women took off for the long loop they were totally and completely in control. While they were running as hard as they could, their faces almost looked calm, which indicates high level fitness and a strong





Top Left Picture: Rhona Auckland. Top Right Picture: Heleene Tambet got into a terrible spot early in the race and was in 174th place at 2000 meters. But she got rolling and was flying by runners like they were standing still. In the last 4000 meters of the race Heleene passed an amazing 100 runners! Likewise, the bottom right picture shows Whitney Thornburg who was 173rd at 2000 meters. She did the same things as Heleene and passed 64 runners over the final 4000 meters.....WOW.

belief in what they are accomplishing. The meet announcer kept the crowd aware of how dominating the Lobos were running. The next time the runners came into view was when they had about 400-500 meters left in the race. At this juncture the race was over but what was special about the Lobo women was they did not let up, and were driving hard to pass every possible athlete. Competitive athletes may know they have won, but to honor their university, their teammates, and their character they run the full race, and give every ounce of energy they can to make sure they have given an honest effort. Courtney was first across for the Lobos finishing fourth in 19:48 for the 6000 meter distance and earning her third consecutive All American honor after a 38th place finish in 2013 and a 13th place in 2014. The race finish results showed that between 2000 meters and the finish Courtney passed 62 athletes!! Alice was right behind at 19:53 in fifth, earning her second straight All American honor after last seasons 20th place. Alice becomes only the third Lobo woman to earn multiple cross country All American honors after Carole Roybal did it in 1984/1985/1986 and Charlotte Arter did it in 2013/2014. Rhona was next across the finish line in 13th place with a time of 20:07 with Calli in the same time but 15th place. Rhona passed 61 runners between 2000 and the finish line and Calli nabbed 63! Calli moved all the way from 43rd place last year and 67th the year before - now thats progress! All American Molly finished off the teams last scoring member as she clocked in at 24th place with a 20:17. It should be noted that last year as a senior at Harvard Molly finished 18th in the NCAA REGIONAL meet, not even qualifying to the NCAA finals. What huge improvement to go from 18th in a regional meet to 24th in the NCAA Championships.....double WOW. Sixth in for the Lobos was Heleene who finished 74th in 20:40, improving from the 93rd position she was in 2014. Heleene ended up passing



100 runners from 2000 meters to 6000 meters. Whitney who finished 42nd last year in the Northeast regional while running for Harvard placed 109th in 20:55. She clicked past 64 athletes between 2000-6000. Just a massive improvement. When the videoboard completed its tabulation it showed what everyone knew who watched the race - the Lobos won the championship with the lowest score in history. Now this team will be discussed in the context of "the best team ever" which is something they can look back fondly on. It was an all around Lobo day.

### INDIVIDUAL RESULTS

**OVERALL WINNER: MOLLY SIEDEL, NOTRE DAME, 19:28**

	2000 meters	6000 meters
4. Courtney Frerichs	6:44	19:48 (13:04)
5. Alice Wright	6:40	19:53 (13:13)
13. Rhona Auckland	6:45	20:07 (13:22)
15. Calli Thackery	6:45	20:07 (13:22)
24. Molly Renfer	6:42	20:17 (13:35)
74. Heleene Tambet	6:56	20:40 (13:44)
109. Whitney Thornburg	6:56	20:55 (13:59)



Courtney Frerichs on the left and Alice Wright on the right making the final turn and heading to the finish line. Behind Alice is shown Rhona.





**Rhona  
Auckland**



Molly with less than 400 meters to go takes aim at the #1 Duck from Oregon.....of course she finished three places ahead of the yellow clad Duck!





**ALL AMERICAN  
COURTNEY  
FRERICHS**

Photo by Mike Mulcahy



**ALL AMERICAN  
ALICE WRIGHT**

Photo by Mike Mulcahy





**ALL AMERICANS  
RHONA AUCKLAND  
CALLI THACKERY**

Photo by Mike Mulcahy



**ALL AMERICAN  
MOLLY RENFER**

Photo by Mike Mulcahy





Heleene Tambet on the left and Whitney Thornburg on the right finishing off their NCAA run.

# HAPPY TIME







Photo by Mike



Photo by Mike Mulcahy



Photo by Mike Mulcahy





Photo by Mike Mulcahy



Photo by Mike Mulcahy

## Elite Coaching Company

The NCAA began offering a men's championship in 1938 and added a women's championship in 1981. In that span of 34 years with both genders being offered there has only been a select group of coaches out of the thousands who have tried who have been able to get a team on the podium (top 4) with both programs. While the head coach at Butler Coach Franklin achieved a fourth place finish in 2004 with his men's team. In 2014 the Lobo women placed third place and in 2015 the women placed first allowing Joe to join this elite coaching group.

Coaches who have been able to get a men's and women's team on the Podium at the NCAA Championships

- |                        |   |
|------------------------|---|
| 1. Dave Murray         | University of Arizona                   |
| 2. Ray Treacy          | Providence College                      |
| 3. Rollie Geiger       | North Carolina State                    |
| 4. Vin Lananna         | Stanford                                |
| 5. Martin Smith        | Wisconsin - men; Virginia - women       |
| 6. Marty Stern         | Villanova                               |
| 7. Mark Wetmore        | Colorado                                |
| 8. Ron Mann            | Northern Arizona                        |
| 9. <b>JOE FRANKLIN</b> | <b>Butler - men; New Mexico - women</b> |



Photo by Mike Mulcahy

### FRANKLIN NAMED 2015 NCAA COACH OF THE YEAR

The United States Track & Field/Cross Country Coaches Association voted Head Coach Joe Franklin as their 2015 recipient. It is the second NCAA Coach of the Year Award for Coach Franklin as in 2004 he earned that honor when he was at Butler University. Woof, Woof.

Pictured L-R: Coach Rich Ceronie, Coach Joe Franklin, Coach Laura Bowerman, Coach Jimmy Butler, Athletic Trainer Sarah Bair



# UPDATED HISTORY LESSON:

## The University of New Mexico Lobos have a strong history of cross country success and those present athletes should strive to build on that legacy. This is a look back at previous Lobo athletes & teams at the NCAA's.

### MEN

1950 at Michigan State	Clarence Watson - 64th place
1966 at Kansas	UNM team placed 11th (George Scott - 4th; Web Loudat - 17th; Adrian DeWindt - 61st; Mike Thornton - 138th; Peter DiOrio - 183rd)
1975 at Penn State	UNM team placed 14th - (Lionel Ortega - 24th; Matt Segura - 53rd; Faustino Salazar - 107th; Walter Johnson - 129th; Jay Miller - 188th; Ron Maestas - 198th; Mark Bjorklund - 220th)
1976 at North Texas State	Peter Butler - 253rd
1977 at Washington State	Harrison Koroso - 138th
1979 at Lehigh	Kip Koskei - 3rd
1981 at Wichita State	Ibrahim Kavina - 21st
1982 at Indiana University	Ibrahim Kavina - 25th
1983 at Lehigh	Ibrahim Kavina - 18th
1988 at Iowa State	UNM team placed 20th - (Bill Mangen - 37th; Shawn Burke - 102nd; Terry Burwell - 131st; Matt Young - 148th; Wilfred Griego - 157th; Jeff Newland - 171st; Joey Farrell - 172nd)
2001 at Furman	Matt Gonzales - 30th Ben Ortega - 106th
2002 at Indiana State	Matt Gonzales - 156th
2004 at Indiana State	UNM team placed 9th - (Matt Gonzales - 2nd; Shadrick Kiptoo-Biwott - 14th; Ben Ortega - 106th; Cameron Clarke - 139th; Sean Flaherty - 175th; Steve Martinez - 190th; Nick Martinez - 235th)
2007 at Indiana State	Jeremy Johnson - 20th
2009 at Indiana State	UNM team placed 8th (Jacob Kirwa - 11th; Rory Fraser - 63rd; Chris Barnicle - 108th; Lee Emanuel - 115th; Dave Bishop - 142nd; Ross Millington - 150th; Keith Gerrard - 161st)
2010 at Indiana State	UNM team placed 16th - (Keith Gerrard - 40th; David Bishop - 41st; Ross Millington - 96th; Brock Hagerman - 126th; Rory Fraser - 152nd; Nicholas Kipruto - 176th; Alex Willis - 178th)
2011 at Indiana State	UNM team placed 31st - (Sean Stam - 139th; Pat Ortiz - 213th; Pierre Malherbe - 235th; Mike Asay - 238th; Allen Pittman - 242nd; Vincent Montoya - 250th)
2012 at Louisville	UNM team placed 21st - (Luke Caldwell - 27th; Elmar Engholm - 85th; Sam Evans - 1216th; Pat Zacharias - 133rd; Donovan Torres - 223rd; Sean Stam - 227th)
2013 at Indiana State	UNM team placed 11th - (Luke Caldwell - 10th; Pat Zacharias - 53rd; Adam Bitchell - 61st; Ross Matheson - 131st; Sean Stam - 157th; Elmar Engholm - 186th; Donovan Torres - 223rd)
2014 at Indiana State	UNM team placed 14th - (Jake Shelley - 50th; Elmar Engholm - 78th; Todd Wakefield - 93rd; Ross Matheson - 119th; Dan Studley - 131st; Alex Cornwell - 178th)

### WOMEN

1981 at Wichita State	UNM team placed 11th - (Linda Mitchell - 65th; Joan Sterrett - 72nd; Kristie Rapp - 74th; Val Fisher - 77th; Lisa Mitchell - 83rd; Cynthia Valdez - 102nd; Loretta Chavez - 105th)
1984 at Penn State	Carole Roybal - 19th
1985 at Marquette	UNM team placed 14th - (Carole Roybal - 13th; Dawn Driacho - 74th; Jule Farrer - 96th; Diana Baca - 105th; Yvette Haran - 107th; Delores Zamoia - 124th; Dawn Gale)
1986 at Arizona	Carole Roybal - 28th
1988 at Iowa State	Gwen Willink - 36th
1992 at Indiana University	Kelly Dix - 109th
1997 at Furman	April Brannon - 100th
2001 at Furman	Jackie Gallegos - 217th
2004 at Indiana State	Jackie Gallegos - 69th
2006 at Indiana State	Timmie Murphy - 115th
2008 at Indiana State	UNM team placed 18th - (Nicky Archer - 56th; Michelle Corrigan - 85th; Lacey Oeding - 140th; Carolyn Boosey - 152nd; Ashley Gibson - 167th; Leslie Luna - 193rd; Emma Reed - 223rd)
2009 at Indiana State	UNM team placed 13th - (Ruth Senior - 46th; Nicky Archer - 68th; Lacey Oeding - 79th; Delyth James - 126th; Carolyn Boosey - 135th; Ashley Gibson - 191st; Vanessa Ortiz - 228th)
2010 at Indiana State	UNM team placed 5th - (Natalie Gray 15th; Ruth Senior - 33rd; Sarah Waldron - 44th; Kirsty Milner - 56th; Delyth James - 146th; Vanessa Ortiz - 156th; Shawna Winnegar - 224th)
2011 at Indiana State	UNM team placed 9th - (Ruth Senior - 41st; Natalie Gray - 81st; Kirsty Milner - 91st; Imogen Ainsworth - 94th; Josephine Moultrie - 131st; Sarah Waldron - 148th; Shawna Winnegar - 218th)
2012 at Louisville	UNM team placed 10th - (Josephine Moultrie - 30th; Charlotte Arter - 51st; Lacey Oeding - 67th; Shawna Winnegar - 135th; Imogen Ainsworth - 168th; Kirsten Follett - 175th; Chloe Anderson - 230th)
2013 at Indiana State	UNM team placed 10th - (Sammy Silva - 12th; Charlotte Arter - 18th; Calli Thackery - 67th; Heelene Tambet - 146th; Tamara Armoush - 149th; Kirsten Follett - 218th; Nicole Roberts - 232nd)
2014 at Indiana State	UNM team placed 3rd - (Alice Wright - 20th; Charlotte Arter - 22nd; Calli Thackery - 43rd; Tamara Armoush - 73rd; Heleene Tambet - 93rd; Nicola Hood - 111th; Amber Zimmerman - 141st)
2015 at Louisville	UNM team placed 1st - (Courtney Frerichs - 4th; Alice Wright - 5th; Rhona Auckland - 13th; Calli Thackery - 15th; Molly Renfer - 24th; Heleene Tambet - 74th; Whitney Thornburg - 109th)



## 2016 Indoor Track & Field



University of  
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News, Views,  
Previews, Reviews



Volume 7, #120

Friday & Saturday, January 22-23, 2016  
Cherry & Silver Collegiate Invitational

**COACHES CORNER:** It is always difficult in the first athletic competition of a season to quantify exactly....."how did we do" questions. I guess it depends on how you answer that question since exactly what are you comparing it to? Each year brings new elements to the equation thus things are not always the same. As an example, in 2015 many of the Lobo indoor track team spent a week in Colorado Springs over the Christmas recess training at the Air Force Academy indoor track facility, and then competing in the Air Force Open. Then when they returned to Albuquerque the indoor track was set up, and they could all practice their events on their home facility. Those that stayed on campus not going to Air Force trained outside in relatively mild weather conditions. In 2016 with a five week Christmas recess there was no training trip or competition trip to Colorado. The team had to practice outside and the weather in Albuquerque was unseasonably cold and raw, and with the city putting in a brand new world-class Mondo surface on the indoor facility it was not useable until the day prior to the Cherry & Silver meet. So unquestionably the preparation in 2015 was superior to 2016. So logically speaking one might expect the performances in 2016 to be inferior to 2015. But not so fast, lets at least look farther into the question! One way to possibly compare competitions that were essentially one year apart (2015 first meet was on January 24th, 2016 was on January 22/23) is to take a look at the athletes on the team that competed in the same event, but in different years. From this years 2016 team there were 26 men and women who did exactly the same event this year they did in the opening competition of 2015. Those 26 athletes competed in a total of 36 events (some athletes did more than one event) and 20 of the 2016 team performed better than they did in 2015, while 16 athletes achieved a better performance in 2015. So maybe a slight edge to this years team. Another possible way to see how this years team stacks up is to score the two years against each other as a dual meet. In dual (two) scoring it is five points for first, three points for second, and one point for third. If we just took the actual performances of the 15 events contested and did not worry about who was in the events, and scored it out we could compare years. So in 2015 Ridge Jones ran 6.80 for the 60 meters with Allan Hamilton next at 6.93. This year Allan ran 6.84 and Ridge 6.85 so the scoring would be 2015 (5 pts), 2016 (3 pts) and 2016 (1 point). Scoring it out in that manner the 2015 versus 2016 men's teams would be tied at 56-56 points. On the women's side the 2015 team would have beat the 2016 team by a scant one point (48-47). So at the end of the day this would be the summary of "how did we do". The 2016 team has excellent talent, is probably a couple of weeks behind the 2015 team in terms of preparation, but by the end of the season can be quite good. It all depends on how focused and willing to listen to coaches the Lobo athletes are. Successful teams have athletes that are good "listeners" and that will be the challenge for every athlete in the program. Listen, learn, and integrate the knowledge and know-how in order to rise to the maximum possible.



## Hadnot Wins Triple Jump and Shoots onto National Ranking

Junior Jannell Hadnot (Tokay HS, Lodi, CA) the 2015 Indoor Mountain West Conference runner-up in the Triple Jump got right to work as she bounded to a victory over the #8 ranked athlete in the nation. Nickevea Wilson, from UTEP came into the Cherry & Silver meet with the eighth best distance in the country (42' 6 1/4"). Jannell put pressure on right away spanning 41' 5" on her first very first attempt. The UTEP Miner faltered slightly fouling her first two attempts before taking the lead with a 41' 5 1/4" jump. Going into the finals the Miner could not improve on her prelim jump, while Jannell spanned 41' 8 3/4" in the fifth round, which held up through the completion of the competition. For not having any practice time Jannell had five of the six attempts legal, and those five jumps averaged a solid 40' 5". Jannell's winning leap should have her ranked in the top 20 nationally after the weekend is completed.

## Hamilton Takes Advantage of Silver Medalist in Field

Many of the UNM home indoor track meets are open competitions which means both collegiate and professional athletes compete together. Given the world-class Mondo facility, and the springy and fast runways in the Convention Center almost every weekend a world-ranked athlete comes to town. This week Fabrice Lapierre from Australia, the 2015 World Championship silver medalist in the Long Jump (27' 1/2") came to get in some good early season jumping. Senior Allan Hamilton (Edinburgh, Scotland) a 2015 indoor All American in the Long Jump (25' 4 3/4" PR) benefited from that. Both athletes fouled in the first round and then LaPierre got off a nice 25' 10 1/4" leap. Allan responded with a 24' 5 and they went into the finals 1-2. In the finals Allan was able to extend his best out to 24' 9 1/4" good for the top collegiate jump in the field of of roughly two dozen athletes. Allan's jump





Photo courtesy of Mike Mulcahy

should move him into the top 20 of the NCAA rankings, and place him back in his accustomed spot in the Mountain West Conference Rankings.....first. Senior Yannick Roggatz (Birkenau, Germany) also sailed over 24' as he came down in the sand at 24' 2 1/2". That distance should move Yannick to second or third in the MWC rankings.

### 4x400 Relay Runs to 10th Fastest Time in History

After an intensely heavy week of lower body weight training under strength guru Ryan Dupre there most likely was some residual fatigue on Saturday when the 4x400 relay ran. Because of this factor there wasn't high expectations as far as racing to a quick time, but more so a focus on competing hard and executing tactically. Froshie Larimar Rodriguez (Cleveland HS, Rio Rancho, NM) led off the quartet getting far behind in the first lap, before making a nice move forward from 250 meters to the finish and clocking in at 58.2, handing off to Zoe Howell. Zoe looked a little lethargic during the first lap, but really fought hard like Larimar to close well, and surprisingly split 56.8, almost a second faster than she did at this meet last year. Zoe handed off to Haley Sanner (Cajon HS, San Bernadino, CA) and HS proceeded to split another solid 57.5. Running anchor was Holly Van Grinsven (Brentwood, TN) last years MWC indoor 400 meter champion. Holly, after three tough races in the 60 Hurdles certainly was not fresh, but still ran a nice 56.2. When the finish clock read 3:49.32 it was a nice feeling to know that even when dealing with copious amounts of accumulated fatigue, the Lobo quartet can be competitive. Certainly the group will look for faster and faster performances as the season progresses.



Photo courtesy of Mike Mulcahy

Froshie Abigail Smith (Westlake Village, CA) is shown during her first collegiate 60 meter dash, where she recorded a solid 7.79 clocking.



Photo courtesy of Mike Mulcahy





## Blount Has Big Day with Ball & Chain Event

Sophomore **Amaris Blount** (Rio Rancho, NM) redshirted last year since she had never thrown the 20 Lb Weight Throw, and needed time to learn the intricacies of the complex event. She did get one good throw last year when she spun the ball out to 53' 2 1/4". This year under the tutelage of new throws coach Matt Hull, Amaris has started to blossom in the event, being much more comfortable. Case in point, during the 2015 track meet on the same day, Amaris finished 32nd out of the 37 athletes in the meet with a best throw of 40' 9 1/2".

This year in a field of 34 throwers Amaris finish 7th overall with an excellent distance of 54' 4 3/4". That distance will move her up close to the top ten in the MWC, and it also vaults her up to the #3 performer in Lobo track history. The two athletes ahead of her both ended their Lobo careers as conference scorers so Amaris is definitely headed in the right direction.



A picture from the catwalk of the Convention Center showing Scott Bajere during the 60 meter sprint start.

### Three Vaulters Sail Over 12'

Senior **Annie Stirling** (Cimmaron, NM), sophomore **Kathryn Whiting** (Santa Cruz, CA), and redshirt sophomore **Alissa Soderberg** (Villinge, Sweden) all were able to clear 12' in the opening meet of the season.

For Alissa, pictured above on the runway, and then heading upside down it was a long journey to that bar clearance. Prior to coming to New Mexico she had placed in the world junior championship having cleared 13' 9 3/4" which would place her high on the NCAA ranking list. Unfortunately, just before heading to UNM last year to begin her freshman year, she severely injured her knee while vaulting, and had to spend all of last year rehabbing that knee. She had torn the knee up pretty bad, so the rehab was long and arduous, and it was learning to walk, then jog, then run all over again. And then the process of learning to vault all over began. While the bar clearance of 12' may not seem much given her former PR's it is a BIG step (or vault) in the right direction and a good indication of future success.





## Howell Runs the 5th Fastest 600 in School History

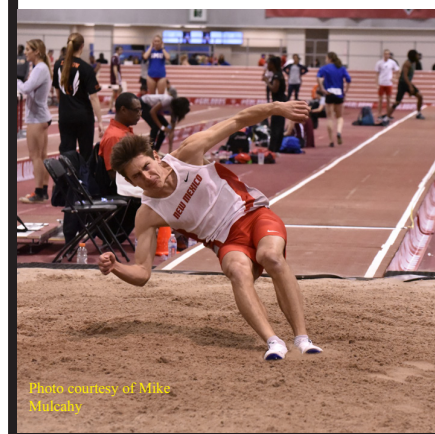
During the first meet of 2015 senior **Zoe Howell** (Socorro, NM) pictured to the left clocked 1:34.49 in the 600 meters, which was a PR for her at that time. She later went on to produce a 1:33.23, before her sterling 1:32.90 school record race at the Don Kirby Elite Invitational. During that record run she split 26.9 for the 200 meters, and 59.5 for the 400 meters. The gun went off and three athletes tore away from the other three and by the 150 meter point there was a large gap between the trio leading and Zoe who was leading the second trio. The first group flashed across the finish line in a really fast 26.3. Zoe came through in 27.5 which was very solid, but looked slow compared to the others. ZH kept her composure and actually came through the 400 meter point in 59.2, faster than her record run. But she was running without anyone in front of her, so she had to do all the work herself which is not easy over the final lap of a 600. Regardless, her 1:34.02 is the fifth fastest 600 meters in school history, which is a good way to start the indoor season.



**Senior Holly Van Grinsven (Brentwood, TN)** is shown during one of her three 60 meter hurdle races. In the first round on Friday, comprised of 40 athletes, Holly clicked off a 8.53, which was the fifth fastest overall and moved her onto Saturdays sixteen athlete semifinal. In the semifinal HVG recorded a 8.66, which advanced her into the eight woman final. In the final, which was composed of six post-collegiate athletes along with two collegiate ones, she ran to a 8.56, good for seventh place overall.



Sports Photographers like Media Relations staffer Mike Mulcahy always seem to catch athletes in unique body positions during their competitions. Yannick Roggatz is shown taking off the long jump board in a very vertical position like he should be in, and then we see him a split second later hitting the sand in a different position. When we see these pictures we usually go.....ouch, that must have hurt. But most likely it didn't even bother Yannick when he landed.







*Allison Mady (La Cueva, ABQ, NM) is shown during the rotation of her Shot Put. AM spun the 4 kilo ball out to a 39' 8" collegiate PR.*



Sophomore **Mark Haywood (Alamogordo, NM)** is shown finishing off his first 400 meters of the season. Last year in his first race Mark clocked 49.20 while this year he sprinted to a good solid 48.69, which placed him as the fifth collegian in the meet out of 25 runners. Marks performance has him ranked #4 in the Mountain West Conference. MH's indoor PR is 48.58 so it would appear he is well on his way to a nice PR this indoor season.



New Mexico PR's  
Three former New Mexican high school athletes recorded new PR's. The picture to the upper left shows Belen HS product Tyler Valdez running to a huge PR in the 3000 meters. Last year he recorded a 9:10.59 and this year he lowered that time all the way down to 8:45.59. The above picture shows former Cleveland/Rio Rancho athlete Cheyenne Dorsey who clocked a new PR in the 600 meters (1:23.11). The picture to the left shows freshman and former La Cueva athlete Natasha Bernal dressed in a black top and striped shorts running the mile. Natasha who may redshirt during the indoor season ran unattached, but still came up with a big PR as her former 1600 meter high school best was 5:05 and she won the women's mile race with a blistering final 200 meters to clock 4:56.20 for the full mile distance (1609 meters). Nice results from the local athletes.



**Froshie Larimar Rodriguez (Cleveland, Rio Rancho, NM is shown chasing the leader in the 400 meter during her heat. LR crossed the finish line in 58.83.**



**Allan Hamilton speeds down the sprint straight in the first round of the 60 meter dash. Allan missed his PR by a slight .04 as he ran 6.84.**



**How Do They Stay in Their Lane?????**  
**Mustafa Mudada (Highland, ABQ, NM) is shown running away from three competitors in the 200 meters. MM clocked a fine 22.29 opener. But the bigger question is every guy is shown with his eyes closed!! So how DO they not drift out of their lane??? Inquiring minds want to know.**



**WHAT DO ALL THE SYMBOLS MEAN?????** In parentheses after a performance will be a 1st, 2nd, 3rd, etc. This indicates the COLLEGIATE place in the meet that athlete finished. All unattached or professional athletes are removed since we are most focused on NCAA competition. After that may be two numbers like (2,8). This stands for how the athlete ranks on the All Time Top Ten Indoor Track & Field PERFORMER AND PERFORMANCE list. The number on the LEFT indicates how that athlete is ranked as far as individual PERFORMERS are concerned. The #2 would tell us that performer (athlete) is the second-best in New Mexico indoor track & field history in that event. The number on the RIGHT indicates how that performance is ranked in relation to all the top performances in New Mexico history in that event. The #8 would tell us that performance is the 8th best in New Mexico history in that event. It is possible, and even probable that one athlete could have many performances which rank in the top ten during their four year career. An x on the LEFT (x,8) tells us that they have achieved a better performance before, while on x on the RIGHT (8,x) tells us it doesn't make the performance list. **PR indicates a PERSONAL RECORD** (their best ever in that event). An @ indicates the performance has been altitude adjusted based on the NCAA protocol.

## CHERRY & SILVER COLLEGIATE INVITATIONAL JANUARY 22-23, 2016

### MEN

60	Allan Hamilton 6.84@	Ridge Jones 6.85@	Scott Bajere 6.87@
	Ryan Chase 7.15@	Will Carter 7.25@	Sam Trigg (Unattached) 7.29@
	Beau Clifton 7.30@		
60H	Yannick Roggatz 8.52@ 8.54@	Parker Jones 9.03@	Beau Clifton 9.76@
200	Mustafa Mudada 22.29@	Chris Kline 22.51@	Isaac Gonzales 22.55@ <b>PR</b>
	Carlos Salcito (Unattached) 23.05@	Will Carter 24.38@	
400	Mark Haywood (22.2) 48.69@ (5th)	Carlos Salcito (Unattached) (23.5) 50.46@	Isaac Gonzales (23.1) 50.67@
600	Cheyne Dorsey 1:23.11 <b>PR</b>	Adam Monroe 1:23.19	
800	Elmar Engholm 1:53.20@ (2nd)	Josh Kerr (Unattached) 1:56.80@	
1 Mile	Chris Graham 4:23.36@ <b>PR</b>		
3000	Tyler Valdez 8:45.59@ <b>PR</b>	Jared Garcia (Unattached) 8:56.69@	
4x400	Cheyne Dorsey (48.9), Chris Kline (49.4), Mustafa Mudada (49.5), Mark Haywood (48.5)		3:16.88 (5th)
	Isaac Gonzales (51.0), Adam Monroe (52.3), Ryan Chase (50.9), Beau Clifton 51.3		
LongJ	Allan Hamilton 24' 9 1/4" (1st)	Yannick Roggatz 24' 2 1/2" (3rd)	
HighJ	Joe Kloeppel 6' 4"		
PoleV	Jason Atencio 15' 1" (8th)	Ryan Chase NM	John Harari NM
ShotP	Daniel Lam 41' 7" <b>PR</b>	Beau Clifton 41' 5 3/4" <b>PR</b>	Ryan Chase 40' 7"

### WOMEN

60	Abigail Smith 7.79@	Aasha Marler (Unattached) 7.79@	Eryn Caldwell 7.90@
	Casey Dowling 7.96@	Jannell Hadnot 7.97@ <b>PR</b>	Peri Moran 7.97@
	Samantha Woodman 8.05@		
60H	Holly Van Grinsven 8.53@ 8.66@ 8.56@ (2nd)		
200	Haley Sanner 25.64@	Christina Clark 27.87@	
400	Larimar Rodriguez (27.5) 58.83@	Faith Cobb (27.2) 60.46@	Christina Clark (28.2) 61.39@
600	Zoe Howell (27.5-59.2) 1:34.02 (3rd) (x, 5)		
1 Mile	Natasha Bernal 4:56.20@ (Unattached)	Kendall Kelly 5:16.01@	
3000	MacKenzie Everett 10:14.44 (Unattached)	Reiley Kelly 11:24.45@	
4x400	Larimar Rodriguez (58.2), Zoe Howell (56.8), Haley Sanner (57.5), Holly Van Grinsven (56.2)		3:49.32@ (4th) (10,x)
LongJ	Samantha Bowe (Unattached) 18' 9 1/4"	Aasha Marler (Unattached) 18' 2 1/2"	
TripleJ	Jannell Hadnot 41' 8 3/4" (1st)	Aasha Marler (Unattached) 40' 11"	
PoleV	Alissa Soderberg 12' 1 1/2" (10,x)	Katherine Whiting 12' 1 1/2"	Annie Stirling 12' 1 1/2"
	Anna Duvall 11' 7 3/4"	Morgan Smith NM	
ShotP	Allison Mady 39' 8" <b>PR</b>	Amaris Blount 35' 4" <b>PR</b>	Samantha Bowe (Unattached 34' 10 1/2
	Kyra Mohn 33' 5 1/2"		
20lbWt	Amaris Blount 54' 4 3/4" (7th) (3,5) <b>PR</b>	Allison Mady 35' 4 3/4" (10,x) <b>PR</b>	



## 2016 Indoor Track & Field



University of  
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Wolftracks  
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News, Views,  
Previews, Reviews



Volume 7, #121  
Saturday, January 30, 2016  
New Mexico Team Invitational

### WOMENS TEAM SCORES

1. Nebraska	110
2. Colorado State	108
3. Texas Tech	104
4. Kansas State	74
5. New Mexico	71
6. California	48
7. TCU	35
8. Utah State	28
9. Air Force	4

### MENS TEAM SCORES

1. Nebraska	107
2. Texas Tech	90
3. Kansas State	69
4. California	61
5. Air Force	60
6. Colorado State	54
7. Utah State	53
8. TCU	50
9. New Mexico	37

**COACHES COMMENTARY:** Chris Rock is a successful comedic actor who rose to fame in the mid-1990's with his unique brand of standup comedy. His first really successful comedy routine brought him multiple Emmy's as "Bring the Pain" premiered on June 1, 1996 on HBO. Rock's performance included bits about then-D.C. mayor Marion Barry, the O.J. Simpson murder case, dating, marriage, and race relations in America. Mr. Rock chose to address topics which were very "difficult" and somewhat controversial, and many thought "taboo" but needed to be said. The attendee's at his shows said they felt "uncomfortable" and forced to think about topics they really didn't want to address. Others said his routines were "ground-breaking" and "thought-provoking" or "raw in your face", and forced them to think critically. All in all then it was a great performance by Mr. Rock since if a performer, performance, or event forces people to "look in the mirror" and critically analyze what they are doing, then it can be a tremendous growth experience. Events do lead to change!

You might be asking what Mr. Rock's performances have to do with Lobo Track & Field? Well, in large, open non-scored track meets like last weeks Cherry & Silver, and the next two weeks meets, the New Mexico Classic and Don Kirby Invitational there is no "TEAM" scoring, no team pressure, and because of the huge size of the meets, and the format of the meets an athlete can "hide". Athletes are essentially competing for themselves without a serious thought process about "THE TEAM" and the overall results. Individual athletes are concerned with their performance, did they get a PR, or where they rank on the all-time top 10 rankings, or where they fall on the Mountain West Confer-

ence ranking, or NCAA national ranking. When there are 60 Long Jumpers, or 75 sprinters or throwers in an event, it is easy to fade into the masses and almost be invisible. But in small to medium sized scoring meets (5 to 10 teams) like the New Mexico Team Invitational (or the Mountain West Conference Championship) a teams strengths, weaknesses, and warts are laid bare for all to see since athletes have to rely on one another for a collective end result. Scored meets sometimes can be a humbling experience and force a team to "look in the mirror" and face uncomfortable facts. And there is no doubt that the 2016 New Mexico Team Invitational results should provide the Lobo group that opportunity. Its not that there weren't some brilliant performances, given there were, but collectively the end result was not what we would like. We can do better. So if the team realizes what happened, makes a true and serious commitment to address the factors that led to the result, and galvanizes and changes a thought process from one of "individual focus" to "team focus" then later greatness can happen. The team has the blueprint right in front of them as just one year ago that happened. In 2015 the outstanding New Mexico Team results propelled the Lobo group to "get on a roll" and each meet after that built until using an analogy "a crescendo" happened at the MWC Championship meet where the collective efforts and passions led to a final great outcome. The team momentum built and built and it was a wonderful process to experience. So this years group has to be internally critical and willing to focus on things like - "how can I make my teammate better", or "how can I do something extra to help the team", or how can I get out there and compete no matter what", or "how can I take what the coaches are telling me and internalize it and use it to my benefit". What we need for the remainder of the indoor season is EVERY member of the team in the same boat, rowing in the same direction, truly committed to a TEAM focus and not an individual focus. Every member of our team that was here one year ago knows and understands the incredible feeling of holding a championship trophy and the pride and joy that process brings. The 2016 journey isn't over and within every member of the Lobo team is the strength to make a difference for the COLLECTIVE benefit of everyone. All members of the team must make sure every day we have left in the indoor season is one committed to proving the pride we have in our university, our athletic department, and our team! It can be a great ending to the season if everyone is rowing the boat together.

## Hadnot Booms Another National Level Jump

Junior **Jannell Hadnot (Tokay HS, Lodi, CA)** last week got off a 41' 8 3/4" bound in the Triple Jump, which catapulted her up into the Top 20 NCAA rankings, and to the top of the Mountain West Conference. This week JH was scheduled to run the 60 meter sprint, and the Long Jump, and not do the Triple Jump. But after some coaching discussions it was decided that since it was a team scored meet, someone who could win the event should be in the field. So Jannell was entered into the TJ. As the old saying goes, "on any given day magic can happen" is certainly appropriate. As the last jumper in the top seeded flight of the Triple Jump Jannell just sat and waited for the other 12 athletes to finish their opening round. And then she came up to the runway, prepared, came down the runway with great momentum, sprung off the wooden take-off board and established a great "flow of motion" and came down in the sand a long way out. While everyone knew it was a "good" jump, until the official put up the actual jump on the results board not everyone realized it was a "great" jump. The official distance was 13.10 meters, or 42' 11 3/4", and a new all-time PR for Jannell. That mark erases her old PR of 42' 3 1/2" set two years ago. It moves her to #2 all-time at UNM after former All American Deanna Young's 43' 2 1/2" distance from 2011. It also vaults her up to #7 on the NCAA ranking list and places her in a great position to be competing in the 2016 NCAA Championship meet in Birmingham, Alabama. It also did another important thing - earn 10 points for the team.



Photo courtesy of Mike Mulcahy





Photo courtesy of Mike Mulcahy

**Calli Thackery Leads Sophie Connor**

## Thackery & Connor Scorch the Mile Field Enroute to National Rankings 🏃‍♀️

After a successful cross country season where their training and fitness went to an all time record high, **Calli Thackery (Yorkshire England)** and **Sophie Connor (Hertfordshire, England)** were excited to open up their indoor season. Racing over the 1 Mile distance Calli came in with an all-time best of 4:54.07, while Sophie's best was 4:46.27, which had her ranked in the all-time Lobo Top 10. Being led out by two pace setters Calli and Sophie came through the 200 in 34.7 and the 400 in 73.2. They continued with that pacing, and got to the 800 in 2:24.4, and 3:36.6 for the 1200 meter point. Over the last 400 of the race Calli covered it in about 68.5 to cross the finish line in a superb 4:39.32 total time. That performance won the event for the team, and moves her up to the top spot in the Mountain West Conference. It also gets her on the NCAA national ranking list at #12. For Sophie she squeaked out a little PR as she clocked 4:46.04 which placed her second overall. That also gets her into the Top 40 on the NCAA list. Calli moves to #4 all-time at UNM while Sophie checks in at #8 all-time. Finishing third in her first ever Lobo mile was senior **Emily Hosker-Thornhill (Cantebury, England)** who clocked

in at 4:50.70 which ranks #4 in the Mountain West Conference. Later in the day Sophie came back to dominate the 800 meters as she clicked off a comfortable 2:12.31 for the team victory and a #4 ranking in the MWC.



Photo courtesy of Mike Mulcahy

## Van Grinsven Moves Into National Hurdle Rankings

One year ago at the New Mexico Team Invitational senior **Holly Van Grinsven (Brentwood, TN)** broke the UNM indoor school record when she skimmed the barriers to an 8.37 clocking. She would go on to reduce that record to 8.26 by the end of the year which placed her 24th on the final national ranking. This year after an opening prelim of 8.46 that brought her into the final with the third fastest overall time. In the final Holly got out well and pressed hard in the middle of the race to flash across the finish line in third place overall with a seasonal best of 8.41. That is the fifth fastest time in Lobo history behind HVG's other performances. She now owns eight of the ten fastest performances ever achieved at UNM. That 8.41 clocking also gets her on the NCAA national ranking list at #44 and moves her up to #2 in the MWC.





Photo courtesy of Mike Mulcahy



Yannick  
Roggatz

## Roggatz Hits Nice Long Jump PR in Winning Sand Event

Senior Yannick Roggatz (Birkenau, Germany) had said that he liked the adjustment to his training this fall as he did a little more intensity, which seemed to suit him well. That slight adjustment is starting to pay off as he established a new indoor PR in winning the Long Jump competition at 24' 10 1/2". In the second round of six attempts YR came down in the sand at 24' 5 1/2" to take the lead before extending that out to the 24' 10 1/2" in the fourth round. He withstood a nice challenge from a Kansas State Wildcat who jumped 24' 8 1/4". Yannick moves to #7 all-time at UNM, up to the top spot in the MWC, and #23 on the NCAA ranking. With the top 16 jumpers being selected for the NCAA Championships

and currently the #16 best performance at 25' 1/4" Yannick has a little work to do, but based on his positive state of mind that should occur soon. Froshie Decathlete Ryan Chase (Capital, Olympia, WA) won the 2015 Washington State 3A championship in the Long Jump on May 28th with his best ever leap of 23' 1 1/2". Competing in his first LJ competition as a Lobo Ryan quickly took down his former all-time PR as he spanned 23' 2" on his second jump. That jump stood up to finish sixth place in the competition and move to #5 in the MWC rankings.....plus it will get him 828 points in the MWC combined event.



Ryan Chase

Photo courtesy of  
Mike Mulcahy

## Engholm Competes in Good Early Season Mile

Senior Elmar Engholm (Hasselby, Sweden) toed the starting line for his first mile of the season

sporting a PR of 3:57.95 which happened last year at the Don Kirby Elite meet. The multiple time NCAA qualifier got involved with a nice early season competition where no one ran sub-4:00 for the mile, but six guys all ran under 4:07 which is pretty darn good. Former All American Adam Bitchell agreed to help lead the race so he did his pacesetter duties before exiting the race and a Cal Golden Bear taking over. Elmar was content to sit on the Bears shoulder before briefly taking the lead. He ended up finishing third in 4:04.85 which is #5 in the MWC and #45 nationally. His next mile race at the Don Kirby in two weeks should be a doozy!!!!

Photo courtesy of Mike Mulcahy







Photo courtesy of Mike Mulcahy

## Blount Ups PR Again in Weight Throw

Sophomore **Amaris Blount** (Rio Rancho, NM) last week tossed the 20 pound implement out to 54' 4 3/4". This week with a loaded field of excellent throwers she needed to up her game, especially since she was in the first flight of competitors which meant she was not initially with the nine best throwers going into the competition. With only nine making the finals she needed to get to work right away - and that she did. On her very first throw of the competition Amaris pictured above twirled the ball out to a massive PR of 56' 3" which held up as her best overall throw of the competition and placed her eighth for the team. It also moves her up to the #2 all-time longest throw at UNM only behind the 60' 10 3/4" school record from 2005. Amaris' distance currently has her ranked as the #8 in the MWC.



Photo courtesy of Mike Mulcahy

Holly Van Grinsven hands off to Zoe Howell

## 4 x 400 Relay Runs to #4 Fastest Time in Lobo History as They Finish Fourth in Meet

The quartet of **Holly VanGrinsven**, **Zoe Howell** (Socorro, NM), **Larimar Rodriguez** (Cleveland HS, Rio Rancho, NM), and **Haley Sanner** (Cajon, San Bernadino, CA) combined for a very good 3:47.24 clocking moving to the #4 performance all time. The main goal of the meet was two-fold, #1 place high in the team scoring, and #2 run fast enough to earn a slot in the MWC Championship fast section. With ten MWC schools five are selected based on seasonal best performance for the "fast" section, and five run in the "slow" section. It is critical to have a place in the fast section of the event. Using a new line-up Holly competed well in the all important lead-off leg as she toured the two laps of the Mondo Super X track in 56.5. That time probably would have been much faster but as happens so often in indoor racing on tight turned tracks she got boxed in by other runners and had to wait to break away. Holly handed off to Zoe and ZH split a nice 56.7 leg keeping the team in the mix. Zoe then handed off to Larimar who split 57.0 which was over one second faster than last week! Larimar then handed off to Haley who finished off the group with a solid 56.2. When the results were done the quartet placed fourth and moved into third position in the MWC rankings. Goals accomplished.



Photo courtesy of Mike Mulcahy

## Dorsey Breaks Into All-Time Top 10 in 600 Meters

Senior **Cheyne Dorsey** (Cleveland, ABQ, NM) pictured above came into the New Mexico Team Inv with a lifetime best of 1:23.11 set last week. Racing out of the fast section Cheyne got pulled through splits of 23.8 for the 200 and 50.9 for the 400. He finished off the last lap in 29.3, which totalled 1:21.08 placing fifth in the competition. That 1:21.08 moves Cheyne up to the 8th fastest performer all-time with the 8th fastest performance.

Carlos Wiggins (West, Plano, TX) on the left competed in his first track competition since football ended. Right next to Carlos is Scott Bajere (Bristol, England).







Photo courtesy of Mike Mulcahy

**Ridge  
Jones**

#### **Jones Finishes Fifth in Loaded Field**

The 60 meter men's sprint had three nationally ranked men in attendance and thousandths of a second were hard to come by. Senior **Ridge Jones** (DeSoto, TX) qualified to the final with his prelim time of 6.91. In the eight man final he lost a couple of feet in the middle of the race and even though he was pulling them in at the end Ridge simply ran out of real estate. Ridge's fifth place time was 6.87.



Photo courtesy of Mike Mulcahy

#### **Howell Adds to Her 600 Meter Dominance**

*Senior Zoe Howell (Socorro, NM) seen above in the middle of the pack during the 600 meter race placed third in the race with her 1:34.03. After an opening 200 of 27.8 and a follow up 32.0 to get her to the 400 meters in 59.8, she closed with a 34.2. Zoe's time is the #6 fastest performance all-time at UNM. Zoe current has the #1, #4, #5, #6, #7, fastest performances in the all time listing.*



Photo courtesy of Mike Mulcahy



Photo courtesy of Mike Mulcahy

Senior **Heleene Tambet** (Viljandi, Estonia) is shown in her first Lobo race since the NCAA Cross Country Championship in November. Heleene competed in the 3000 meters and finished third in 9:51.78. While the longer 5000 meters is her championship distance she still ranked in the top eight of the Mountain West Conference.

Senior **Haley Sanner** (San Bernadino, CA) is shown to the left during the 400 meters. Haley who ran the 200 meters last week opened up in her stronger event and finished in 56.96 moving into the ninth slot in the MWC rankings. She has an indoor PR of 56.60 and seems right on pace to surpass that standard before the end of the season.



Photo courtesy of Mike Mulcahy



#### Who Is This Dude???

Many on the Lobo program may not know the new guy on the team so let's introduce him. Graduate student **Joe Kloepfel (Bernalillo, NM)** was the 2010 New Mexico High School 4A State Champion in the High Jump when he cleared 6' 9 3/4". Joe then decided to attend New Mexico Tech in Socorro to major in Engineering. New Mexico Tech does not offer any athletics at the institution, so Joe took a hiatus from jumping. After finishing his undergraduate degree he enrolled in grad school at UNM, and with remaining NCAA eligibility decided to get back in the High Jump wars. Given his grad studies courseload Joe does not get to practice when most of the team is around. In his first true competition in a long time Joe cleared 6' 4 3/4". That bar clearance gets him up to #7 in the MWC.

Photo courtesy of Mike Mulcahy



**Allison Mady (La Cueva, ABQ, NM)** is shown getting off a huge PR in the Shot Put. AM who came into the meet with a collegiate best of 39' 8" improved almost a foot as she tossed the 4K sphere out to 40' 7 1/2".



Photo courtesy of Mike Mulcahy

**Decathlete Beau Clafton (Farmington, NM)** pictured above in the Long Jump was working on all his events in preparation for the MWC Championship got off a monster PR in the Shot Put as he increased his best ever distance from 41' 5 3/4" all the way to 43' 1 3/4". That's an increase of 30 points in just that event alone, which is huge in the combined event world.



Photo courtesy of Mike Mulcahy

**A Pole Vaulter Moment of Truth Kathryn Whiting (Santa Cruz, CA)** is shown in the above picture right at lift-off. Just as an airplane breaks contact with the ground, a pole vaulter is committed to leaving Mother Earth when they get to this point. From this point forward it is all fun and games and a pursuit to defy gravity.



**WHAT DO ALL THE SYMBOLS MEAN?????** In parentheses after a performance will be a 1st, 2nd, 3rd, etc. This indicates the COLLEGIATE place in the meet that athlete finished. All unattached or professional athletes are removed since we are most focused on NCAA competition. After that may be two numbers like (2,8). This stands for how the athlete ranks on the All Time Top Ten Indoor Track & Field PERFORMER AND PERFORMANCE list. The number on the LEFT indicates how that athlete is ranked as far as individual PERFORMERS are concerned. The #2 would tell us that performer (athlete) is the second-best in New Mexico indoor track & field history in that event. The number on the RIGHT indicates how that performance is ranked in relation to all the top performances in New Mexico history in that event. The #8 would tell us that performance is the 8th best in New Mexico history in that event. It is possible, and even probable that one athlete could have many performances which rank in the top ten during their four year career. An x on the LEFT (x,8) tells us that they have achieved a better performance before, while on x on the RIGHT (8,x) tells us it doesn't make the performance list. **PR indicates a PERSONAL RECORD** (their best ever in that event). An @ indicates the performance has been altitude adjusted based on the NCAA protocol.

## New Mexico Team Invitational Saturday, January 30, 2016

### MEN

60	Ridge Jones 6.91@ 6.87@ (5th)	Scott Bajere 6.90@	Carlos Wiggins 6.99@
	Will Carter 7.19@		
60H	Yannick Roggatz 8.41@ 8.32@ (7th)	Parker Jones 8.63@ <b>PR</b>	Ryan Chase 8.73@
	Beau Clifton 9.71@		
200	Ridge Jones 21.82@	Mustafa Mudada 22.07@	Scott Bajere 22.10@
	Parker Jones 22.61@	Will Carter 24.02@	
400	Mark Haywood (22.8) 48.56@ (9,x) <b>PR</b>	Isaac Gonzales (22.8) 50.66@	
600	Cheyne Dorsey (23.8-50.9) 1:21.03 (5th) (8,8) <b>PR</b>	Chris Kline (25.6-53.9) 1:22.37 (7th)	
800	Elmar Engholm 1:52.76@	Adam Cotton 1:56.93#	
1mile	Elmar Engholm 4:04.85@ (3rd)	Dan Milechman 4:18.10@	
3000	Zac Castillo 8:35.98@	Jesus Mendoza 8:43.74@	
4x400	Cheyne Dorsey (48.9), Chris Kline (49.1), Mustafa Mudada (49.1), Mark Haywood (47.5)	3:15.61@ (5th)	
LongJ	Yannick Roggatz 24' 10 1/2 (1st) (7,x) <b>PR</b>	Ryan Chase 23' 2" (6th)	Beau Clifton 19' 8 3/4"
HighJ	Joe Kloepfel 6' 4 3/4"		
PoleV	Jason Atencio 15' 1 1/2"		
ShotP	Beau Clifton 43' 1 3/4" <b>PR</b>	Daniel Lam 43' 1/2" <b>PR</b>	Ryan Chase 40' 10 1/4" <b>PR</b>

### WOMEN

60	Abigail Smith 7.85@	Peri Moran 7.93@	Casey Dowling 7.96@
	Erynn Caldwell 8.00@	Jannell Hadnot 8.04@	Samantha Woodman 8.06@
60H	Holly VanGrinsven 8.46@ 8.41@ (3rd)(x,5)	Kyra Mohns 9.50@	
200	Samantha Woodman 25.46@	Abigail Smith 25.65@	Erynn Caldwell 26.42@
	Peri Moran 26.82@		
400	Haley Sanner (26.5) 56.96@	Larimar Rodriguez (26.7) 58.59@ <b>PR</b>	Faith Cobb (27.8) 60.29@
600	Zoe Howell 1:34.03 (3rd)		
800	Sophie Connor 2:12.31@ (1st)	Emily Hosker-Thornhill 2:15.84@ (6th)	
1mile	Calli Thackery 4:39.32@ (1st) (4,7) <b>PR</b>	Sophie Connor 4:46.04@ (2nd) (8,x) <b>PR</b>	
	Emily Hosker-Thornhill 4:50.70@ (3rd)		
3000	Heleene Tabet 9:51.78@ (3rd)	Lindsey Andrews 10:13.00@	
4x400	Holly VanGrinsven (56.5), Zoe Howell (56.7), Larimar Rodriguez (57.0) <b>PR</b> , Haley Sanner (56.2) 3:47.24@ (4th) (4,x)		
	Faith Cobb (61.0), Samantha Woodman (61.9), Erynn Caldwell (62.0), Abigail Smith (64.3)		
LongJ	Jannell Hadnot 18' 5 3/4"	Kyra Mohns 17' 7 1/2"	
TripleJ	Jannell Hadnot 42' 11 3/4" (1st) (2,3) <b>PR</b>		
HighJ	Kyra Mohns 5' 3"		
PoleV	Katherine Whiting 11' 11 3/4"	Alissa Soderberg 11' 5 3/4"	Anna Duvall 11' 5 3/4"
	Morgan Smith NH		
ShotP	Ali Mady 40' 7 1/2" <b>PR</b>	Amaris Blount 36' 7 3/4" <b>PR</b>	
Weight	Amaris Blount 56' 3" (8th) (2,2) <b>PR</b>	Ali Mady 32' 11"	



**2016  
Indoor  
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**Volume 7, #122  
Friday/Saturday, February 5-6, 2016  
New Mexico Collegiate Classic**

USC, Alabama, Texas Tech, LSU, and many others in the house the talent abounded everywhere. When reviewing the entry list one had to be amazed at the potential for outstanding performances. Competing in the meet were three Olympic gold medalists, six Olympic medalists and at least 13 Olympians along with dozens of collegiate athletes who rank in the Top 10 nationally in their event. On just the first day of the Classic there was one world-leading Long Jump which included a National record (British), two High Jumps that ranked #2 in the world, and many other Top 10 in the world performances. And the second day didn't let down with a World Record attempt, a national record attempt, and other collegiate and world list-leaders. For our Lobo athletes there were some significant progressions as we start the process of getting ready for the Mountain West Conference Championship (being hosted by UNM) and getting as many athletes qualified as possible. All in all for the people in Albuquerque, and the athletes in attendance it was a superb two days of great track action.

**COACHES COMMENTARY:** World-class competition shined at the University of New Mexico track & field teams world-class facility inside the Albuquerque Convention Center during the annual Collegiate Classic. With the upcoming World Indoor Track & Field Championship being hosted in Portland, Oregon just a little more than a month away there seemed to be a renewed enthusiasm from post-collegiate athletes. With national collegiate powers

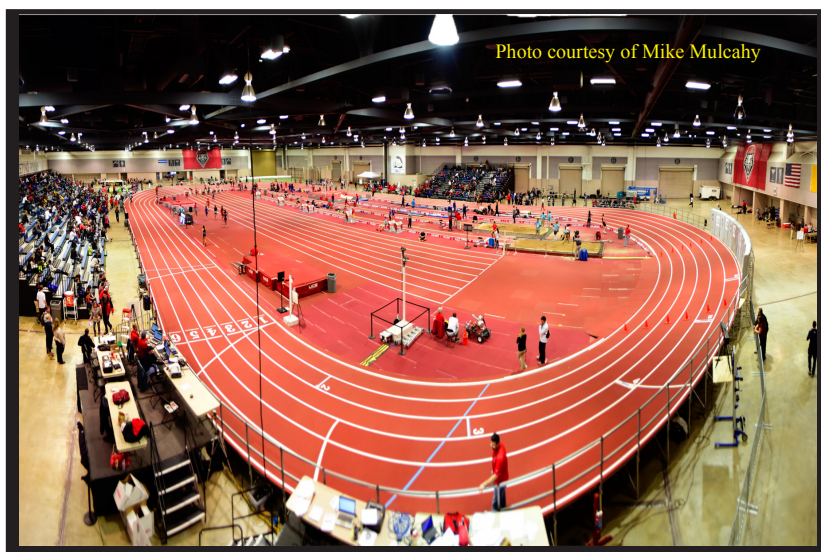


Photo courtesy of Mike Mulcahy



Photo courtesy of Mike Mulcahy

## Roggatz Goes Double PR

Senior **Yannick Roggatz** (Birkenau, Germany) has been on a roll so to speak this indoor season. After setting a nice PR in the Long Jump last week (24' 10 1/2"), Yannick upped the level slightly this week just missing the 25' threshold. After an opening jump of 24' 2 1/2" Yannick spanned 24' 8 1/4" in the second round before ending the prelims with a foul. He opened the finals with a short jump before unleashing a new PR of 24'



Photo courtesy of Mike Mulcahy

11 3/4". He ended the night with a 24' 7 3/4" to finish as the top collegian only getting beat by one post-collegiate. And that person was none other than Greg Rutherford of Great Britain who just so happens to be the 2012 Olympic Gold Medalist along with the 2015 World Long Jump Champion. Greg's jump was a mere 27' 1 1/4", the longest jump in the world this year. I guess if you are going to lose to someone it might as well be the best athlete in the world! Yannick averaged 24' 3 1/2" for his five legal jumps which is interesting. Right now YR leads the Mountain West Conference and his average on the night would rank him #3 in the MWC. That's good news for consistency. Yannick also currently ranks #7 all-time at UNM. Oh, and he moved up to #18 nationally. For good measure Yannick split his duties and clipped off a nice PR in the 60 Hurdles when he ran 8.28. That mark moves him up to #6 in the Mountain West Conference.



Photo courtesy of Mike Mulcahy

MARK HAYWOOD



Photo courtesy of Mike Mulcahy

MUSTAFA MUDADA



## 400 Runners Get Down to Business With Six PR's

After two weeks of mostly running off events (200-600) or focusing on the 4x400 Relay the twelve members that comprise the 400 sprint group focused on one and only one thing - the flat 400 meter race. After all, with the MWC championship meet fast approaching it was time to get serious, and put up some solid seed times. Each group had six athletes competing and at the end of the day there were six new PR's, and five top ten Mountain West Conference performances. In the men's 400 sophomore **Mark Haywood (Alamogordo, NM)** scampered to a new PR of 48.31 which was good for sixth place in the hotly contested field. Mark didn't get out well over the first 150 meters of the race, but after that ran strong and confident looking powerful in the process. Given the top two finishers in the race moved into the top 10 in the world ranking, Mark's sixth place was pleasing. He also moves to #7 all-time at UNM. Behind Mark was junior **Mustafa Mudada (Highland, ABQ, NM)** who earlier in the week made a bold prediction..... he would definitely run 48.99 or faster. It brought back memories

Photo courtesy of Mike Mulcahy

HOLLY  
&  
HALEY



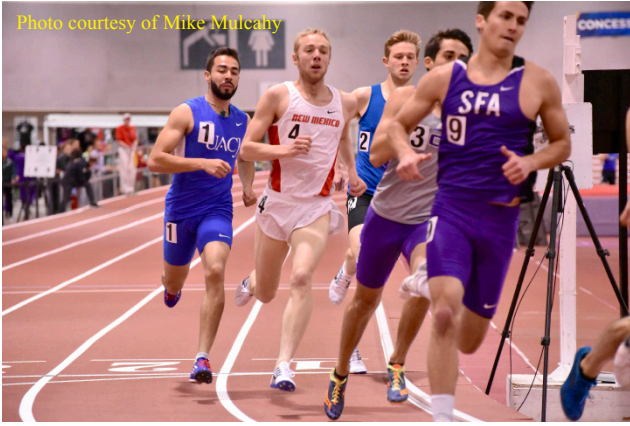
of the famous story of one of baseball's greatest players ever. The story goes that Babe Ruth predicted a home run when he played for the New York Yankees during the fifth inning of Game 3 of the 1932 World Series, held on October 1, 1932, at Wrigley Field in Chicago. Folklore goes that during the at-bat, Ruth made a pointing gesture, which existing film confirms. Ruth pointed to the center-field bleachers during the at-bat, a declaration that he would hit a home run to this part of the park. On the next pitch, Ruth hit a home run to center field! Well, Mustafa got out in a torrid pace and would never let anyone pass him as he ran wire to wire for the victory. When he crossed the line the results clock read a new PR of 48.82! Mustafa and The Babe - master predictors. Racing to a new PR and also busting the 49 second barrier was senior **Cheyne Dorsey (Cleveland, Rio Rancho, NM)**. Cheyne dropped his PR from 49.34 to 48.94. Must have been Mustafa's special powers of persuasion. Right now the three men rank 5th-7th-10th in the MWC. Over on the ladies side last year's MWC 400 meter champion **Holly Van Grinsven (Brentwood, TN)** lined up for the first time this season with classmate **Haley Sanner (Cajon, San Bernardino, CA)** in the same race. Both ladies got out well trying to get the lead off the break line at 150 meters into the race. They along with a New Mexico College athlete all fought like crazy for the lead and it ended up at the 200 meter split that it was the Thunderbird, then Haley, and Holly. They got to that split in 25.6. All three of them kept battling up the backstretch and coming off the final banked turn Holly made her move, getting up alongside the NMJC athlete with Haley locked in right behind. All the way through the finish they battled and in the end Holly got outleaned and Haley finished right off her heels. Both did a great job pushing that NMJC to the #1 ranking in the junior college national rankings. Holly's final time was 55.61 which moves her to #2 in the MWC, while Haley clocked 56.11, a new PR and a #3 ranking in the conference. They also move to ranking #3 and #6 all-time at UNM. In another section of the race froshie **Larimar Rodriguez (Cleveland, Rio Rancho, NM)** lowered her best from 58.59 to 57.74 PR.

## A Looooong Journey Back

As a 16 and 17 year old while running for the Birchfield Harriers Track Club back home in Penkridge, England UNM graduate student **Adam Cotton** had a bright future in middle distance running. He was the English Athletics Champion in the 800 meters, the under 20 gold medalist in the 800 meters and even the European Junior Gold medalist in the 1500 meters. He ranked #1 in the UK in the under 20 age group 800 meter category, and as high as 11th in the entire country. His PR's were 1:48.30 for the 800 meters and 3:41.33 for the 1500 meters top marks in any country. He then went off to Harvard University to fulfill his academic and athletic promise. Unfortunately, some times the best plans don't work out the way we would like and Adam was beset with serious foot injuries which never allowed him to train and compete on a consistent basis. In fact, there was a complete year where he couldn't compete. Probably no one would have blamed him if he just hung up the spikes permanently but he still had the desire to try to get healthy and fit. Now a Lobo athlete Adam has been slowly, ever so slowly, regaining some fitness and consistency and that immense talent was put on display at the Classic. Last week just to test the fitness waters Adam not even wearing spikes ran an 800 finishing in a paltry 1:56.93. No one would have thought anything about that. Well, this week he got a little more serious, lacing up the racing spikes for the first time in 22 months and toed the starting line for



Photo courtesy of Mike Mulcahy



the 800 meters. Adam and red-shirting froshie Josh Kerr (Edinburgh, Scotland) last years European 1500 meter Junior gold medalist were content to stay at the back of the eight man field as they came through the 200 and 400 meter splits. As they started their third tour of duty they started to apply more pressure and when they got to the bell lap they unleashed an all out spirited battle. While good friends their competitive spirit took over and they raced each other like there was no tomorrow. Down the homestretch they were neck and neck each straining for the finish line. At the finish line Adam ended up flat on the track from leaning so hard and Josh turned around smiling given how much fun that was. They both looked at the results board and it showed Adam getting by Josh by the slightest of margins, 1:51.61 - 1:51.62. For Adam, that is the fastest he has run since August 6th, 2013, while for Josh he just missed his all-time PR of 1:51.18. The boys certainly had a good time on the red Mondo. Adam's time just missed entry into the UNM all-time top ten ranking list, and does move him up to #3 in the MWC rankings.

*Adam is wearing #4, while Josh is wearing all blue with a #2*

Photo courtesy of Mike Mulcahy



## Two Pole Vault PR's

Sophomores **Katherine Whiting** (Santa Cruz, CA) pictured on the right, and **Alissa Soderberg** (Vellinge, Sweden) pictured on the left added 1 inch and two inches respectively to their indoor PR's. KW missed once at the opening height of 11' 3 3/4" before clearing 11' 9 3/4" and 12' 3 1/2" on her first attempts, while Alissa was clean on the first bar, missed once at the second height of 11' 9 3/4", and then was clean on the third attempt. Both vaulted at 12' 9 1/2" in this competi-

Photo courtesy of Mike Mulcahy



tion. The final clearance of 12' 3 1/2" moves them to #9 all-time indoors at UNM along with #9 in the MWC current rankings.

Photo courtesy of Mike Mulcahy



## Hosker-Thornhill Joins All Time Top Ten in 800

Senior **Emily Hosker-Thornhill** (Cantebury, England) went out in the middle of the eight woman 800 meter race and was content to stay there for the first 600 meters of the race before making a concerted push forward at the bell lap. There were four runners, one from UNLV, one from Eastern New Mexico, and one from Lamar, along with Emily that were racing stride for stride chasing another UNLV runner who had put distance on the four chasers. Up the backstretch they were going in unison fighting to try and get to the final curve first. As the picture to the left shows EHT swung wide off the turn and dug hard the entire homestretch, slowly inching by the athletes in her group. At the finish line she leaned hard finishing third overall with a new PR of 2:11.20, which moves her to #7 all-time indoors at UNM. It also moves her to #5 in the MWC rankings.

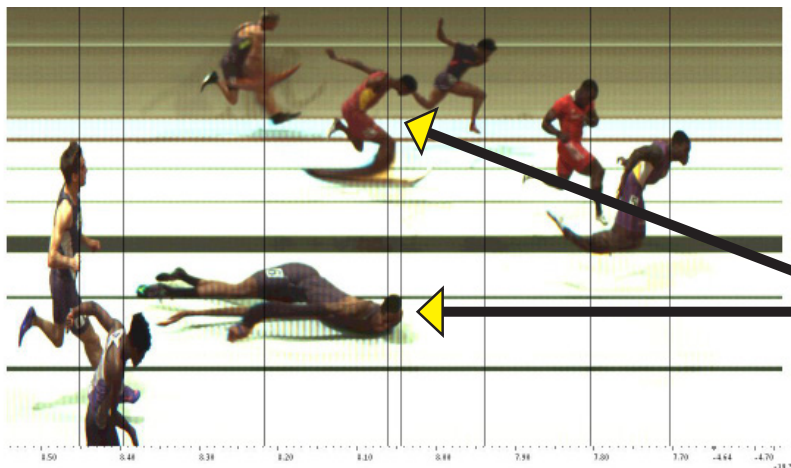


Photo courtesy of Mike Mulcahy



## Jones Runs Three Hard Races of 60 Sprint

Senior **Ridge Jones (DeSoto, Texas)** pictured to the left had to go through two round of prelims/semis in order to make the eight man sprint final. Since there were 58 athletes in the event the first race whittled that group down to a semifinal of 16, then on to an eight man final. In the 1st round Ridge sprinted to a 6.85, just squeaking into the 16 man semi-finals by 1/1000th of a second. Now that **IS** close. In the semi-finals he ran much better clocking 6.82 which placed him seventh out of the sixteen athletes. On to the finals. In the finals Ridge was one of only three collegians to make that race and he finished seventh overall in 6.84. Currently Ridge ranks #3 in the MWC.



### You be the judge?

This is a copy of the photo that pops up on the computer screen of our world-class timing crew every race. They must analyze it within seconds, and then that is how the results show up on the video-board. So what happened in the Men's 60 meters is that a runners spikes caught in the Mondo surface about five meters from the finish line. He stumbled and went head first to the track actually skidding face first across the finish line. The other athlete ran across the finish line like normal. So who got to the line first and got the higher place? The top athlete, or the athlete lying flat on the track? The answer will be on the next page. Hint, hint - the NCAA rule says that you judge an athletes torso at the finish line to finalize finish place. Good luck.

Coach Franklin just "chillin" during the 30 minute warmup downtime in the Heptathlon & Pentathlon.

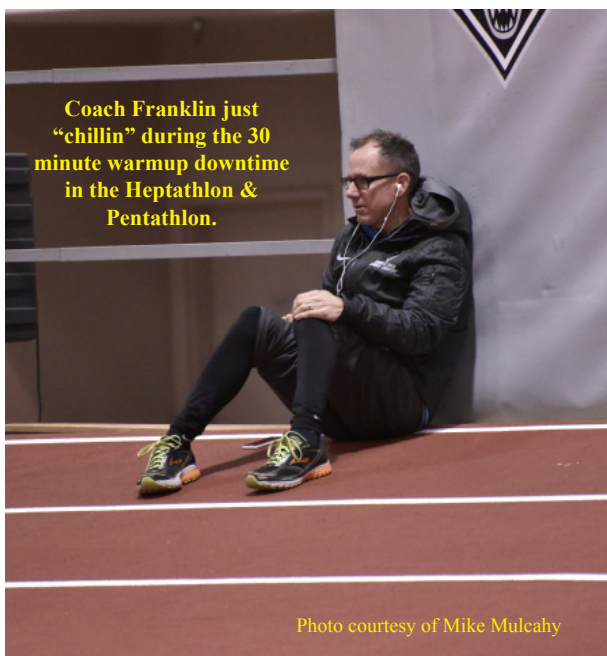


Photo courtesy of Mike Mulcahy



Jason Atencio doing what pole vaulters love to do.....flying over the crossbar and enjoying the ride down to the pit.

Photo courtesy of Mike Mulcahy





Photo courtesy of Mike Mulcahy

### Great Competition

Each and every week great competition shows up for the Lobo athletes, and the UNM Classic Triple Jump was no exception. Junior Jannell Hadnot (Tokay, Lodi, CA) the #7 ranked NCAA national jumper got to mix it up with two professional athletes, one who has been ranked in the top 10 of all US athletes for six years straight and the other who has been ranked three times in the top 10. Oh, and one has jumped 45' 4" and the other has jumped 44' 8". Jannell opened up at 41' 3" which was her best until the final of six rounds when she extended that out to 41' 5". It was nice to Jannell be able to grab her best distance on her final attempt. The eventual winner, professional jumper April Sinkler did exactly the same as she boomed out to 43' 1 3/4" to take the victory on her final attempt. Jannell finished second among all collegians in the competition.



Photo courtesy of Mike Mulcahy

You be the judge answer.....the athlete lying flat on the ground was deemed to be ahead since his torso hit the finish line first!



Photo courtesy of Mike Mulcahy



Photo courtesy of Mike Mulcahy

### Combined Event Athletes Get in Their First Competition of Season

The five event women's Pentathlon and seven event men's Heptathlon found sophomore **Kyra Mohns (Eldorado, ABQ, NM)** and **Daniel Lam (Amsterdam, Netherlands)** taking top Lobo honors. For Kyra she totalled 3442 points using an 860 point hurdle as her top event on the day. Last years fifth place MWC scorer will now have two more weeks to refine her five events before the upcoming championship. For Daniel, who finished fourth last year in the MWC meet he finished with 5003 points. His top point event was the 60 Hurdles where he gained 793 points.



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## New Mexico Collegiate Classic

February 5-6, 2016

### MEN

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	Parker Jones 7.20@	Will Carter 8.04@	
60H	Yannick Roggatz 8.28@ (4,x) PR	Parker Jones 8.62@ PR	
200	Ridge Jones 21.75@	Scott Bajere 22.38@	Parker Jones 22.82@
400	Mark Haywood (22.5) 48.31@ (6th) (7,x) PR	Mustafa Mudada (22.6) 48.82@ PR	Cheyne Dorsey (22.6) 48.94@ PR
	Chris Kline (22.7) 49.31@	Issac Gonzales 50.45@	Carlos Salcito (Unattached) 50.51@
800	Adam Cotton 1:51.61 (1st) PR	Josh Kerr (Unattached) 1:51.62@ PR	Adam Monroe 1:54.34@
	Chris Graham 1:57.08@PR		
1mile	Tyler Valdez 4:20.69		
3000	Jared Garcia (Unattached) 8:34.66 PR		
4x400	David Banwell-Clode (51.0), Adam Monroe (52.9), Chris Graham (53.4), Tyler Valdez (54.3)		
LongJ	Yannick Roggatz 24' 11 3/4" (1st) (7,x) PR	Allan Hamilton 24' 1 3/4" (2nd)	
HighJ	Joseph Kloeppel 6' 5 1/2" (4th) PR	Markus Miller (Unattached) 6' 5 1/2"	
PoleV	John Harari (Unattached) 15' 5 3/4"	Jason Atencio 15' 0"	
Heptathlon	Daniel Lam	LongJ-22' 1 1/2"	ShotP-40' 7"
		60H-8.81@PR	HighJ-6' 0"
	Beau Clifton	PoleV-14' 1 1/4"	1000-2:55.00
		LongJ-19' 5 1/2"	5003 points (4th)
		ShotP-42' 3 1/2"	HighJ-6' 0"
		1000-3:02.95	4514 points (5th)
	Ryan Chase	PoleV-12' 1 1/2"	ShotP-40' 11 3/4"PR
		LongJ-22' 5 3/4"	HighJ-5' 9 3/4"
		60H-8.74@	1000-2:56.00
		PoleV-NM	4338 points (6th)

### WOMEN

60	Aasha Marler (Unattached) 7.83@	Peri Moran 7.88@	Erynn Caldwell 7.92@
	Abigail Smith 9.87@		
60H	Holly Van Grinsven 8.57@ 8.51@		
200	Peri Moran 26.25@	Erynn Caldwell 26.32@	
400	Holly VanGrinsven (25.6) 55.61@	Haley Sanner (25.6) 56.11@ (6,x) PR	Zoe Howell (25.7) 57.43@ PR
	Larimar Rodriguez (27.2) 57.74@ PR	Faith Cobb (27.2) 61.89@	Christina Clark (27.5) 61.98@
800	Emily Hosker-Thornhill 2:11.20@ (3rd) (7,x) PR		
1mile	MacKenzie Everett (Unattached) 5:01.93@	Reiley Kelly 5:25.71@	
LongJ	Aasha Marler (Unattached) 19' 6"	Casey Dowling 17' 11 1/2"	Jannell Hadnot NM
TripleJ	Jannell Hadnot 41' 5" (2nd)	Aasha Marler (Unattached) 39' 5"	
PoleV	Katherine Whiting 12' 3 1/2" (9,x) PR	Alissa Soderberg 12' 3 1/2" (9,x) PR	Anna Duvall 11' 9 3/4"
	Annie Stirling 11' 9 3/4"	Morgan Smith NM	
ShotP	Allison Mady 37' 9 1/2"	Amaris Blount 33' 11 1/2"	
Weight	Amaris Blount 56' 3 1/4" (4th) (2,2) PR		
Pentathlon	Kyra Mohns	HighJ- 5' 3 3/4"	ShotP- 35' 6"
		60H- 9.26@	LongJ- 16' 10 3/4"
		3442 points (4th)	800-2:33.51@
	Samantha Bowe (Unattached)	60H-9.14@	HighJ-5' 3 3/4"
	800 - 2:52.11@	3427 points	ShotP-38' 6 3/4"
			LongJ-18' 1 1/2"



**2016  
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News, Views,  
Previews, Reviews



Volume 7, #123  
Friday/Saturday, February 12-13, 2016  
Don Kirby Elite Collegiate Classic

Saturday, February 13, 2016  
Washington Husky Classic

## A Magic Mile

Senior **Sophie Connor (Hertfordshire, England)** came to UNM with solid middle distance credentials, having run 2:07.18/4:21.06 for the 800/1500 outdoor distances in late summer. That 4:21 is equivalent to about a 4:42 mile distance. Last year she clocked 4:46.27 for the indoor 1 Mile distance, but really focused a little more on the 800 as she was part of the UNM Distance Medley Relay team that qualified for the NCAA Championship, and ran the fastest time in Lobo history. She also ran a quick 600 meters that for a brief time was the school record. This year, with another year of Friday Tempo run training under her belt she is focusing more on the mile distance. In her first mile race of 2016 two weeks ago she got a small PR when she clocked 4:46.04, and even though she looked comfortable in the process there was nothing to predict this massive mile effort in the Don Kirby Elite Invitational. Using All American cross country teammate Molly Renfer who doesn't have indoor eligibility to put forth a hard pace early Sophie was content to stay tucked in behind Molly. The pace was strong and consistent and set up Sophie perfectly when Molly dropped out having done her duties, getting Sophie springboarded toward the 3/4 point of the race. Essentially Sophie got to the 1200 meter point in a fast pace, and then had to do all the work herself the final two laps of the red Mondo facility. She accelerated and kept driving hard and there were moments where her face grimaced given how much effort she was expending. As she came down the homestretch for the final time she never let up and flew across the finish line looking at the results clock. When it flashed up 4:36.37 Sophie almost burst into tears of joy, that was a national class performance. All it did was move her up to #8 nationally, and almost assure her of racing at the NCAA Championship in that distance and get her to #2 all-time at UNM. To illustrate how dominating Sophie was on this day the picture on the right shows **Emily Hosker-Thornhill (Cantebury, England)** coming around the final turn about 55 meters behind Sophie. Emily ran a huge PR of 4:44.54 which makes her the #3 ranked miler in the Mountain West Conference and also gets her up to #8 all-time at UNM - so it wasn't like she wasn't having a good day also. But Sophie found the "zone" on this day and was rewarded with a huge performance. Nice!

## Thackery Takes Down School Record in 3000 Meters & Achieves Top National Time

Junior **Calli Thackery (Yorkshire, England)** was the lone Lobo to travel to Seattle, Washington to take part in the annual distance slugfest known as the Husky Invitational. Each indoor season it is like geese flying thousands of miles to return home to the same place they were born in that distance runners from all over the country flock back to "The Dempsey" indoor facility to run fast times on their oversized 300 meter track. Just in the 3000's there were 163 athletes entered! Calli entered the Invitational 3000 with a previous PR of 9:07.31 which she interestingly got last year at the Husky Classic which propelled her into the NCAA Championships where she finished 13th. The goal was something close to 9:00 which most assuredly would advance her back to the NCAA Championships in Birmingham, Alabama in March. Calli more than delivered as she clocked an outstanding 9:03.59, which catapults her up to #5 on the NCAA national ranking list and gets her a spot in the national meet. It also takes down former All American Josephine Moultrie's school record of 9:06.35 (which no surprise she ran at.....Washington in 2013). It is also the 12th fastest time in the world so far in 2016 and is the 75th fastest time ever run, indoors or outdoors in the UK. And in 2016 it is the second fastest performance in the UK behind.....now professional runner Josephine Moultrie who ran 8:57.14 on January 3rd in Emirates Arena in Glasgow, Scotland.



Photo courtesy of Mike Mulcahy





Photo courtesy of Mike Mulcahy

Jannell  
Hadnot

## Moving Up..... And Moving Back

The women's Triple Jump at the Don Kirby Elite was a loaded event. In addition to junior Lobo **Jannell Hadnot (Tokay, Lodi, CA)** who was ranked #7 in the country with her 42' 11 3/4" effort, five other nationally ranked TJ'ers were in the field, an Auburn Tiger, a UTEP Miner, an Oregon Duke, a Arizona State Sun-devil, and a California Golden Bear. In the first round of jumps, Jannell got right to work extending out to 13.00 meters (42' 8") to tie for the early lead with the Duck. In round two no one improved as Jannell spanned 42' 2". In the third round the Golden Bear pushed out to 13.26 meters (43' 6") to take over the lead, while the Tiger improved to 43' 4 1/2". Jannell responded nicely holding her second phase well to land in the sand at 13.17 meters (43' 2 1/2") her best ever distance, and a

performance that equals Deanna Young's UNM indoor school record. No one jumped farther in round 4 but in round five the Miner distanced 13.22 meters (43' 4 1/2") which left Jannell in fourth place overall. In the final round of six jumps no one else improved. So going into the meet Jannell was the #7 jumper in the nation, she then jumped farther than she had ever jumped, and at the end of the weekend had moved back in the national rankings to #12. Geeesh. Jannell had a fine series of six jumps and actually averaged 42' 4" for all her attempts. Why is that interesting? Jannell's "average" is better than any other athlete has jumped in the MWC conference this year for one jump!!! The next best leap in the conference is 41' 10" by a San Jose State Spartan who finished 8th in the Don Kirby meet!

## Men's Mile Produces Fast Times.....as Usual

Over the last several years the Don Kirby Elite men's mile has produced excellent results. Senior **Elmar Engholm (Hasselby, Sweden)** ran 3:58.60 in winning the mile in 2014 and then last year improved to 3:57.95. Both of those performances advanced EE to the NCAA Championship. This year's field was the best yet with a bevy of 4:00 milers in the mix. Last years All American and a sub 4:00 man himself post-collegian Adam Bitchell was enlisted to carry the early pacing duties. He was asked to take the pace to about 61-62 for the 400 and roughly 2:01-2:02 for the 800 and then continue on for as long as he could. Vying for an NCAA qualifying mark other than Elmar was a Utah State Aggie, a UTEP Miner, and a few former high level athletes. Along with Elmar Lobo **Adam Cotton (Penkridge, England)** and redshirting **Josh Kerr (Edinburgh, Scotland)** toed the starting line. All in all there were no less than eight men capable of running sub 4:00. Adam took the field through laps of 31.2 and 30.5, getting through the 400 in 62.5. He continued with that pace and hit the 600 in 1:32.1 with another 30.4 lap. His fourth lap was 31.1 and was just a tad off through the 800 as they clocked 2:03.2. Adam finished off with a 32.0 getting the lads to 2:35 for the 1000 meters. Elmar was running third for the early part of the race while Josh and Adam were content to stay at the back of the pack. When the lads got to 1200 meters it was tightly bunched and there was apprehension given the group was prepping for the mad dash to the finish. Basically there were five men packed within a little more than one second. On the seventh lap the Utah State runner spurted out to a hard pace dropping a 28.9 for that tour of the track leading the UTEP Miner. Josh had worked his way through the field to right with Elmar and they were chasing the three men in front. Over the last lap everyone was straining hard given it is not easy to run sub-4:00 for the mile. At the finish line the UTEP athlete just nipped the Utah State runner by 3/10ths of a second (3:58.13 - 3:58.45), which moves them to #11 and #17 on the national list. Then a post-collegiate athlete came in third around 3:59.5 and Josh just dipped under the 4:00 threshold with his 3:59.98. Elmar was next in as he crossed the finish line in 4:00.04 which moves him to #28 nationally, and Adam finished off the trio with his 4:04.67 clocking. Elmar's time of 4:00.04 is the ninth fastest performance all-time at UNM and ties him with former two time NCAA mile champion Lee Emanuel for the most all-time top ten performances rankings (four each).



Photo courtesy of Mike Mulcahy

Elmar #407 leading Adam #401 and Josh #408 in the early going



Photo courtesy of Mike Mulcahy



## Finally!

Junior **Sam Trigg (Plymouth, England)** who last year attended Oxford University (England) competed in the very first meet of the 2016 indoor season, running a 60 meter sprint race prior to Triple Jumping. Unfortunately, during that 60 meter sprint he slightly aggravated abdominal musculature, and hasn't been able to compete in any event including his specialty, the Triple Jump until the Don Kirby. Finally able to get on the raised Mondo runway the 2015 Sainsbury's Indoor British Triple Jump bronze medalist (50' 4 1/2") started off with a foul in the first round before landing in the sand at 48' 4 1/2" during the second round. He then extended that distance out in the third round to 50' 6 3/4" which held up as his best distance on the day. That performance moves Sam up to #2 in the Mountain West Conference rankings just two inches away from the current leader from Wyoming. It also moves him to #7 all-time at UNM.....after just one meet!

Photo courtesy of Mike Mulcahy



**Zoe  
Howell**

### Howell Joins 800 meter All Time Top Ten Ranking

Senior **Zoe Howell (Socorro, NM)** (pictured above) last year ran 2:12.03 indoors and 2:12.06 outdoors in her first season of running the 800 meters. During the indoor season last year Zoe focused instead on breaking the school record in the 600 meters and running three of the top ten fastest three lappers all-time. This year the plan was to add more mileage in the fall and see what that brought to the table. Going out in 30.5 Zoe was at the tail end of the seven woman race. She stayed in that position through the 400 meter point when she crossed in 62.7, exactly the split she should have hit. Zoe followed that with a 34.5 third lap to get her to 1:37.2 at the 600 meter mark. Maintaining that pace she started to pull in runners in front of her as they started to fatigue. Zoe was able to clock a 34.7 last lap getting her to the finish line in 2:11.48, good enough to get her up to #7 in the Mountain West Conference ranking, and #9 all-time at UNM.



Photos- courtesy of Mike



**Sophomores Katherine Whiting (Santa Cruz, CA) and Daniel Lam (Amsterdam, Netherlands) are shown having their best height clearances of the 2016 season. Katherine cleared 12' 4 1/2" which moves her into sole possession of #9 all-time at UNM, while Dan just missed the 16' barrier by 1/4". Currently Dan ranks #4 in the MWC while Katherine ranks #9.**



Photo courtesy of Mike Mulcahy



## Blount & Mady Launch Big Throws

Amaris Blount (Rio Rancho, NM) and Allison Mady (La Cueva, ABQ, NM) both had excellent days in the throwing ring, but on different days. On Friday during the 20 Lb. Weight Throw Amaris, currently ranked #6 in the MWC came into the competition with a best of 56' 3 1/4". On her very first twirl of the ball she crushed a 57' 3 1/2" throw to up her best by over a foot! Wow....

But she wasn't done since on her second throw she rotated out to 58' 6 1/2", another foot improvement. She did not throw farther than that in the rest of the competition and ended up ninth overall in the strong field. In fact, the winner of the competition threw the #2 longest toss in the NCAA this year. Amaris now has seven of the ten longest throws in program history. On Saturday in the Shot Put, Allison got off a nice PR on her final throw when she spun to a 41' 4 1/2" distance, to move to #9 all-time in Lobo land. She is pictured above generating the power necessary to unleash good throws and extending out all the way through the throw.

Photo courtesy of Mike Mulcahy



**Sophomore Parker Jones (Cleveland, Rio Rancho, NM) is shown clipping off a new 60 Hurdle PR of 8.56, just missing out on joining the all-time Lobo top ten ranking by 1/100th of a second.**

Photo courtesy of Mike Mulcahy



**Dorsey Enters All-Time Top Ranking Senior Cheyenne Dorsey (Cleveland, Rio Rancho, NM) PR'd with his 48.49 clocking in the 400 meters. That performance moves him to #8 in the MWC rankings and #9 all-time at UNM.**



## KLOEPPPEL INCHES HIS WAY UP CONFERENCE RANKINGS

GRAD STUDENT JOSEPH KLOEPPPEL (BERNALILLO, NM) HAS IMPROVED EACH WEEK OF THE INDOOR SEASON AND SLOWLY, BUT SURELY MOVED UP THE CONFERENCE RANKINGS. AFTER MISSING ONCE AT 6' 2" JK MADE IT ON HIS SECOND ATTEMPT. THEN AT 6' 4" HE WAS ABLE TO CLEAR ON HIS FIRST ATTEMPT. MOVING ON TO 6' 6" HE MISSED ONCE BEFORE CLEARING THAT NEW PR ON HIS SECOND ATTEMPT. THEN HE HAD THREE ATTEMPTS AT 6' 8" BUT WAS NOT ABLE TO SCALE THAT HEIGHT. JOSEPH RANKS #8 IN THE MWC.





Photo courtesy of Mike Mulcahy

Freshman Heptathlete Ryan Chase (Olympia, WA) is shown taking off to a new PR in the Long Jump and when he came down in the sand his 23' 6" adds four inches to his previous best. Ryan moves up to #5 in the MWC rankings with that leap.



Photo courtesy of Mike Mulcahy

**Sophomore Adam Monroe (Eldorado, ABQ, NM) pictured above came into the Don Kirby meet trying to run fast enough to qualify for the upcoming Mountain West Conference Championship. He made a strong case with his big 800 meter PR. Coming into the meet Adam had a PR of 1:54.29 which ranked 13th or so in the conference rankings and not predicted to score. But with his 1:52.84 clocking he came within 36/100ths of a second of the Air Force athlete currently ranked #8 in the MWC.**



Photo courtesy of Mike Mulcahy

#### Spencer & Marler Hit Qualifying Standard for USA Track & Field Championship

Recent graduate Kendall Spencer returning to ABQ leapt 25' 5 1/4" in the Long Jump to meet the men's standard for the USA meet to be held in Portland, Oregon. Aasha Marler, who only has outdoor track eligibility for UNM hit an all-time best of 20' 9 3/4" to also meet the standard.



Photo courtesy of Mike Mulcahy



Photo courtesy of Mike Mulcahy

Senior Holly Van Grinsven (Brentwood, TN) the defending MWC 400 champion is shown on the final homestretch trying to maximize every ounce of energy she can dig for as she passes a Buffalo from Colorado. Holly came through the finish line with her seasonal best performance of 55.57 which will enter the conference championship as the #5 seed in the tightly bunched lead group.



**WHAT DO ALL THE SYMBOLS MEAN?????** In parentheses after a performance will be a 1st, 2nd, 3rd, etc. This indicates the COLLEGIATE place in the meet that athlete finished. All unattached or professional athletes are removed since we are most focused on NCAA competition. After that may be two numbers like (2,8). This stands for how the athlete ranks on the All Time Top Ten Indoor Track & Field PERFORMER AND PERFORMANCE list. The number on the LEFT indicates how that athlete is ranked as far as individual PERFORMERS are concerned. The #2 would tell us that performer (athlete) is the second-best in New Mexico indoor track & field history in that event. The number on the RIGHT indicates how that performance is ranked in relation to all the top performances in New Mexico history in that event. The #8 would tell us that performance is the 8th best in New Mexico history in that event. It is possible, and even probable that one athlete could have many performances which rank in the top ten during their four year career. An x on the LEFT (x,8) tells us that they have achieved a better performance before, while on x on the RIGHT (8,x) tells us it doesn't make the performance list. **PR indicates a PERSONAL RECORD** (their best ever in that event). An @ indicates the performance has been altitude adjusted based on the NCAA protocol.

## DON KIRBY ELITE INVITATIONAL

FEBRUARY 12-13, 2016

### MEN

60	Ridge Jones 6.81@ 7.10@ Carlos Salcito (Unattached) 7.20@	Allan Hamilton 6.90@	Scott Bajere 6.95@
60H	Parker Jones 8.56@ <b>PR</b> 8.77@	Ryan Chase 8.63@ <b>PR</b>	Beau Clifton 9.25@
200	Ridge Jones 21.93@ Chris Kline 22.21@ <b>PR</b>	Mustafa Mudada 22.11@ Parker Jones 22.59@ <b>PR</b>	Mark Haywood 22.18@ <b>PR</b> Isaac Gonzales 22.69@
400	Cheyne Dorsey 48.49 (9,x) <b>PR</b>	Carlos Salcito (Unattached) (22.8) 49.94@ <b>PR</b>	
600	Dave Banwell-Clode 1:22.22 (4th)		
800	Adam Monroe 1:52.84@ (2nd) <b>PR</b>		
1mile	Josh Kerr (Unattached) 3:59.98@ Chris Graham 4:17.08@ <b>PR</b>	Elmar Engholm 4:00.04@ (x,9) Jared Garcia (Unattached) 4:19.76@	Adam Cotton 4:04.67@
3000	Graham Thomas (Unattached) 8:23.35@ <b>PR</b> Tyler Valdez 8:39.41@ <b>PR</b>	Zac Castillo 8:18.55@ (2nd) Jesus Mendoza 8:39.43@ <b>PR</b>	Dan Milechman 8:26.09@ (5th)
LongJ	Yannick Roggatz 24' 7 1/4" (3rd)	Allan Hamilton 24' 3" (5th)	Ryan Chase 23' 6" <b>PR</b>
TripleJ	Sam Trigg 50' 6 3/4" (6th) (7,x)		
HighJ	Joseph Kloepfel 6' 6" <b>PR</b>	Markus Miller (Unattached) 6' 6"	
PoleV	Daniel Lam 15' 11 3/4" (8th)	John Harari 15' 5 3/4"	Jason Atencio 15' 0"

### WOMEN

60	Aasha Marler (Unattached) 7.73@ Casey Dowling 8.00@	Peri Moran 7.78@ Samantha Woodman 8.07@	Erynn Caldwell 7.88@
60H	Holly VanGrinsven 8.51@ 8.52@	Kyra Mohns 9.23@	
200	Samantha Woodman 25.82@ Peri Moran 26.34@	Abigail Smith 26.31@	Faith Cobb 26.76@ <b>PR</b>
400	Holly VanGrinsven (26.0) 55.57@ Faith Cobb (28.3) 62.43@	Haley Sanner (25.6) 56.52@	Larimar Rodriguez (26.6) 58.19@
600	Samantha Bowe (Unattached) 1:45.77		
800	Zoe Howell (30.5-62.7-1:37.2) 2:11.48 (4th) (9,x) <b>PR</b>		
1mile	Sophie Connor 4:36.37@ (1st) (2,3) <b>PR</b> Natasha Bernal (Unattached) 4:51.71@ <b>PR</b>	Emily Hosker-Thornhill 4:44.54@ (2nd) (8,x) <b>PR</b> MacKenzie Everett 4:58.69@ <b>PR</b>	Reiley Kelly 5:21.47@
3000	Natasha Bernal (Unattached) 9:37.62@	Lindsey Andrews 10:11.44@ <b>PR</b>	
LongJ	Aasha Marler (Unattached) 20' 9 3/4" <b>PR</b> Kyra Mohns 17' 10 3/4"	Casey Dowling 18' 8"	Samantha Bowe (Unattached) 18' 1/4"
TripleJ	Jannell Hadnot 43' 2 1/2" (4th) (=1,=1) <b>PR</b>	Aasha Marler (Unattached) 41' 3 1/4"	
PoleV	Katherine Whiting 12' 4 1/2" (9,x) <b>PR</b>	Alisa Soderberg 11' 10 1/2"	Annie Stirling 11' 10 1/2"
ShotP	Allison Mady 41' 4 1/2" (9,x) <b>PR</b>		
Weight	Amaris Blount 58' 6 1/2" (2,2) <b>PR</b>		

## WASHINGTON HUSKY CLASSIC

FEBRUARY 13, 2016

3000	Calli Thackery 9:03.59 (2nd) (1,1) <b>PR</b>
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2016  
Indoor  
Track & Field



University of  
New Mexico

Wolftracks  
Newsletter



News, Views,  
Previews, Reviews



Volume 7, #123  
Saturday, February 20, 2016  
UCS Invitational  
JDL Fast Track  
Winston-Salem, North Carolina

## Distance Medley Relay Headed to NCAA Championship

Six members of the Lobo track & field team headed to North Carolina to compete in the UCS Invitational held at the 200 meter flat track facility named the JDL Fast Track in Winston-Salem, NC. It was a homecoming of sorts for assistant coach Jimmy Butler who competed collegiately at local Wake Forest University. The Distance Medley Relay is comprised of a 1200 meters, 400 meters, 800 meters, and 1600 meters and running the different distances were Sophie Connor (Hertfordshire, England), Holly Van Grinsven (Brentwood, TN), Emily Hosker-Thornhill (Cantebury, England), and Calli Thackery (Yorkshire, England). In 2015 Sophie, Calli, and Holly were on the NCAA qualifying quartet that ran 11:01.44 at Notre Dame this same weekend, and Sophie and Holly were on the group that actually ran at the NCAA Championship, where they placed 10th with an 11:17.98. Calli ran just the 3000 meters at the NCAA Championship. Those two times, 11:01 and 11:17 were the #1 and #2 times all-time at UNM.

Going into the UCS meet the team knew that they had to put up a sub-11:05 to have any chance of qualifying as nine teams already had run 11:05.34 or faster and the NCAA only selects 12 to advance. But because the track at JDL is flat, and the NCAA considers that to be an "undersized" facility (more difficult to run fast than a

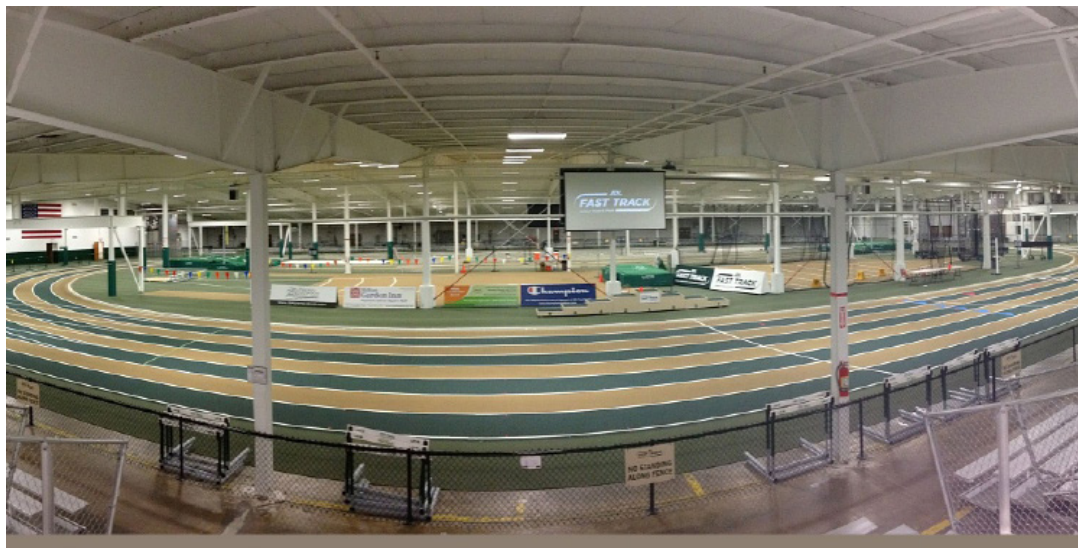


*L-R: Calli Thackery, Emily Hosker-Thornhill-Holly VanGrinsven, Sophie Connor*

banked 200 meter facility), the final performances have time "deducted" from them. Every DMR team at the UCS Invitational would get a bonus deduction of about 7.1 seconds off their actual finishing time.

Leading off the relay for her six laps of racing was Sophie, who had been running fantastically this indoor season. The leaders got out with a 32.6 for the first 200 and then continued on through 67 for the 400. Sophie was content to stay behind given she was boxed in for a brief time and had to bide her time, but she still came through in 2:18 for the half mile. From the 800 to 1000 she started to exert her influence, dropping a 32.6 lap, and once she got past the 1000 meter point she took off and flew away from the pack. Sophie handed off with a stellar 3:24.2 leg (with the conversion that is worth about a 3:22 split) which would be the fastest lead off leg in UNM history. Handing off to Holly with a lead, HVG sped around the oval determined to keep UNM in the forefront of the race, ahead of the teams from Clemson, Duke, and North Carolina. Her first lap was about 26.0 and her total for the two laps was a 55.7 split (about 55.0 with conversion) which did in fact keep the Cherry & Silver leading the pack. Holly then handed off to Emily for her four lap journey. Emily split 32.4 and 32.9 for her first two laps and was passed by a froshie phenom from Clemson and the Blue Devil from Duke, but she attached herself to them and got pulled along. Emily ran 33.0 for her third lap and then finished with a 33.4, a total time of 2:11.7 (about a 2:10.3 with conversion). Calli got the baton and blasted a 31.2 for her first 200 and then settled down with a 33.7 lap, and then laps of 35-35-35-35-35, before dropping a final lap of 34.4. Calli's 1600 split was 4:37.1, roughly a 4:35 for the 1600 meters with conversion





*The flat 200 meter track inside the JDL Fast Track Facility*

(which is nine meters less than a full mile). When the group crossed the videoboard flashed up 11:08.95, good for second place to the Tigers of Clemson. When converted by the NCAA that time was worth 11:01.86 and moved the foursome to #7 in the NCAA rankings, and almost assures them of a trip to Birmingham, Alabama. It also just narrowly misses the UNM indoor school record set last year.

Running in the 1 Mile race was senior **Elmar Engholm (Hasselby, Sweden)** who was attempting to run sub-4:00

for the 1609 meter race. To try and run under 4:00 for the mile is very difficult and there was supposed to be some pacesetters, athletes from one of the North Carolina colleges who would take the hard early pace and lead the runners through 800 meters and hopefully 1000 meters. Well unfortunately the pacesetters did not do their jobs and Elmar and the other two men hoping for that sub-4:00 had to do way too much work early in the race which left them all depleted later on in the race. Elmar was not afraid to take the pace as he, the North Carolina State Wolfpack athlete, and the Florida State Seminole came through in 62 for the 400, and 2:03 for the 800. The guys knew that they would get about a 3 second deduction, so they were basically right on at the halfway point. The three all got to 1200 meters in 3:04 and then it was up to each one to try to manage the last 400 the best they could. Elmar stayed right with the trio through 1400 meters and finished in 4:09.49, about a 4:06 mile. None of the three men were able to run that magical sub-4:00 mile.

The final athlete to compete was senior **Zoe Howell (Socorro, NM)** who was entered in the 600 meters. Zoe got caught in an uneven race with lots of speeding up and slowing down, and even though she was the top collegiate finisher, she wasn't pleased with her 1:34 clocking given she would have liked to run faster. Just as Elmar faced, no one simply wanted to take the pace out and lead the entire field through good solid splits.

## UCS Invitational, Saturday, February 20, 2016

**600**     **Zoe Howell (27.7-60.8) 1:34.0 (1st)**

**1mile**     **Elmar Engholm (31.3-62.0-1:32-2:03-2:33-3:04-3:34) 4:06.0 (3rd)**

**DMR**     **Sophie Connor (32-67.3-1:43-2:18-2:50) 3:22.0; Holly Van Grinsven (26.0) 55.0;**  
**Emily Hosker-Thornhill (32-65-1:38) 2:10.3; Calli Thackery (65-2:16) 4:35.1     11:01.86 (2nd) (2,2)**



## 2016 Indoor Track & Field



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News, Views,  
Previews, Reviews



Volume 7, #125  
Thursday - Saturday  
February 25-27, 2016

### MOUNTAIN WEST CONFERENCE INDOOR CHAMPIONSHIP

#### MEN FINAL SCORE

1. Air Force 142
2. Utah State 141
3. Colorado St. 138
4. New Mexico 101
5. Wyoming 70
6. Boise State 64

#### WOMEN FINAL SCORE

1. Colorado State 115
2. San Diego State 105
3. Boise State 71
4. New Mexico 65
5. Wyoming 59
6. UNLV 56
7. Nevada 52
8. Fresno State 49
9. Utah State 33
10. Air Force 30
11. San Jose State 27

### Hamilton Repeats Long Jump Championship & Earns 2016 MWC Men's Outstanding Performer Award

Senior sprinter/  
jumper **Allan**



*Allan Hamilton  
leaping to  
victory in the  
Long Jump*



Photo courtesy of Michael Mulcahy

**Hamilton (Edinburgh, Scotland)** the 2015 MWC Long Jump Champion had been struggling this indoor season, first with back spasms and then with a sore hamstring which came from the back issues. But leading up to the conference championship he had finally started to get healthier and looked forward to contributing as much as he could for the team. Scheduled to be the last jumper of the 12 men competing Allan waited for all the other men to take their first round attempt. Teammate **Yannick Roggatz (Birkenau, Germany)**, jumping sixth took the early lead when on his first attempt he went 24' 10 1/2". When it came time for Allan he flew down the runway,

COMMENTARY: After three straight men's MWC indoor track & field championships, and two straight on the women's side, the fourth place finishes seemed.....well strange. It certainly is a lot more fun taking team pictures at the end of the meet when there is a giant trophy being held! And the Lobo team has been fortunate to have had the opportunity to experience that in recent memory. From the outside the 2016 fourth place finishes might seem like a step backward, and maybe it could be construed that way, but a closer examination always tell a somewhat different story. Those five conference championships were fueled by well-rounded teams, that had both talent and production across a wide spectrum of events. In other words, to win team titles you need talent, plain and simple, but the second part of that equation is you have to have that talent at the meet competing. Colorado State women won

the team title this year and they scored in 16 of the 17 events contested indoors. That is balance and talent. This year as in all athletic team cycles there were lots of Lobo points not competing in the MWC Championship meet. The team has All Americans who didn't have any indoor eligibility remaining but will join the team outdoors, athletes with scheduled red-shirts, there were the dreaded injuries and the like that prevented scoring team members from competing, and there were athletes who honestly just didn't do all the things necessary to get ready for the season. Any one of those doesn't negatively affect the program a lot, but in concert they can significantly reduce point production. When looking at the athletes who actually did compete in the 2016 MWC Championship the Lobos had a pretty good meet. The men especially did a great job. In track & field its quite easy to see the pre-meet ranking in every event and add up the points and see where each team falls. When doing that the Lobo men were predicted to possibly finish dead last with maybe 55-60 points. Well, the men combined for 101 points, and looked powerful in spots. Last year the men scored a whopping 58 points in just the distance races alone, and if you added that to this year.....it indicates another team championship which tells how close it might have been. So all in all the men did a nice job and should hold their heads high for maximizing what they could do. The women's team didn't score quite that many points but did have a nice meet also. One factor that is very present as Coach Franklin spoke to in the post-meet team meeting is how strong the conference has become. Take several examples to illustrate that point. Last year Holly Van Grinsven won the 400 meters with a fine 54.80. This year she runs faster (54.53) and finishes 4th! Two years ago 48.36 won the men's 400.....this year Mark Haywood ran 48.11 for an all-time best.....and finished sixth!!! It went 46.26, 46.95, 47.14, 47.29.....yikes. There are five men who have run 4:00 for the mile or faster and it goes to so many other events as well. The message has been sent loud and clear.....the Mountain West Conference is improving by leaps and bounds every year, and it has gotten very difficult to score "cheap points" which means every member of the Lobo team needs to be on the starting line or in the field to maximize team points.



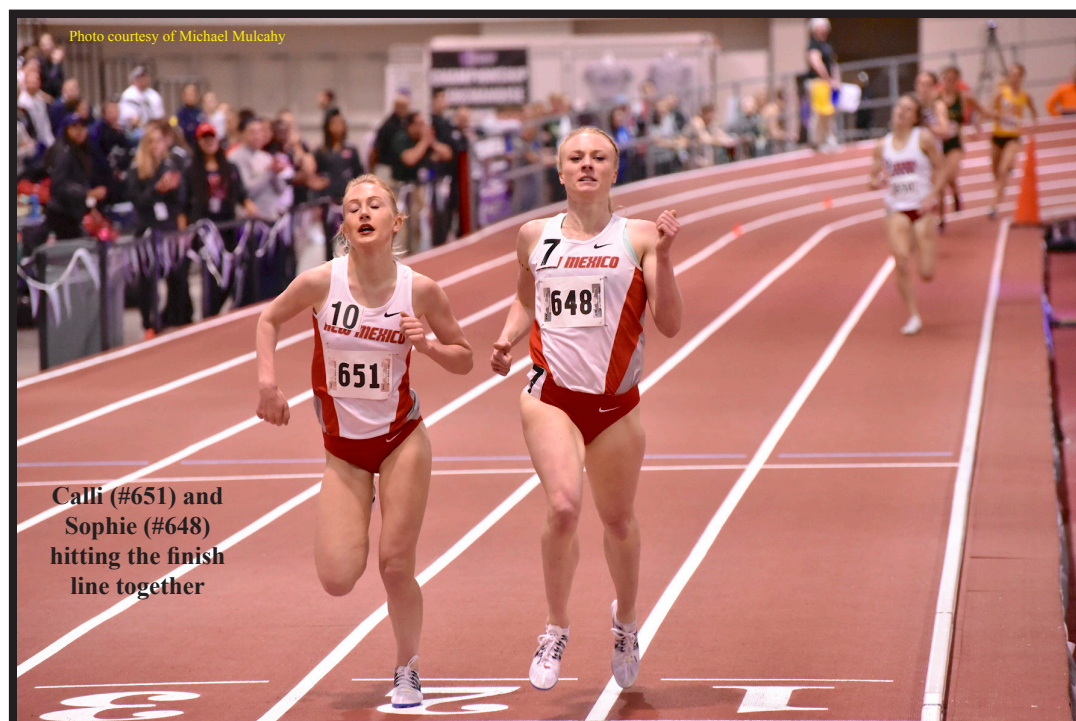


hit the board perfectly and came down in the sand at 25' 1/2". Yannick came back in the third round to jump the exact same distance, which for him was a new all-time PR, so going into the final round of three jumps they were tied. Allan extended his best jump out to 25' 3 1/2" in the fifth round, and no one else in the field could match that distance, which took him to a top 20 NCAA ranking. The Lobos got a 1-2 finish from Allan and Yannick matching the result they produced in 2015.

## CONNOR & THACKERY STAGE GREAT BATTLE IN 1 MILE

Seniors **Sophie Connor (Hertfordshire, England)** and **Calli Thackery (Yorkshire, England)** have been competing against each other for many, many years. This year they entered the MWC Championship ranked 1st and 2nd in the conference one mile distance, and then 9th (Sophie) and 30th (Calli) in the NCAA with Calli having a better ranking in the 3000 (5th). Both got through the preliminary round on Friday with ease, Sophie running a 4:49.03 and Calli a 4:51.78 in a different section. Also

squeezing into the final slot of the 10 woman final was froshie **Mackenzie Everett (La Cueva, ABQ, NM)** who clocked a PR of 4:57.50. In the final Sophie went out and pushed the pace with Calli content to stay in her slipstream as they toured the red Mondo track facility. Through 1200 meters of the 1609 meter race it stayed that way, then the competitor in both of them took over and Calli moved up to Sophie's right shoulder, and Sophie feeling that pressure increased the tempo. Hitting the bell lap they were in full flight and up the backstretch everyone could see Calli getting ready for her patented hard sprint to the finish. As they came around the final bank of



Calli (#651) and  
Sophie (#648)  
hitting the finish  
line together

the track, Calli swung out wide and when they hit the final straight they were side by side. About 30 meters from the finish line it appeared that Calli took about a 6 inch lead and as they approached the white line they seemed to hit in unison. As the above picture shows it looks like they tied. When the finish clock showed the final results Sophie was credited with a 4:39.54, while Calli got a 4:39.56. They gave each other a big hug and smiled knowing the most important thing was the 18 team points they just got. Those two performances while not their best all-time indoor PR's still rank as the #9 and #10 fastest times ever run in Lobo history. Mackenzie who fell way behind early, running dead last, never gave up and kept pushing and pushing, and finally worked her way up to place 8th with another new PR of 4:55.10!

## HADNOT TAKES THE TRIPLE JUMP WITH EASE

Junior **Jannell Hadnot (Tokay, Lodi, CA)** last year finished runner-up in the indoor conference meet to teammate Aasha Marler. This year Jannell has risen to national prominence in the Triple Jump, currently ranked #13 in all the land with her seasonal best of 43' 2 1/2". Leading the conference by feet, not inches, Jannell came down on her very first attempt and hit a conservative 41' 1 1/2 distance, which meant she could have stopped right there. But she kept going, working on technical parameters in preparation for the NCAA Championships. In the second round she extended her best to 41' 6", and then on her third she finished off



**with a 42' 2" distance which ended up winning the competition by a foot and a half. That distance is the 10th longest jump (distance) in UNM Lobo history.**



Photo courtesy of Michael Mulcahy

Jannell Hadnot

Colorado State, who had clocked 6.67. In the preliminary round of 13 men, with 8 advancing to the final Ridge finished second in his heat to the CSU sprinter, 6.66 to 6.77, which in the sprint world is huge. So Ridge would have to come up with a great technical plan for the final. In the final Ridge was scheduled to run out of lane three with the Ram in lane four. In the area of sprint starts milliseconds are critical to success. When up in the set position in the blocks the central nervous system is heightened and ready to explode upon command. Muscle fiber is tense and ready to fire when necessary, and its a fine line between aggression and patience, waiting for the starting gun. To be a great starter in the sprint races an athlete must be confident, exhibit courage, and in some ways be a little crazy. If the sprinter flinches milliseconds before the gun, the athlete is disqualified for a false start. If the sprinter misses the start by even a couple of milliseconds they can never catch up in such a short distance. So all in all the sprinter must balance two different worlds. Ridge had decided to "push the envelope" given that was the only way to equal the playing field against the 41st ranked sprinter in the NCAA. In the set position Ridge was wired, and he timed the start as perfectly as a human being can. The IAAF world standard for a false start is when reaction time is less than 100/1000ths of second. With how perfectly Ridge's start was he had to be 101/1000ths!!! When Ridge got away it almost shocked the field, and it definitely affected the CSU athlete, and by 30 meters the race was over. Ridge flashed across the finish line in 6.71 with the second place Utah State Aggie at 6.73 and the CSU sprinter 3rd in 6.76. Backing up Ridge as the picture shows is Allan Hamilton who took fifth, and **Carlos Wiggins (Plano, TX)** in 6th.



Photo courtesy of Michael Mulcahy

Ridge, Allan, and Carlos

### Jones Repeats in 60 meter Sprint

Senior **Ridge Jones (DeSoto, TX)** was the 2015 MWC Champion, and in the process ran fast enough to advance to the NCAA Championships. This year Ridge entered the championship in an unfamiliar position, ranked #4 in the MWC with his seasonal best of 6.81, way off the regular season leader from



Photo courtesy of Michael Mulcahy

Daniel Lam

### Heptathlon

Sophomore **Daniel Lam (Amsterdam, Netherlands)** took fourth place in 2015 in the seven event Heptathlon. Daniel got right to work with PR's in the first two events (60, LJ) and finished off the first day (four events) in good shape. Hitting a new PR in the first event of the second day and then getting 834 points for his



Photo courtesy of Michael Mulcahy

Beau Clifton

15' 7" Pole Vault which was his biggest point earner of the competition left him with a new overall PR of 5241 points, which was good for second place overall. His total is the #3 all-time in Lobo history. Classmate **Beau Clifton (Farmington, NM)** used six PR's enroute to his sixth place finish of 4945 points, which moves him to #8 all-time at UNM. Beau's biggest event for points was the very first one of the competition, the 60 meter sprint. Beau hit a huge PR of 6.98 which provided 897 points.





Photo courtesy of Michael Muleahy



Photo courtesy of Michael Muleahy

## Engholm Crushes Huge 800 PR

Senior **Elmar Engholm (Hasselby, Sweden)** was the 2015 MWC mile champion when he cruised to a 4:04 victory but this year he just didn't have the turnover over the last 400 meters and finished an uncharacteristic seventh. Still upset with that happening he came back later in the day to run the 800 meters, an event he had finished seventh in last year. Over the first 200 meters EE looked sluggish as he hit 28 seconds, a second and a half behind the leaders. By the 400 point Elmar started to look refreshed and had pulled to within one second of the leader (54.3-55.3). He kept that through the 600 meters getting to that split in 1:22. Over the final 200 meters only two men, the Utah State athlete and Elmar ran that one lap in 27 seconds. Elmar pictured above straining for every inch crossed the finish line in a massive new PR of 1:49.42 cutting almost two seconds off his previous best. That performance moves him to #3 all-time at UNM.



Photo courtesy of Michael Muleahy

**Top Photo: Haley Sanner hands off to Zoe Howell.  
Bottom Photo: Chris Kline hands off to  
Isaac Gonzales**

## 4 x 400 Relays Both Run to 3rd Place Finishes and All-Time Top Ten Rankings

The women's 4x400 quartet of **Haley Sanner (San Bernadino, CA)**, **Zoe Howell (Socorro, NM)**, **Larimar Rodriguez (Cleveland, Rio Rancho, NM)**, and **Holly VanGrinsven (Brentwood, TN)** were primed for a good race. Three members of the group (Haley, Zoe, Holly) ran on last years school record setting relay of 3:43.35 and they had prepared well for the 2016 conference championship. Haley ran the lead-off and did a great job of getting the group off to a solid start as she handed off in third place after her 55.7 split. Zoe taking the baton had about a ten meter deficit to second place and she couldn't put much of a dent in that until the backstretch of the second lap where she made a huge push forward and passed into second place. Zoe handed off to Larimar after her fastest ever split of 55.2. Larimar was running by herself for the first 300 meters, but at that point a UNLV runner came up on her shoulder, and that got her to find one more gear and she held on to hand off second to Holly after a 56.4 split. Holly looking momentarily leg fatigued from her 400 meters early in the afternoon had to work very hard over the first 200 meters of the race. She nevertheless still was able to come up with a 55.2 split to get the relay team to third place in 3:43.51, just missing out on a new indoor record. But it is the second fastest relay in school history. Zoe finishes her Lobo indoor career having been on six of the ten fastest relay squads in history while Haley represented five of the fastest relays in history. Over on the men's side the foursome of **Cheyne Dorsey (Cleveland, Rio Rancho, NM)**, **Chris Kline (West Mesa, ABQ, NM)**, **Isaac Gonzales (Taos, NM)**, and **Mark Haywood (Alamogordo, NM)** were trying to get something in the 3:13 range for a total time. Cheyne led off and right off the bat Utah State and Air Force were away with their tremendous lead off legs, so Cheyne and the other three squads were left to fend for themselves. Cheyne hit a solid lead off leg with his 48.6 split and handed off to Chris in third place. Chris took the baton and all the way fought off the Wyoming, Colorado State, and Boise State athletes that were nipping at his heels. Chris did not let up and split 48.5 handing off to Isaac in third place. Isaac, who had never split under 49 seconds ran a great leg putting some distance between him and the chasing teams. Isaac ended up splitting 48.9 for a new PR. Mark finished up the relays work flying around the track with his all-time PR of 47.2. When the results were tabulated the relay ended up with a 3:13.94,





Photo courtesy of Michael Mulcahy

Sophie  
Connor

## Connor Breaks Record



Great track accomplishments come at the strangest times as Sophie Connor illustrated. On Friday, in the preliminary 800 race there was no need for Sophie to run hard as she was clearly one of the two or three fastest athletes in the field, and usually the object of the prelim is to advance to the final with the least possible effort. Well Sophie just glided around the track and looked like she was jogging, but when she finished everyone looked at the finish clock and said.....Huh! The finish clock read 2:07.71 which was faster than the existing Lobo school record of 2:08.14 set last year by Sammy Silva. Guess when you are highly fit, you are highly fit!

## Hamilton & Trigg Go 2-3 in Triple Jump

Senior Allan Hamilton doesn't Triple Jump often given he is usually focusing on his main two events, the Long Jump and 60 sprint. Plus the TJ puts a large strain on the knee joint, which can be a problem for someone jumping and sprinting all the time. In fact, Allan hadn't TJ'ed indoors since last years MWC Championship. But when he does do the hop, step, and jump, he usually does it very, very well. After an opening foul, Allan boomed out to a 50' 4" PR to take the lead. Junior **Sam Trigg (Plymouth, England)** responded on his third jump to move right behind Allan with a 50' 3/4" distance. After all the prelims were completed Allan went into the finals with the top jump and Sam was third with a Wyoming Cowboy inbetween. In the finals Allan boomed another new PR of 50' 10 3/4" while Sam followed suit as he extended out to 50' 4 3/4". Unfortunately, the Cowboy athlete rallied for a huge jump of 51' 8 1/2" to seal the victory. Still the second and third place showings added an important 14 points to the team total. Allan ends his indoor Lobo career ranked #6 all-time in the Triple Jump, while Sam, who is just starting his time in Loboland ranks #8 all-time.



Photo courtesy of Michael Mulcahy

Sam  
Trigg



Photo courtesy of Michael Mulcahy

## 25 Laps Around the Red Mondo

Senior **Dan Milechman (Mill Valley, CA)** is shown to the left keeping pace through a 4:50 first mile in the 25 lap, 5000 meter competition. It stayed as a very large pack through two miles where Dan hit 9:45, just slightly off the lead pacer. Once the runners got past two miles all heck broke loose and everyone started picking up the tempo trying to get some clear space. Over the last 1000 meters of the race it was a tough go for all the athletes, and Dan ended up finishing seventh with his 14:34.28 clocking. That is certainly a promising time given Dan ended his outdoor season last year at Harvard clocking 14:34.57 in Boston so good things should happen this 2016 outdoor season.





Photo courtesy of Michael Mulcahy

**Whiting Grabs Scoring Slot in Pole Vault**  
Sophomore Katherine Whiting (Santa Cruz, CA) pictured above improved her PR for the third week in a row as she cleared 12' 5 1/2" to finish 8th overall in the competition. That height also moves her to #8 all-time at UNM.

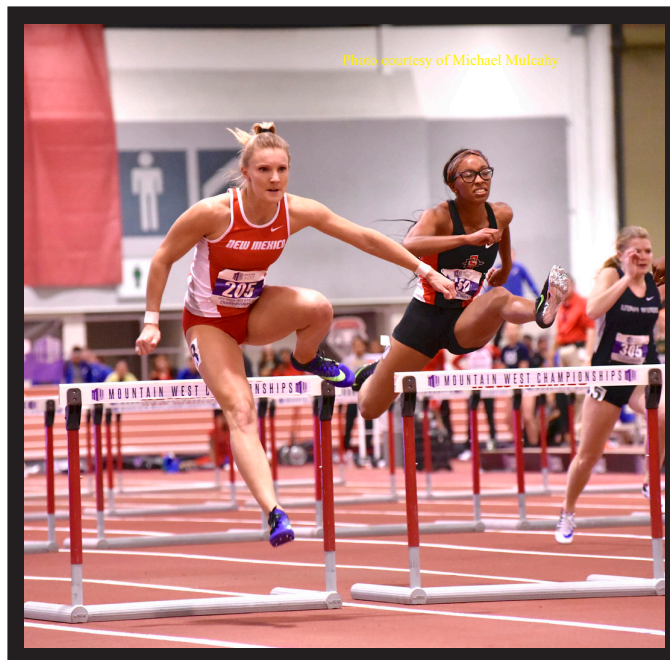


Photo courtesy of Michael Mulcahy

### Van Grinsven Nails 3rd in 60 Hurdles

Senior Holly Van Grinsven is shown above in the preliminary 60 Hurdle race where she clocked 8.49, which advanced her into the eight woman final as the third seed. In the finals she got out well and three athletes separated themselves from the field by the second hurdle. Holly made a late rush toward the front but ran out of space, finishing third in her best time of the season, an 8.38. That performance is the 4th fastest time ever at UNM, and Holly ends her Lobo indoor career with the seven fastest hurdle clockings ever.



Photo courtesy of Michael Mulcahy

**Yannick Roggatz**

### Heeees Baaaack

In Punxsutawney, Pennsylvania there is a wonderful tradition that has been celebrated since 1887. On February 2nd (Groundhog Day) each year, the town of Punxsutawney celebrates the legendary groundhog with a festive atmosphere of music and food. During the ceremony, which begins well before the winter sunrise, Phil (the groundhog) emerges with his "wife" Phyllis and "daughter" Phelicia from his temporary home on Gobbler's Knob, located in a rural area about 2 miles (3 km) east of town. According to the tradition, if Phil sticks his head out of the hole and sees his shadow and then returns to his hole, he has predicted six more weeks of winter-like weather. If Phil sticks his head out and does not see his shadow, he stays outside since he has predicted an "early spring" for the United States and Canada. **What you ask is this all about and what does it have to do with track & field???** Well each year about the last week in February there is a sighting in Albuquerque, especially when the conference High Jump comes around. Senior Yannick Roggatz, who

only leaps when the conference meet occurs almost seems to come out of nowhere. We think he must stick his head inside the Albuquerque Convention Center and look around, and if the high jump pits are set up and the MWC banners are set up, he dons his uniform and high jump spikes, and gets ready to jump. If there is no MWC conference meet, then he quietly skitters away and keeps his high jump spikes in hibernation. Yannick delighted the crowd again with his excellent jumping skills as he finished sixth overall with a clearance of 6' 8 3/4". After missing once at 6' 4" it took YR all three attempts to get over 6' 6". He then took two attempts to clear 6' 7 3/4" but then went on to easily make 6' 8 3/4" on his first attempt. He finally ran out of height at 6' 9 3/4" missing all three attempts. While not scoring graduate student **Joseph Kloeppel (Bernalillo, NM)** improved his PR to 6' 7 1/2".





Photo courtesy of Michael Mulcahy

Sophomore **Kyra Mohns (Eldorado, ABQ, NM)** is shown above during the 60 Hurdle race of the Pentathlon. Kyra had a strong performance in the 60 Hurdles gaining 895 points with her 9.09 clocking. That spurred her on to a 3617 point total which placed sixth overall in the competition.



Photo courtesy of Michael Mulcahy

## Track & Field....A great Sport

Collegiate athletics has many wonderful aspects to it, and especially the sport of track & field. Unheralded athletes can come into the sport, work hard, have a great attitude, and find a way to make a difference on a team. It is always nice success stories which fuel good feelings. Froshie **Jason Atencio (Hope Christian, ABQ, NM)** pictured above in the Pole Vault is such a story. Last year as a high school senior Jason won the New Mexico boys 4A state championship with a clearance of 14' 0". To put that into perspective....the opening height in the Mountain West Conference Championships is usually around 14'! Jason worked hard during the fall track training program and entered the conference meet ranked 8th with his 15' 1 1/2" jump at the UNM Team Invitational. In all four of his regular season meets he had jumped at least 15'. Opening up at 14' 3 1/2" Jason easily cleared and then duplicated that effort at 14' 9 1/2". At 15' 1 1/2", a height that would end up scoring he was money again, clearing on his first attempt. Moving up to 15' 5 1/2" Jason ran into trouble on his first two attempts, but got things straightened out on his third to clear with a new PR. The crossbar was raised to 15' 9 1/4" and Jason wasted no time as he came down the runway and boomed over the fiberglass crossbar to set another PR. Finally, at 16' 1 1/4" the magic ran out, and Jason could not get his body over the bar. Regardless, the sixth place finish in his first conference championship is a great testament to guys making a contribution to the team. Well done!



Photo courtesy of Michael Mulcahy

### Haywood Finishes 6th in 400

Soph **Mark Haywood (Alamogordo, NM)** pictured above finished 8th last year in the 400 meter sprint race. This year after clocking a new PR of 48.27 in the prelim race, he lowered that down to 48.11 in the final which ended up sixth overall. That performance moves Mark to #6 all-time indoors at UNM

### Local Athletes Help Lead Distance Medley Relay to #5 Fastest All Time

Froshies Mackenzie Everett (La Cueva, ABQ, NM) pictured to the left leading off the DMR with a 1200 meter leg and Larimar Rodriguez (Cleveland, Rio Rancho, NM) running a huge PR of 55.9 in the 400 leg of the DMR contributed to an 11:35.80 clocking which ranks #5 all-time at UNM. The other two on the relay were Zoe Howell and Emily Hosker-Thornhill who ran the 800 and 1200 legs respectively.



Photo courtesy of Michael Mulcahy



Photo courtesy of Michael Mulcahy



**WHAT DO ALL THE SYMBOLS MEAN?????** In parentheses after a performance will be a 1st, 2nd, 3rd, etc. This indicates the COLLEGIATE place in the meet that athlete finished. All unattached or professional athletes are removed since we are most focused on NCAA competition. After that may be two numbers like (2,8). This stands for how the athlete ranks on the All Time Top Ten Indoor Track & Field PERFORMER AND PERFORMANCE list. The number on the LEFT indicates how that athlete is ranked as far as individual PERFORMERS are concerned. The #2 would tell us that performer (athlete) is the second-best in New Mexico indoor track & field history in that event. The number on the RIGHT indicates how that performance is ranked in relation to all the top performances in New Mexico history in that event. The #8 would tell us that performance is the 8th best in New Mexico history in that event. It is possible, and even probable that one athlete could have many performances which rank in the top ten during their four year career. An x on the LEFT (x,8) tells us that they have achieved a better performance before, while on x on the RIGHT (8,x) tells us it doesn't make the performance list. **PR indicates a PERSONAL RECORD** (their best ever in that event). An @ indicates the performance has been altitude adjusted based on the NCAA protocol.

## MOUNTAIN WEST CONFERENCE CHAMPIONSHIP FEBRUARY 25-27, 2016

### MEN

60	Ridge Jones 6.77@ 6.71@ (1st) (x,5)	Allan Hamilton 6.83@ 6.86@ (5th)	Carlos Wiggins 6.90@ 6.89@ (6th)
	Scott Bajere 6.92@ 6.87@ (7th)		
60H	Yannick Roggatz 8.35@	Parker Jones 8.54@ <b>PR</b> (9,x)	
200	Ridge Jones 21.75@ 21.88@ (8th)	Scott Bajere 22.16@	
400	Mark Haywood 48.27@ <b>PR</b> 48.11@ (6th) <b>PR</b> (6,x)	Cheyne Dorsey 49.22@	
800	Elmar Engholm (55.5) 1:50.35@ (55.3) 1:49.42@ (2nd) <b>PR</b> (3,3)	Adam Cotton (55.7) 1:51.76@ (58.5) 2:05.98@ (8th)	
	Adam Monroe (55.7) 1:54.50@	Dave Banwell-Clode (54.8) 2:00.47@	
1mile	Elmar Engholm (68-2:15-3:16) 4:11.26@ (7th)	Adam Cotton (68-2:16-3:17) 4:20.24@	
3000	Zac Castillo (67-2:20-3:31-4:38-5:47-6:57-8:09) 8:28.51@	Dan Milechman 8:33.72@	Julian Florez 8:42.38@
5000	Dan Milechman 14:34.28@ (7th)	Julian Florez 14:48.37@	Zac Castillo 14:56.16@
4x400	Cheyne Dorsey (48.6), Chris Kline (48.5), Isaac Gonzales (48.9) <b>PR</b> , Mark Haywood (47.2) <b>PR</b>	3:13.94@ (3rd) (8,x)	
DMR	Adam Monroe (3:10.5), Isaac Gonzales (49.2) <b>PR</b> , Dave Banwell-Clode (1:54.6), Chris Graham (4:26.6)	10:11.97@ (6th)	
LongJ	Allan Hamilton 25' 3 1/2" (1st) (x,10)	Yannick Roggatz 25' 1/2" (2nd) (7,x) <b>PR</b>	Sam Trigg 23' 2 1/2" (5th)
TripleJ	Allan Hamilton 50' 10 3/4" (2nd) (6,x) <b>PR</b>	Sam Trigg 50' 4 3/4" (3rd) (8,x)	
HighJ	Yannick Roggatz 6' 8 3/4" (6th)	Joseph Kloeppe 6' 7 1/2" <b>PR</b>	
PoleV	Jason Atencio 15' 9 1/4" (6th) <b>PR</b>	John Harari 15' 5 1/2" (7th)	Daniel Lam 15' 1 1/2" (8th)
Hept	Daniel Lam	Beau Clifton	
	60 7.30@ <b>PR</b>	60 6.98@ <b>PR</b>	
	LongJ 22' 10" <b>PR</b>	LongJ 20' 4 1/4" <b>PR</b>	
	Shot Put 42' 8"	Shot Put 43' 1/2"	
	HighJ 5' 11 1/4"	HighJ 6 1/2" <b>PR</b>	
	60H 8.67@ <b>PR</b>	60H 9.05@ <b>PR</b>	
	PoleV 15' 7"	PoleV 13' 3 1/2" <b>PR</b>	
	1000 2:57.41 5241 points (2nd) <b>PR</b> (3,x)	1000 2:55.21 <b>PR</b>	4945 points (6th) <b>PR</b> (8,x)

### WOMEN

60	Peri Moran 7.81@		
60H	Holly Van Grinsven 8.49@ 8.38@ (3rd) (x,4)		
200	Samantha Woodman 25.47@		
400	Holly Van Grinsven 55.18@ 54.53@ (4th) (x,7)	Haley Sanner 56.00@ <b>PR</b> (6,x)	
800	Sophie Connor (64.1) 2:07.71@ <b>PR</b> (1,1) ( <b>New UNM Indoor School Record</b> )	(65.1) 2:08.27@ (5th) (x,5)	
	Emily Hosker-Thornhill (64.9) 2:13.62@		
1mile	Sophie Connor (73-2:27-3:43) 4:49.03@ (73-2:26-3:38) 4:39.54@ (1st) (x,9)		
	Calli Thackery (76-2:33-3:48) 4:51.78@ (74-2:27-3:39) 4:39.56@ (2nd) (x,10)		
	MacKenzie Everett (75-2:31-3:47) 4:57.50@ <b>PR</b> (75-2:30-3:47) 4:55.10@ (8th) <b>PR</b>		
3000	Calli Thackery 74-2:36-3:54-5:13-6:29-7:46-9:05) 9:28.99@ (4th)	Heleene Tambet 9:38.26@ <b>PR</b> (9,x)	
	MacKenzie Everett 9:58.32@ <b>PR</b>	Lindsey Andrews 10:04.37@ <b>PR</b>	
5000	Heleen Tambet 17:03.54@ (8th)	Lindsey Andrews 17:59.23@	
4x400	Haley Sanner (55.7), Zoe Howell (55.2), Larimar Rodriguez (56.4), Holly VanGrinsven (55.2)	3:43.51@ (3rd) (2,x)	
DMR	MacKenzie Everett (3:40.7), Larimar Rodriguez (55.9) <b>PR</b> , Zoe Howell (2:11.9), Emily Hosker-Thornhill (4:57.5)	11:35.80@ (6th) (5,x)	
LongJ	Casey Dowling 18' 4 1/4" (7th)	Jannell Hadnot 17' 9 1/2"	Kyra Mohns 17' 2 1/4"
TripleJ	Jannell Hadnot 42' 2" (1st) (x,10)		
HighJ	Kyra Mohns 5' 4 1/2"		
PoleV	Katherine Whiting 12' 5 1/2" (8th) <b>PR</b> (8,x)	Alissa Soderberg 12' 1 1/2"	Annie Stirling 12' 1 1/2"
ShotP	Ali Mady 41' 3 3/4"		
20LbWt	Amaris Blount 52' 7 1/4"		
Pent	Kyra Mohns	60H 9.09	HighJ 5' 3 3/4"
		800 2:25.76@ <b>PR</b>	3617 points (6th)
		ShotP 35' 10"	LongJ 17' 4"





Volume 7, #126  
Friday - Saturday  
March 11-12, 2016

NCAA INDOOR TRACK & FIELD  
CHAMPIONSHIP  
Birmingham, Alabama



Above: Sophie on the left and Calli on the right celebrating an All American weekend. Left: Calli on the award stand receiving her All American plaque.

## Connor & Thackery Earn All American Honors

Senior **Sophie Connor (Hertfordshire, England)** and junior **Calli Thackery (Yorkshire, England)** both placed in the top 8 of their respective events to earn All American honors at the 2016 NCAA Indoor Track & Field Championships held at the Birmingham Crossplex in Birmingham, Alabama. Sophie earned her honor in the 1 Mile, while Calli did hers in the 3000 meters. On Friday Sophie was schedule to run the prelims of the 1 Mile race. The 16 qualified athletes were divided into two races, with eight in each section, and Sophie was selected to run in the very first section. The eight women went out at a relaxed pace as no one wanted to take off and push the pace and be the torchbearer for the event. Sophie showing patience and confidence just tucked in to the end of the race and was content to let the others set the pace. The group came through in 34 seconds for the first 200 and maintained that tempo as they toured the track in 35 seconds for the second lap, coming through the 400 meters in 69 seconds. Following that the pace stayed remarkably consistent as Sophie went 35.6, 35.3, 35.1, 35.2 on her next four laps. She slowly moved up to the middle of the race before pushing to the front by the 1200 meter point. From that juncture she controlled the race and lowered the pace through 1400 with a 34.7. She then made sure she extended the tempo as she clicked off a 32.2 final 200 meters to cross the finish





**Top left: Sophie walks down the track ready for the prelim. Bottom the prelim race begins.**

line in a relaxed and comfortable 4:37.66 winning effort. That time is the sixth fastest performance ever run at UNM. Coming back the next day Sophie was scheduled to run in the ten woman final. The final was run very similar as she was content to stay near the back of the race in the early stages hitting splits of 34, then 35, then 36. At the 800 meter split Sophie was at 2:22.5 which left her at 9th position. She began to slowly move forward and by the 1200 meter split (3:33) was up to sixth place. With a 33 second and then 32 second last two laps she was able to move up to fifth place at the end, with a 4:38.82 (#8 fastest time ever at UNM) and was only 4/10ths away from third place! Sophie who entered the meet ranked 10th really had a nice two day event for the Lobos. For Calli, the 3000 meters wasn't even something she had worried about given she had been sick for about 10 days prior to the championship, and after running the anchor leg of the Distance Medley Relay on Friday night didn't



even know if she could get to the starting line of the 3k. After warming up and deciding to give it a go, she settled into a cautious, but consistent early pace coming through the 800 in 2:25 which left her in eighth place, and the mile in 4:50 when she had moved up to fourth place. After the mile point she got left alone as the top two surged hard to pull away from everyone, and the third runner was all by herself, maybe ten meters down from the leaders. Calli was probably about five meters off the third runner but ahead of the chase pack of six runners so Calli was essentially doing all the work by herself. With about 600 meters to go the chase pack finally pulled Calli in, but then she latched on to them and it stayed that way until 200 meters to go. Digging down deep Calli came up with a 32.7 last 200 meters which was the second fastest of all the thirteen runners in the field which catapulted her up to sixth place, a nice improvement from last years 13th place. Her finishing time was 9:09.35



Calli holding off the chase pace in the 3000 meters



which is the fourth fastest time in Lobo history. The Distance Medley Relay is comprised of a 1200 meters, 400 meters, 800 meters, and 1600 meter segment. The quartet of **Emily Hosker-Thornhill (Canterbury, England)**, **Holly VanGrinsven (Brentwood, TN)**, **Zoe Howell (Socorro, NM)** and Calli Thackery combined for an 11:30.67 which is the fourth fastest time in Lobo indoor history. That time placed them 12th in the nation which is a pretty cool fact! The lone field event athlete for the Lobos was junior **Jannell Hadnot (Tokay, Lodi, CA)** who was entered in the Triple Jump. Jannell spanned 42' 1 1/4" which ended up in 11th place in her first NCAA competition.

*Emily Hosker-Thornhill comes down the track ready to lead off the Distance Medley Relay*





Emily during her 1200 relay leg

Holly staying focused as she waits for the 400 leg of the DMR



Zoe Howell running the 800 leg of the relay







Calli finishes off the relay with her eight laps (1600 meters)



Zoe and Holly enjoying their time in Birmingham, Alabama



**WHAT DO ALL THE SYMBOLS MEAN?????** In parentheses after a performance will be a 1st, 2nd, 3rd, etc. This indicates the COLLEGIATE place in the meet that athlete finished. All unattached or professional athletes are removed since we are most focused on NCAA competition. After that may be two numbers like (2,8). This stands for how the athlete ranks on the All Time Top Ten Indoor Track & Field PERFORMER AND PERFORMANCE list. The number on the LEFT indicates how that athlete is ranked as far as individual PERFORMERS are concerned. The #2 would tell us that performer (athlete) is the second-best in New Mexico indoor track & field history in that event. The number on the RIGHT indicates how that performance is ranked in relation to all the top performances in New Mexico history in that event. The #8 would tell us that performance is the 8th best in New Mexico history in that event. It is possible, and even probable that one athlete could have many performances which rank in the top ten during their four year career. An x on the LEFT (x,8) tells us that they have achieved a better performance before, while an x on the RIGHT (8,x) tells us it doesn't make the performance list. **PR indicates a PERSONAL RECORD) (their best ever in that event).** An @ indicates the performance has been altitude adjusted based on the NCAA protocol.

## NCAA CHAMPIONSHIP @ Birmingham Crossplex, Birmingham, Alabama March 11-12, 2016

1Mile Prelim	Sophie Connor (34-69-1:44-2:20-2:55-3:30-4:05)	4:37.66 (1st) (x,6)
1Mile Final	Sophie Connor 34-69-1:45-2:22-2:58-3:33-4:06)	4:38.82 (5th) (x,8)
3000	Calli Thackery (36-73-1:49-2:25-34:02-3:37-4:13-4:50-5:27-6:05-6:44-7:21-8:00-8:36)	9:09.35 (6th) (x,4)
Distance Medley Relay	Emily Hosker-Thornhill (3:29.9), Holly VanGrinsven (56.5), Zoe Howell (2:14.9), Calli Thackery (4:49.2)	11:30.67 (12th) (x,4)
Triple Jump	Jannell Hadnot 41' 5" - 42' 1 1/4" - F (11th)	





# UNIVERSITY OF NEW MEXICO INDOOR TRACK & FIELD

## 2016 NEW MEXICO INDOOR BEST PERFORMANCES (FINAL - March 27, 2016))

*An @ after a performance denotes that performance has been adjusted based on the NCAA altitude conversion*

### 2016 BEST

### ALL TIME BEST or PREVIOUS BEST

#### 60 METERS (WOMEN)

Aasha Marler (Unattach)	Senior	7.73@
Peri Moran	Junior	7.78@
Abigail Smith	Frosh.	7.79@
Erynn Caldwell	Soph.	7.88@
Casey Dowling	Senior	7.96@
Jannell Hadnot	Junior	7.97@
Samantha Woodman	Frosh.	8.05@
Haley Sanner	Senior	
Samantha Bowe	Senior	

#### UNM Record - Kayla Fisher-Taylor, 7.55@ (7.51 raw), March 1, 2014@MWC (AF)

Don Kirby Elite, 2/12	7.57@	MWC Championship, 3/1/14
Don Kirby Elite, 2/12	7.63@	New Mexico Classic, 2/9/14
Cherry & Silver Invt, 1/22-23		
Don Kirby Elite, 2/12	7.70@	New Mexico Classic, 2/7/15
Cherry & Silver Invt, 1/22-23	7.83@	Cherry & Silver, 1/25/14
Cherry & Silver Invt, 1/22-23	8.07@	Cherry & Silver, 1/25/14
Cherry & Silver Invt, 1/22-23		
	7.94@	Lobo Collegiate, 1/18/14
	8.00@	Cherry & Silver, 1/21/12

#### 60 METERS (MEN)

Ridge Jones	Senior	6.71@
Allan Hamilton	Senior	6.83@
Scott Bajere	Senior	6.87@
Carlos Wiggins	Senior	6.89@
Beau Clifton	Soph.	6.98@
Ryan Chase	Frosh.	7.15@
Will Carter	Senior	7.19@
Parker Jones	Soph.	7.20@
Carlos Salcito (Unattach)	Frosh.	7.20@
Sam Trigg (Unattach)	Frosh.	7.29@
Daniel Lam	Soph.	7.30@
Mustafa Mudada	Junior	
Andris Sturans	Soph.	
Markus Miller	Senior	
Yannick Roggatz	Senior	

#### UNM Record - Ridge Jones, 6.62 (6.60 raw), Feb 28, 2015@MWC (New Mexico)

MWC Championship, 2/27	6.62@	MWC Championship, 2/28/15
MWC Championship, 2/26	6.80@	MWC Championship, 2/28/15
Cherry & Silver Invt, 1/22-23	6.82@	MWC Championship, 2/28/15
MWC Championship, 2/27	6.82@	MWC Championship, 2/28/15
MWC Heptathlon, 2/25	7.12@	New Mexico Heptathlon, 2/5
Cherry & Silver Invt, 1/22-23		
New Mexico Team Invt, 1/30	7.19@	Lobo Collegiate, 1/24/15
New Mexico Classic, 2/5		
Don Kirby Elite, 2/12		
Cherry & Silver Invt, 1/22-23		
MWC Heptathlon, 2/25	7.38@	New Mexico Heptathlon, 2/5
	7.08@	Lobo Collegiate, 1/18/14
	7.28@	MWC Heptathlon, 2/26/15
	7.35@	UNM Classic, 2/2/13
	7.40@	Northern Arizona, 1/12/13

#### 60 HURDLES (WOMEN)

Holly VanGrinsven	Senior	8.38@
Samantha Bowe (Unatt)	Senior	8.86@
Kyra Mohns	Soph.	9.09@
Casey Dowling	Senior	
Haley Sanner	Senior	

#### UNM Record - Holly Van Grinsven, 8.26@, February 26, 2015@MWC (UNM)

MWC Championship, 2/27	8.26@	MWC Championship, 2/28
Don Kirby Elite, 2/12	8.64@	MWC Pentathlon, 2/26
MWC Pentathlon, 2/25	9.06@	MWC Pentathlon, 2/26
	8.97@	New Mexico Team Invt, 1/31/15
	9.30@	Cherry & Silver, 1/25/15

#### 60 HURDLES (MEN)

Yannick Roggatz	Senior	8.28@
Parker Jones	Soph.	8.54@
Ryan Chase	Frosh.	8.63@
Daniel Lam	Soph.	8.67@
Beau Clifton	Soph.	9.05@
Andris Sturans	Soph.	

#### UNM Record - DeVron Walker, 7.96, February 11, 2011 @ UNM Don Kirby

New Mexico Classic, 2/5	8.30@	MWC Championship, 2/27
MWC Championship, 2/26	8.56@	Don Kirby Elite, 2/12/16
Don Kirby Elite, 2/12	8.73@	New Mexico Team Invt, 1/30/16
MWC Heptathlon, 2/26	8.81@	New Mexico Heptathlon, 2/6/16
MWC Heptathlon, 2/26	9.11@	Lobo Collegiate Open, 1/24/16
	9.20@	MWC Heptathlon, 2/27/15

#### 200 METERS (WOMEN)

Samantha Woodman	Frosh	25.46@
Haley Sanner	Senior	25.64@
Abigail Smith	Frosh	25.65@
Peri Moran	Junior	26.25@
Erynn Caldwell	Soph.	26.32@
Faith Cobb	Senior	26.76@
Christina Clark	Senior	27.87@
Aasha Marler	Senior	
Casey Dowling	Senior	
Jannell Hadnot	Junior	

#### UNM Record - Adwoa Gyasi-Nimako 24.08, February 26, 2000@MWC (AF)

New Mexico Team Invt, 1/30		
Cherry & Silver Invt, 1/22-23	25.20@	New Mexico Classic, 2/8/14
New Mexico Team Invt, 1/30		
New Mexico Classic, 2/5	25.48@	MWC Championship, 2/27/15
New Mexico Classic, 2/5	25.52@	MWC Championship, 2/27/15
Don Kirby Elite, 2/12	26.82@	Lobo Collegiate, 1/18/14
Cherry & Silver Invt, 1/22-23	27.42@	Don Kirby Elite, 2/14/14
	25.25@	Lobo Collegiate, 1/18/14
	25.40@	UNM Invt, 1/25/13
	26.19@	Lobo Collegiate, 1/18/14



Samantha Bowe Senior

26.95@ N. Arizona, 1/14/12

**2016 BEST**

**ALL TIME BEST or PREVIOUS BEST**

**200 METERS (MEN)**

Ridge Jones	Senior	21.75@
Mustafa Mudada	Junior	22.07@
Scott Bajere	Senior	22.10@
Mark Haywood	Soph.	22.18@
Chris Kline	Senior	22.21@
Isaac Gonzales	Soph.	22.55@
Parker Jones	Soph.	22.59@
Carlos Salcito (Unattach)	Frosh.	23.05@
Will Carter	Senior	24.02@
Cheyne Dorsey	Junior	
Yannick Roggatz	Senior	

**UNM Record - Ridge Jones, 21.43@ (21.36raw), February 13, 2015, Don Kirby**

New Mexico Classic, 2/5	21.43@	Don Kirby Elite, 2/13/15
New Mexico Team Invt, 1/30	22.06@	New Mexico Team Invt, 2/1/14
New Mexico Team Invt, 1/30	22.03@	MWC Championship, 2/27/15
Don Kirby Elite, 2/12	22.43@	New Mexico Classic, 2/6/15
Don Kirby Elite, 2/12	22.51@	Cherry & Silver Invt, 1/22-23
Cherry & Silver Invt, 1/22-23	22.82@	New Mexico Classic, 2/6/16
Don Kirby Elite, 2/12	22.61@	New Mexico Team Invt, 1/30/16
Cherry & Silver Invt, 1/22-23		
New Mexico Team Invt, 1/30	22.98@	New Mexico Team Invt, 1/31
	22.33@	New Mexico Classic, 2/6
	22.96@	Northern Arizona, 1/12/13

**400 METERS (WOMEN)**

Holly VanGrinsven	Senior	54.53@
Haley Sanner	Senior	56.00@
Zoe Howell	Senior	57.43@
Larimar Rodriguez	Frosh.	57.74@
Faith Cobb	Senior	60.29@
Christina Clark	Senior	61.39@
Hannah Riker-Urrutia	Senior	

**UNM Record - Ariel Burr, 53.73, February 22, 2007 @ MWC (UNM)**

MWC Championship, 2/27	54.36@	MWC Championship, 2/27
MWC Championship, 2/26	56.11@	New Mexico Classic, 2/6
New Mexico Classic, 2/6	57.45@	Don Kirby Open, 2/9/13
New Mexico Classic, 2/6	58.59@	New Mexico Team Invt, 1/30
New Mexico Team Invt, 1/30	57.84@	Don Kirby Elite, 2/13
Cherry & Silver Invt, 1/22-23	60.17@	Don Kirby Elite, 2/13
	57.42@	New Mexico Classic, 2/8/14

**400 METERS (MEN)**

Mark Haywood	Soph.	48.11@
Cheyne Dorsey	Junior	48.49@
Mustafa Mudada	Junior	48.82@
Chris Kline	Senior	49.31@
Carlos Salcito (Unattach)	Frosh.	49.94@
Isaac Gonzales	Soph.	50.45@
Andris Sturans	Soph.	

**UNM Record - Jarrin Solomon, 46.33, March 7, 2009 @ Iowa State**

MWC Championship, 2/27	48.31@	New Mexico Classic, 2/6
Don Kirby Elite, 2/13	48.94@	New Mexico Classic, 2/6
New Mexico Classic, 2/6	49.09@	New Mexico Classic, 2/6
New Mexico Classic, 2/6	48.80@	MWC Championship, 2/28/14
Don Kirby Elite, 2/13	50.46@	Cherry & Silver Invt, 1/22-23
New Mexico Classic, 2/6	50.00@	New Mexico Classic, 2/6
	51.19@	Lobo Collegiate Open, 1/24

**400 METER RELAY SPLITS (WOMEN)**

Holly VanGrinsven	Junior	55.2	MWC Championship, 2/27	54.8	MWC Championship, 2/28
Haley Sanner	Junior	55.7	MWC Championship, 2/27	55.5	Don Kirby Elite, 2/15/14
Zoe Howell	Junior	55.2	MWC Championship, 2/27	55.4	MWC Championship, 2/28
Larimar Rodriguez	Frosh.	55.9	MWC Championship, 2/26	57.0	New Mexico Team Invt, 1/30
Faith Cobb	Soph.	61.0	New Mexico Team Invt, 1/30	56.4	MWC Championship, 2/28
Samantha Woodman	Frosh.	61.9	New Mexico Team Invt, 1/30		
Erynn Caldwell	Soph.	62.0	New Mexico Team Invt, 1/30		
Abigail Smith	Frosh.	64.3	New Mexico Team Invt, 1/30		
Hannah Riker-Urrutia	Junior			56.5	Don Kirby Elite, 2/15/14
Kyra Mohns	Frosh.			59.0	New Mexico Team Invt, 1/31
Christina Clark	Junior			59.2	Don Kirby Elite, 2/14
Sophie Connor	Junior			59.7	New Mexico Team Invt, 1/31
Sam Bowe	Senior			61.7	Northern Arizona, 1/12/13



**2016 BEST****ALL TIME BEST or PREVIOUS BEST****400 METER RELAY SPLITS (MEN)**

Mark Haywood	Soph.	47.2	MWC Championship, 2/27	47.5	New Mexico Team Invt, 1/30
Chris Kline	Senior	48.5	Don Kirby Elite, 2/13	47.9	New Mexico Classic, 2/8/14
Cheyne Dorsey	Junior	48.6	MWC Championship, 2/27	48.3	MWC Championship, 2/27
Isaac Gonzales	Soph.	48.9	MWC Championship, 2/27	50.6	New Mexico Classic, 2/7/15
Mustafa Mudada	Junior	49.1	New Mexico Team Invt, 1/30	47.9	New Mexico Classic, 2/8/14
Ryan Chase	Frosh.	50.9	Cherry & Silver Invt, 1/22-23		
Daniel Lam	Soph.	51.0	New Mexico Team Invt, 1/30		
David Banwell-Clode	Junior	51.0	New Mexico Classic, 2/6		
Beau Clifton	Soph.	51.3	Cherry & Silver Invt, 1/22-23		
Adam Monroe	Soph.	52.3	Cherry & Silver Invt, 1/22-23	50.1	New Mexico Classic, 2/7/15
Ridge Jones	Senior	52.4	New Mexico Team Invt, 1/30		
Chris Graham	Junior	53.4	New Mexico Classic, 2/6		
Tyler Valdez	Soph.	54.3	New Mexico Classic, 2/6		
Taylor Potter	Soph.			52.3	New Mexico Classic, 2/7/15
Graham Thomas	Senior			52.1	Cherry & Silver, 1/25/14

**400 METER HURDLES (MEN)**

Mustafa Mudada	Junior		UNM Record - Chaz Lewis, 53.12@, 2013	53.22	Lobo Collegiate Open, 1/24
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**400 METER HURDLES (WOMEN)**

Christina Clark	Senior		UNM Record - Christina Clark, 67.69, February 7, 2014@ UNM Classic	67.69	New Mexico Classic, 2/7/14
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**600 METERS (WOMEN)**

Zoe Howell	Senior	1:34.03	UNM Record - Zoe Howell, 1:32.90, February 14, 2015, Don Kirby Elite		
Samantha Bowe (Unat)	Senior	1:45.77	New Mexico Team Invt, 1/30	1:32.90	Don Kirby Elite, 2/13
Sophie Connor	Senior		Don Kirby Elite, 2/12		
Hannah Riker-Urrutia	Senior			1:33.06	Lobo Collegiate Open, 1/24
				1:37.66	New Mexico Team Invt, 2/1/14

**600 METERS (MEN)**

Cheyne Dorsey	Junior	1:21.08	UNM Record - Jarrin Solomon, 1:19.18, January 17, 2008 @ Lobo Open		
David Banwell-Clode	Junior	1:22.22	New Mexico Team Invt, 1/30	1:23.11	Cherry & Silver Invt, 1/22-23
Chris Kline	Senior	1:22.37	Don Kirby Elite, 2/12		
Adam Monroe	Soph.	1:23.19	New Mexico Team Invt, 1/30	1:21.13	New Mexico Team Invt, 2/1/14
Graham Thomas	Senior		Cherry & Silver Invt, 1/22-23	1:22.67	New Mexico Classic, 2/6
				1:22.06	New Mexico Team Invt, 2/1/14

**800 METERS (MEN)**

Elmar Engholm	Senior	1:49.42@	UNM Record - Sammy Kipkurgat, 1:48.74, 1977		
Adam Cotton	Senior	1:51.61@	MWC Championship, 2/27	1:51.29@	Lobo Collegiate Open, 1/24
Josh Kerr (Unattached)	Frosh.	1:51.62@	New Mexico Classic, 2/6	1:56.93@	New Mexico Team Invt, 1/30
Adam Monroe	Soph.	1:52.84@	New Mexico Classic, 2/6	1:56.80@	Cherry & Silver Invt, 1/22-23
Chris Graham	Junior	1:57.08@	Don Kirby Elite, 2/13	1:54.29@	Don Kirby Elite, 2/13
Dave Banwell-Clode	Junior	2:00.47@	New Mexico Classic, 2/6	1:57.63@	Lobo Collegiate Open, 1/24
Graham Thomas	Senior		MWC Championship, 2/26		
Taylor Potter	Soph.			1:53.04@	MWC Championship, 2/27
Zach Castillo	Soph.			1:55.78@	Don Kirby Elite, 2/13
Matt Bergin	Senior			1:58.45@	Lobo Collegiate Open, 1/24
Tyler Valdez	Junior			1:59.17@	Don Kirby Elite, 2/13
				1:59.82@	Don Kirby Elite, 2/13

**800 METERS (WOMEN)**

Sophie Connor	Senior	2:07.71@	UNM Record - Sophie Connor, 2:07.71@, February 26, 2016 MWC Champ.		
Emily Hosker-Thornhill	Senior	2:11.20@	MWC Championship, 2/26	2:08.20@	New Mexico Team Invt, 1/31
Zoe Howell	Senior	2:11.48@	New Mexico Classic, 2/6	2:15.84@	New Mexico Team Invt, 1/30
Kyra Mohns	Soph.	2:25.76@	Don Kirby Elite, 2/13	2:12.03@	New Mexico Classic, 2/7
Samantha Bowe (Unatt)	Senior	2:52.11@	MWC Pentathlon, 2/25	2:25.90	MWC Pentathlon, 2/26
Casey Dowling	Senior		New Mexico Pentathlon, 2/5	2:31.85@	Cherry & Silver Pent, 1/24/14
Holly Van Grinsven	Senior			2:39.89	MWC Pentathlon, 2/26
				2:29.24	MWC Pentathlon, 2/21/13



**2016 BEST****ALL TIME BEST or PREVIOUS BEST****1000 METERS (MEN)**

Daniel Lam	Soph.	2:55.00	New Mexico Heptathlon, 2/6	2:49.80	UNM Classic Heptathlon, 2/7
Beau Clifton	Soph.	2:55.21	MWC Championship, 2/26	3:02.95	New Mexico Heptathlon, 2/6
Ryan Chase	Frosh.	2:56.00	New Mexico Heptathlon, 2/6		
Andris Sturans	Soph.			2:42.88	MWC Heptathlon, 2/27

**1 MILE (WOMEN)**

Sophie Connor	Senior	4:36.37@	UNM Record - Sammy Silva, 4:33.48@, February 14, 2015, Don Kirby Elite		
Calli Thackery	Junior	4:39.32@	Don Kirby Elite, 2/13	4:46.04@	New Mexico Team Invt, 1/30
Emily Hosker-Thornhill	Senior	4:44.54@	New Mexico Team Invt, 1/30	4:54.07@	Lobo Collegiate Open, 1/24
Natash Bernal (Unattach)	Frosh.	4:51.71@	Don Kirby Elite, 2/13	4:50.70@	New Mexico Team Invt, 1/30
MacKenzie Evert	Frosh.	4:55.10@	Don Kirby Elite, 2/13	4:56.20@	Cherry & Silver Invt, 1/22-23
Kendall Kelly	Soph.	5:16.01@	MWC Championship, 2/27	4:58.69@	Don Kirby Elite, 2/13
Reily Kelly	Soph.	5:21.47@	Cherry & Silver Invt, 1/22-23	5:05.14@	Lobo Collegiate Open, 1/24
			Don Kirby Elite, 2/13	5:11.34@	Lobo Collegiate Open, 1/24

**1 MILE (MEN)**

Josh Kerr (Unattached)	Frosh	3:59.98@	UNM Record - Lee Emanuel, 3:57.62, January 29, 2010 @ Indiana Relays		
Elmar Engholm	Senior	4:00.04@	Don Kirby Elite, 2/13		
Adam Cotton	Junior	4:04.67@	Don Kirby Elite, 2/13	3:57.95@	Don Kirby Elite
Chris Graham	Junior	4:17.08@	Don Kirby Elite, 2/13		
Dan Milechmen	Senior	4:18.10@	Don Kirby Elite, 2/13	4:23.35@	Cherry & Silver Invt, 1/22-23
Jared Garcia (Unattach)	Frosh	4:19.76@	New Mexico Team Invt, 1/30		
Tyler Valdez	Soph.	4:20.69@	Don Kirby Elite, 2/13		
Graham Thomas	Senior		New Mexico Classic, 2/6		
Zach Castillo	Soph.			4:04.86@	Don Kirby Elite
Taylor Potter	Soph.			4:10.33@	Lobo Collegiate Open, 1/24
				4:21.55@	New Mexico Classic, 2/7

**3000 METERS (WOMEN)**

Calli Thackery	Junior	9:03.59	UNM Record - Calli Thackery, 9:03.59, 2/13/2016 @ Husky Classic		
Natasha Bernal (Unatt)	Frosh	9:37.62@	Husky Classic, 2/13	9:07.31	Washington Classic, 2/14
Heleene Tambet	Junior	9:38.26@	Don Kirby Elite, 2/13		
MacKenzie Everett	Frosh.	9:58.32@	MWC Championship, 2/27	9:41.98@	MWC Championship, 2/28
Lindsey Andrews	Senior	10:04.37@	MWC Championship, 2/7	10:14.44@	Cherry & Silver Invt, 1/22-23
Reiley Kelly	Soph.	11:24.45@	MWC Championship, 2/27	10:11.44@	Don Kirby Elite, 2/13
Alice Wright	Junior		Cherry & Silver Invt, 1/22-23	10:19.83@	Don Kirby Elite, 2/13
Anna Burton	Senior			9:26.42	Alex Wilson Invt, 2/21
Kendall Kelly	Soph.			9:57.28@	Don Kirby Elite, 2/13
				10:14.26@	Don Kirby Elite, 2/13

**3000 METERS (MEN)**

Graham Thomas (Unatt)	Senior	8:10.95@	UNM Record - Ross Millington, 7:49.11, February 11, 2012 @ Washington		
Zach Castillo	Junior	8:18.55@	Don Kirby Elite, 2/12	8:15.71@	New Mexico Team Invt, 1/31
Dan Milechman	Senior	8:26.09@	Don Kirby Elite, 2/12	8:17.30@	Don Kirby Elite, 2/13
Jared Garcia (Unattach)	Frosh.	8:34.66@	Don Kirby Elite, 2/12		
Tyler Valdez	Soph.	8:39.41@	New Mexico Classic, 2/5	8:56.69@	Cherry & Silver Invt, 1/22-23
Jesus Mendoza	Junior	8:39.43@	Don Kirby Elite, 2/12	8:45.59@	Cherry & Silver Invt, 1/22-23
Julian Florez	Senior	8:42.38	Don Kirby Elite, 2/12	8:43.74@	New Mexico Team Invt, 1/30
Matt Bergin	Senior		MWC Championship, 2/27	8:39.30@	MWC Championship, 2/28
Elmar Engholm	Senior			8:37.83@	MWC Championship, 2/28
				8:46.48@	MWC Championship, 3/1

**5000 METERS (WOMEN)**

Heleene Tambet	Junior	17:03.54@	UNM Record - Natalie Gray, 15:54.29, February 11, 2011 @ Washington		
Lindsey Andrews	Senior	17:59.23@	MWC Championship, 2/26	16:44.15	Washington Classic, 2/13
Alice Wright	Junior		MWC Championship, 2/26		
Calli Thackery	Junior			16:05.62@	MWC Championship, 2/27
				16:42.71@	MWC Championship, 2/27

**5000 METERS (MEN)**

Dan Milechman	Senior	14:34.28@	UNM Record - Luke Caldwell, 13:40.39, February 8, 2013 @ Washington		
			MWC Championship, 2/26		



Julian Florez	Senior	14:48.37@	MWC Championship, 2/26	15:12.31@	MWC Championship, 2/27
Zac Castillo	Soph.	14:56.16@	MWC Championship, 2/26	14:43.49@	MWC Championship, 2/27

### 2016 BEST

### ALL TIME BEST or PREVIOUS BEST

#### 4 x 400 RELAY (WOMEN)

Rodriguez, Howell, Sanner, VanGrinsven 3:43.51

UNM Record Sanner, Howell, Cobb, VanGrinsven, 3:43.35@, February 26, 2015 @ MWC

MWC Championship, 2/27 3:47.24@ New Mexico Team Invt, 1/30

#### 4 x 400 RELAY (MEN)

Dorsey,Kline,Gonzales,Haywood 3:13.94@

UNM Record-Servizio,Serna,Wood,Hussein, 3:11.64, 1983 @ Northern Arizona

MWC Championship, 2/27 3:15.61@ New Mexico Team Invt, 1/30

#### DISTANCE MEDLEY RELAY (WOMEN)

Connor, VanGrinsven, Hosker-Thornhill, Thackery 11:01.86

UNM Record Thackery, VanGrinsven, Connor, Silva 11:01.44, February 21, 2015

UCS Invt, North Carolina, 2/20 11:01.44 Alex Wilson Invt, 2/21

#### DISTANCE MEDLEY RELAY (MEN)

Monroe, Gonzales, Banwell-Clode, Graham 10:11.97@

UNM Record-Bishop,Roberts,Steadman,Emanuel, 9:30.38, March 6, 2009 @ Notre Dame

MWC Championship, 2/26 9:57.06@ MWC Championship, 2/27

#### LONG JUMP (WOMEN)

Aasha Marler (Unattach) Senior 20' 9 3/4"  
Samantha Bowe (Unatt) Senior 18' 9 1/4"  
Casey Dowling Senior 18' 8"  
Jannell Hadnot Junior 18' 5 3/4"  
Kyra Mohns Soph. 17' 10 3/4"  
Holly Van Grinsven Senior

UNM Record - Aasha Marler, 20' 5 1/4", February 13, 2015 @ Don Kirby Elite

Don Kirby Elite, 2/12 20' 5 1/4" Don Kirby Elite, 2/13  
Cherry & Silver Invt, 1/22-23 19' 4 3/4" MWC Pentathlon, 2/26  
Don Kirby Elite, 2/12 19' 10 3/4" MWC Championship, 2/28/14  
New Mexico Team Invt, 1/30 19' 3 1/4" MWC Championship, 2/28/14  
Don Kirby Elite, 2/12 17' 8" Lobo Collegiate Open, 1/24  
18' 1/4" Cherry & Silver, 1/18/13

#### LONG JUMP (MEN)

Allan Hamilton Senior 25' 3 1/2"  
Yannick Roggatz Senior 25' 1/2"  
Sam Trigg Junior 23 2 1/2"  
Ryan Chase Frosh. 23' 6"  
Daniel Lam Soph. 22' 10"  
Beau Clifton Soph. 20' 4 1/4"  
Andris Sturans Soph.

UNM Record - Kendall Spencer, 26' 3 1/2", March 9, 2012@NCAA (Boise)

MWC Championship, 2/26 25' 4 3/4" NCAA Champ, 3/13  
MWC Championship, 2/26 24' 11 3/4" New Mexico Classic, 2/5  
MWC Championship, 2/26  
Don Kirby Elite, 2/12 23' 2" New Mexico Team Invt, 1/30  
MWC Heptathlon, 2/25 22' 7 3/4" MWC Heptathlon, 2/25  
MWC Heptathlon, 2/25 20' 1 3/4" Lobo Collegiate Open, 1/24  
20' 5 1/4" UNM Classic Heptathlon, 2/6

#### TRIPLE JUMP (WOMEN)

Jannell Hadnot Junior 43' 2 1/2"  
Aasha Marler (Unattach) Senior 40' 11"  
Casey Dowling Senior

UNM Record - Deanna Young, 43' 2 1/2", February 26, 2011@MWC (UNM)

Don Kirby Elite, 2/13 42' 11 3/4" New Mexico Team Invt, 1/30  
Cherry & Silver Invt, 1/22-23 42' 1 1/2" MWC Championship, 2/28  
38' 11" MWC Championship, 2/2/13

#### TRIPLE JUMP (MEN)

Allan Hamilton Senior 50' 10 3/4"  
Samuel Trigg Junior 50' 6 3/4"

UNM Record - Dwayne Rudd, 54' 3", 1984 @ Northern Arizona

MWC Championship, 2/27 49' 1/4" MWC Championship, 2/28  
Don Kirby Elite, 2/13

#### HIGH JUMP (WOMEN)

Kyra Mohns Soph. 5' 4 1/2"  
Samantha Bowe Senior 5' 3 3/4"  
Casey Dowling Senior  
Holly Van Grinsven Senior

UNM Record - Margaret Metcalf, 5' 11", 1979

MWC Championship, 2/27 5' 5 1/4" MWC Pentathlon, 2/26  
New Mexico Pentathlon, 2/5 5' 8 3/4" Cherry&Silver Pent., 1/24/14  
5' 4 1/4" MWC Pentathlon, 2/26  
5' 2 1/4" Cherry & Silver, 1/18/13

#### HIGH JUMP (MEN)

Yannick Roggatz Senior 6' 8 3/4"  
Joe Klooppel Senior 6' 7 1/2"  
Markus Miller (Unattach) Senior 6' 6"  
Beau Clifton Soph. 6' 1/2"  
Daniel Lam Soph. 6' 0"  
Ryan Chase Frosh. 5' 9 3/4"  
Andris Sturans Soph.

UNM Record - Ivan Hella, 7' 3", March 6, 1992 @ Wyoming

MWC Championship, 2/26 6' 9 3/4" MWC Championship, 2/28  
MWC Championship, 2/26 6' 6" Don Kirby Elite, 2/12  
Don Kirby Elite, 2/12 6' 8 3/4" Cherry & Silver, 1/24/14  
MWC Heptathlon, 2/26 6' 0" New Mexico Heptathlon, 2/5  
New Mexico Heptathlon, 2/5 6' 3/4" MWC Championship, 2/26  
New Mexico Heptathlon, 2/5 5' 11 1/2" MWC Championship, 2/26

#### POLE VAULT (WOMEN)

Katherine Whiting Soph. 12' 5 1/2"  
Alissa Soderberg Frosh. 12' 3 1/2"

UNM Record - Amber Menke, 13' 5 3/4", February 24, 2012@MWC (UNM)

MWC Championship, 2/26 12' 4 1/2" Don Kirby Elite, 2/13  
New Mexico Classic, 2/6 12' 1 1/2" Cherry & Silver Invt, 1/22-23



Annie Stirling	Senior	12' 1 1/2"	Cherry & Silver Invt, 1/22-23	13' 2 1/4"	MWC Championship, 2/28/14
Anna Duvall	Junior	11' 9 3/4"	New Mexico Classic, 2/6	12' 2"	Don Kirby Elite, 2/15/14
Morgan Smith	Soph.				

#### 2016 BEST

#### ALL TIME BEST or PREVIOUS BEST

#### POLE VAULT (MEN)

Daniel Lam	Soph.	15' 11 3/4"
Jason Atencio	Frosh.	15' 9 1/4"
John Harari	Frosh.	15' 5 3/4"
Beau Clifton	Soph.	13' 3 1/2"
Andris Sturans	Frosh.	

#### UNM Record - Simon Arkell, 18' 1 1/2", February 8, 1991 @ Nebraska

Don Kirby Elite, 2/12	16' 2 3/4"	MWC Heptathlon, 2/27
MWC Championship, 2/27	15' 1 1/2"	New Mexico Team Invt, 1/30
New Mexico Classic, 2/5		
MWC Heptathlon, 2/26	12' 1 1/2"	New Mexico Heptathlon, 2/6
	13' 7 1/4"	MWC Heptathlon, 2/27

#### SHOT PUT (WOMEN)

Allison Mady	Soph.	41' 4 1/2"
Samantha Bowe (Un)	Senior	38' 6 3/4"
Amaris Blount	Soph.	36' 7 3/4"
Kyra Mohns	Soph.	35' 10"
Casey Dowling	Senior	
Holly Van Grinsven	Senior	

#### UNM Record - Amanda Barnes, 49' 4 1/2", February 24, 2005 @MWC (AF)

Don Kirby Elite, 2/13	40' 7 1/2"	New Mexico Team Invt, 1/30
New Mexico Pentathlon, 2/5	41' 7 1/4"	MWC Pentathlon, 2/27/14
New Mexico Team Invt, 1/30	35' 4"	Cherry & Silver Invt, 1/22-23
MWC Pentathlon, 2/25	35' 10 1/2"	UNM Classic Pentathlon, 2/6
	31' 6 1/2"	UNM Classic Pentathlon, 2/6
	31' 6 3/4"	MWC Pentathlon, 2/21/13

#### SHOT PUT (MEN)

Beau Clifton	Soph.	43' 1 3/4"
Daniel Lam	Soph.	43' 1/2"
Ryan Chase	Frosh.	40' 11 3/4"
Andris Sturans	Soph.	

#### UNM Record - Darren Crawford, 60' 8 3/4", February 26, 1988 @ WAC (AF)

New Mexico Team Invt, 1/30	41' 5 3/4"	Cherry & Silver Invt, 1/22-23
New Mexico Team Invt, 1/30	41' 7"	Cherry & Silver Invt, 1/22-23
New Mexico Classic Hept, 2/5	40' 10 1/4"	New Mexico Team Invt, 1/30
	29' 10 1/4"	MWC Heptathlon, 2/26

#### WEIGHT THROW (WOMEN)

Amaris Blount	Soph.	58' 6 1/2"
Allison Mady	Soph.	34' 5 3/4"

#### UNM Record - Amanda Barnes, 60' 10 3/4", February 24, 2005 @MWC (AF)

Don Kirby Elite, 2/12	56' 3 1/4"	New Mexico Classic, 2/5
Cherry & Silver Invt, 1/22-23	32' 2 3/4"	Lobo Collegiate Open, 1/24

#### WEIGHT THROW (MEN)

#### UNM Record - Darren Crawford, 65' 6 3/4", 1990

#### PENTATHLON (WOMEN)

Kyra Mohns	Soph.	3617 pts.
Samantha Bowe (Unatt)	Senior	3427 pts.
Casey Dowling	Senior	
Holly Van Grinsven	Senior	

#### UNM Record - Sandy Fortner, 4005, March 13, 2008 @ NCAA (Arkansas)

MWC Pentathlon, 2/25	3681 points	MWC Pentathlon, 2/26
New Mexico Pentathlon, 2/5	3911 pts.	MWC Pentathlon, 2/27/14
	3518 points	UNM Classic Pentathlon, 2/6
	3503 pts.	MWC Championship, 2/21/13

#### HEPTATHLON (MEN)

Daniel Lam	Soph.	5241 pts.
Beau Clifton	Soph.	4945 pts.
Ryan Chase	Frosh.	4338 pts.
Andris Sturans	Soph.	

#### UNM Record - Richard York, 5590 points, Feb 21-22, 2013 @ Boise State

MWC Heptathlon, 2/25-26	5240 points	MWC Champ. 2/26-27/15
MWC Heptathlon, 2/25-26	4514 pts.	New Mexico Heptathlon, 2/6
New Mexico Heptathlon, 2/6		
	4700 points	MWC Champ. 2/26-27/15



# UNIVERSITY OF NEW MEXICO MEN'S INDOOR TRACK & FIELD

## ALL TIME TOP TEN (1958 - 2016) (REVISED March 15, 2016)

**PLEASE NOTE:** These indoor rankings are a compilation of the best individuals and performances in each event. They are only as accurate as available archives and results. This is a work in progress and as new information is found, the rankings will be updated.

### HOW TO READ THE RANKINGS.

**PERFORMERS:** THE LEFT HAND COLUMN UNDER EACH INDIVIDUAL EVENT ARE THE TOP 10 PERFORMERS (INDIVIDUALS) IN THAT EVENT. THERE SHOULD BE TEN DIFFERENT INDIVIDUALS UNDER THIS CATEGORY AND NO DUPLICATIONS.

**PERFORMANCES:** THE RIGHT HAND COLUMN ARE THE TOP 10 PERFORMANCES (TIMES, HEIGHTS, DISTANCES) IN THAT EVENT. SOME ATHLETES WERE OUTSTANDING IN THEIR EVENT(S) AND MAY HAVE MANY GREAT PERFORMANCES OVER THEIR FOUR YEAR CAREER.

### Conversions used in these rankings

**TRACK SIZE:** The NCAA uses the 200 meter banked track/300 meter oversized track as the standard. As such any performance that was achieved on a 200 meter/220 yard flat track or smaller has been converted using the NCAA protocol. Any performance in these rankings that is in **BOLD/ITALICS** has been converted.

**ALTITUDE:** The NCAA converts performances based on altitude due to either the enhancement (60, 200, 400) or the difficulty (800, 1m, 3K, 5K) of racing in an environment with decreased oxygen available. Any performance in these rankings designated by an @ indicates an altitude adjustment.

**HAND TIMING:** Any performance with an "h" after it was a hand-timed performance that has been converted using NCAA protocol (add .24)

**YARDS:** Starting in the 1980's metric distances became the norm as prior to that time yards was used. Any performance in the 220 yards, 440 yards, and 880 yards will be included in these rankings designated by a "y". This is because 220 yards is longer than 200 meters (201 meters), 440 yards is longer than 400 meters (402 meters), and 880 yards is longer than 800 meters (804 meters). Therefore, if any athlete from the past can make the Top 10 ranking while running a slightly longer distance they should be included in the list.

#### 55 METERS - INDIVIDUAL

1.	Phil Miller	6.32	1985
2.	Gabriel Okon	6.35	1987
3.	Jim Boswell	6.49	1998
	James Martin	6.49	1998
	Karlos Kirby	6.49	1991
6.	Carl King	6.51	1996
7.	Jeramie White	6.52	2005
	Stacey Blackmore	6.52	1991
9.	Ahmed Raji	6.53	2005
10.	Willie Goldsmith	6.54	1985

#### 55 METERS - TIMES

1.	Phil Miller	6.32	1985
2.	Gabriel Okon	6.35	1987
3.	Jim Boswell	6.49	1998
	James Martin	6.49	1998
	Karlos Kirby	6.49	1991
4.	Carl King	6.51	1996
5.	Jeramie White	6.52	2005
	Stacey Blackmore	6.52	1991
6.	Ahmed Raji	6.53	2005
7.	Stacey Blackmore	6.54	1991
	Willie Goldsmith	6.54	1985

#### 55 METERS - INDIVIDUAL

1.	Phil Miller	6.32	1985
2.	Gabriel Okon	6.35	January 31, 1987 @ Northern Arizona
3.	James Martin	6.49	February 27, 1998 @ WAC (Air Force)
	Jim Boswell	6.49	February 27, 1998 @ WAC (Air Force)
	Karlos Kirby	6.49	February 22, 1991 @ WAC (Air Force)
6.	Carl King	6.51	February 2, 1996 @ Northern Arizona
7.	Jeramie White	6.52	January 29, 2005 @ Texas Tech
	Stacey Blackmore	6.52	February 9, 1991 @ Northern Arizona
9.	Ahmed Raji	6.53	January 29, 2005 @ Texas Tech
10.	Willie Goldsmith	6.54	1985

#### WHERE PERFORMANCE HAPPENED

#### 55m HURDLES - INDIVIDUAL

1.	Willie Goldsmith	7.30	1985
2.	Shawn Taylor	7.44	1988
3.	Kwane Stewart	7.56	1992
4.	Chris Barella	7.64	1988
5.	Chuck Warner	7.76	1987
	Ed Ford	7.76	1985
7.	Kelly Woyewodzic	8.00	1998
8.	Chuck Clark	8.03	1987
9.	Mike Pergerino	8.22	1999
10.			

#### 55m HURDLES - TIMES

1.	Willie Goldsmith	7.30	1985
2.	Shawn Taylor	7.44	1988
3.	Shawn Taylor	7.47	1988
4.	Kwane Stewart	7.56	1992
5.	Kwane Stewart	7.64	1991
	Chris Barella	7.64	1988
6.	Kwane Stewart	7.66	1991
7.	Chuck Warner	7.76	1987
	Ed Ford	7.76	1985
8.	Chuck Warner	7.92	1987

#### 55m HURDLES - INDIVIDUAL

1.	Willie Goldsmith	7.30	1985
2.	Shawn Taylor	7.44	February 26, 1988 @ WAC (Air Force)
3.	Kwane Stewart	7.56	February 15, 1992 @ Air Force
4.	Chris Barella	7.64	February 26, 1988 @ WAC (Air Force)
5.	Chuck Warner	7.76	January 31, 1987 @ Northern Arizona
	Ed Ford	7.76	1985
7.	Kelly Woyewodzic	8.00	February 27, 1998 @ WAC (Air Force)
8.	Chuck Clark	8.03	January 31, 1987 @ Northern Arizona
9.	Mike Pergerino	8.22	January 30, 1999 @ Texas Tech
10.			

#### WHERE PERFORMANCE HAPPENED

#### 60 METERS - INDIVIDUAL

1.	Ridge Jones	6.62@	2015
2.	Beejay Lee	6.69@	2012
3.	Lamaar Thomas	6.77@	2010
4.	Allan Hamilton	6.80@	2015
5.	Scott Bajere	6.82@	2015
	Carlos Wiggins	6.82@	2015
7.	Kendall Spencer	6.84@	2014
8.	Aaron Brack	6.88@	2006
9.	Jeramie White	6.89@	2004
10.	Jhurell Pressley	6.91@	2014

#### 60 METERS - TIMES

1.	Ridge Jones	6.62@	2015
2.	Ridge Jones	6.67@	2015
3.	Beejay Lee	6.69@	2012
	Ridge Jones	6.69@	2015
4.	Ridge Jones	6.70@	2014
5.	Ridge Jones	6.71@	2015
	Ridge Jones	6.71@	2016
6.	Ridge Jones	6.72@	2014
7.	Beejay Lee	6.74@	2012
8.	Ridge Jones	6.75@	2014

#### 60 METERS - INDIVIDUAL

1.	Ridge Jones	6.62@	February 28, 2015@MWC (New Mexico)
2.	Beejay Lee	6.69@	February 10, 2012 @ Don Kirby Elite (UNM)
3.	Lamaar Thomas	6.77@	February 27, 2010 @ MWC (New Mexico)
4.	Allan Hamilton	6.80@	February 28, 2015@MWC (New Mexico)
5.	Scott Bajere	6.82@	February 28, 2015@MWC (New Mexico)
	Carlos Wiggins	6.82@	February 28, 2015@MWC (New Mexico)
7.	Kendall Spencer	6.84@	February 15, 2014 @ Don Kirby Elite (UNM)
8.	Aaron Brack	6.88@	February 23, 2006 @ MWC (New Mexico)
9.	Jeramie White	6.89@	February 14, 2004
10.	Jhurell Pressley	6.91@	February 15, 2014 @ Don Kirby Elite (UNM)

#### WHERE PERFORMANCE HAPPENED

#### 60 HURDLES - INDIVIDUAL

1.	De'Vron Walker	7.96@	2011
2.	Chris Garofola	8.11@	2004
3.	Mark Lamb	8.17@	2007
4.	Yannick Roggatz	8.28@	2016
5.	Brian Wilson	8.38@	2011
6.	Richard York	8.42@	2010
7.	Justin Massey	8.46	2001
8.	Mark Johnson	8.49	2004
9.	Matt Bishop	8.54	2001
	Parker Jones	8.54@	2016

#### 60m HURDLES - TIMES

1.	De'Vron Walker	7.96@	2011
2.	De'Vron Walker	8.01@	2011
3.	De'Von Walker	8.02@	2012
4.	De'Vron Walker	8.04@	2012
5.	De'Vron Walker	8.05	2013
6.	De'Vron Walker	8.07	2013
	De'Vron Walker	8.07@	2011
	De'Vron Walker	8.07@	2012
7.	De'Vron Walker	8.09@	2010
	De'Vron Walker	8.09@	2010
	De'Vron Walker	8.09@	2012

#### 60 HURDLES - INDIVIDUAL

1.	De'Vron Walker	7.96@	February 11, 2011 @ UNM Don Kirby Invt.
2.	Chris Garofola	8.11@	February 26, 2004 @ MWC (Air Force)
3.	Mark Lamb	8.17@	February 9, 2007 @ New Mexico
4.	Yannick Roggatz	8.28@	February 5, 2016 @ New Mexico Classic
5.	Brian Wilson	8.38@	February 11, 2011 @ UNM Don Kirby Invt.
6.	Richard York	8.42@	January 23, 2010 @ New Mexico Cherry & Silver
7.	Justin Massey	8.46	February 10, 2001 @ Northern Arizona
8.	Mark Johnson	8.49	February 26, 2004 @ MWC Hept. (Air Force)
9.	Matt Bishop	8.54	January 27, 2001 @ Air Force
	Parker Jones	8.54@	February 26, 2016 @ MWC (New Mexico)

#### WHERE PERFORMANCE HAPPENED



**200 METERS - INDIVIDUAL**

1.	Ridge Jones	21.43@	2015
2.	Larry Davis	21.44	2001
3.	Chris Garofola	21.54	2004
4.	Carlos Wiggins	21.55@	2015
5.	Beejay Lee	21.57@	2012
6.	Ian Stewart	21.61	2001
7.	Thomas Trujillo	21.64	2011
8.	Karlos Kirby	21.66	1991
9.	Stacey Blackmore	21.68	1991
10.	Jermaine McQueen	21.69	2009

**200 METERS - TIMES**

1.	Ridge Jones	21.43@	2015
2.	Larry Davis	21.44	2001
3.	Ridge Jones	21.45@	2015
4.	Chris Garofola	21.54	2004
5.	Carlos Wiggins	21.55@	2015
6.	Carlos Wiggins	21.55@	2015
7.	Larry Davis	21.57	2001
8.	Beejay Lee	21.57@	2012
9.	Stacey Blackmore	21.59@	2014
10.	Ian Stewart	21.61	2001

**200 METERS - INDIVIDUAL**

1.	Ridge Jones	21.43@	February 13, 2015 @ Don Kirby Elite
2.	Larry Davis	21.44	February 24, 2001 @ MWC (Air Force)
3.	Chris Garofola	21.54	February 26, 2004 @ MWC (Air Force)
4.	Carlos Wiggins	21.55@	February 27, 2015 @ MWC (New Mexico)
5.	Beejay Lee	21.57@	February 25, 2012 @ MWC (New Mexico)
6.	Ian Stewart	21.61	January 26, 2001 @ Air Force
7.	Thomas Trujillo	21.64	February 26, 2011 @ MWC (New Mexico)
8.	Karlos Kirby	21.66	February 22, 1991 @ WAC (Air Force)
9.	Stacey Blackmore	21.68	February 22, 1991 @ WAC (Air Force)
10.	Jermaine McQueen	21.69	January 31, 2009 @ New Mexico

**WHERE PERFORMANCE HAPPENED****400 METER - INDIVIDUAL**

1.	Jarrin Solomon	46.33	2009
2.	Mike Solomon	47.54hy	1977
3.	Ian Stewart	47.61	2001
4.	Willie Garcia	47.95	1992
5.	Dominick Roberts	48.00	2009
6.	Mark Haywood	48.11@	2016
7.	Chaz Lewis	48.12@	2015
8.	David Lloyd	48.34	2002
9.	Cheyne Dorsey	48.49@	2016
10.	Rene Matison	48.54yh	1968

**400 METER - TIMES**

1.	Jarrin Solomon	46.33	2009
2.	Jarrin Solomon	46.55	2009
3.	Jarrin Solomon	46.69	2009
4.	Jarrin Solomon	46.84	2009
5.	Jarrin Solomon	46.85	2009
6.	Jarrin Solomon	46.95	2009
7.	Jarrin Solomon	47.00	2009
8.	Jarrin Solomon	47.17	2009
9.	Mike Solomon	47.54hy	1977
10.	Ian Stewart	47.61	2001

**400 METER - INDIVIDUAL**

1.	Jarrin Solomon	46.33	March 7, 2009 @ Iowa State Last Chance
2.	Mike Solomon	47.54hy	1977 @ Idaho State
3.	Ian Stewart	47.61	February 10, 2001 @ Northern Arizona
4.	Willie Garcia	47.95	February 8, 1992 @ Northern Arizona
5.	Dominick Roberts	48.00	February 28, 2009 @ MWC (Air Force)
6.	Mark Haywood	48.11@	February 27, 2016 @ MWC (New Mexico)
7.	Chaz Lewis	48.12@	February 27, 2015 @ MWC (New Mexico)
8.	David Lloyd	48.34	February 9, 2002 @ Northern Arizona
9.	Cheyne Dorsey	48.49@	February 13, 2016 @ Don Kirby Elite
10.	Rene Matison	48.54yh	February 10, 1968 @ UNM (176yd)

**WHERE PERFORMANCE HAPPENED****600 METERS - INDIVIDUAL**

1.	Jarrin Solomon	1:19.18	2008
2.	Sam Evans	1:19.28	2011
3.	Gabe Aragon	1:19.35	2012
4.	JP Cordova	1:20.59	2012
5.	James Senior	1:20.82	2012
6.	Chaz Lewis	1:20.82	2015
7.	Alex Herring	1:21.00	2013
8.	Cheyne Dorsey	1:21.08	2016
9.	Chris Kline	1:21.13	2014
10.	Ryan Steadman	1:21.58	2010

**600 METERS - TIMES**

1.	Jarrin Solomon	1:19.18	2008
2.	Sam Evans	1:19.28	2011
3.	Gabe Aragon	1:19.35	2012
4.	JP Cordova	1:20.59	2012
5.	Gabe Aragon	1:20.75	2013
6.	James Senior	1:20.82	2012
7.	Chaz Lewis	1:20.82	2015
8.	Alex Herring	1:21.00	2013
9.	Cheyne Dorsey	1:21.08	2016
10.	Chris Kline	1:21.13	2014

**600 METERS - INDIVIDUAL**

1.	Jarrin Solomon	1:19.18	2008 January 17, 2008 at Lobo Open
2.	Sam Evans	1:19.28	2011 February 4, 2011 at UNM Classic
3.	Gabe Aragon	1:19.35	2012 January 20, 2012 at Cherry & Silver Open
4.	JP Cordova	1:20.59	2012 January 20, 2012 at Cherry & Silver Open
5.	James Senior	1:20.82	2012 February 10, 2012 at Don Kirby Elite
6.	Chaz Lewis	1:20.82	2015 January 24, 2015 @ Lobo Open
7.	Alex Herring	1:21.00	2013 February 1, 2013 @ UNM Classic
8.	Cheyne Dorsey	1:21.08	2016 January 30, 2016 @ UNM Invt.
9.	Chris Kline	1:21.13	2014 February 1, 2014 @ New Mexico Team
10.	Ryan Steadman	1:21.58	2010 February 5, 2010 at UNM Classic

**WHERE PERFORMANCE HAPPENED****800 METERS - INDIVIDUAL**

1.	Sammy Kipkurgat	1:48.74hy	1977
2.	Gabe Aragon	1:49.37@	2012
3.	Elmar Engholm	1:49.42@	2016
4.	Alex Herring	1:49.50	2013
5.	Sam Evans	1:49.52@	2011
6.	Lee Emanuel	1:50.15@	2009
7.	Roger Moore	1:50.84h	1983
8.	David Bishop	1:50.97@	2011
9.	JP Cordova	1:51.11@	2011
10.	Rich Martinez	1:51.21	1985

**800 METERS - TIMES**

1.	Sammy Kipkurgat	1:48.74hy	1977
2.	Gabe Aragon	1:49.37@	2012
3.	Elmar Engholm	1:49.42@	2016
4.	Gabe Aragon	1:49.48@	2011
5.	Alex Herring	1:49.50	2013
6.	Sam Evans	1:49.52@	2011
7.	Gabe Aragon	1:49.68@	2011
8.	Gabe Aragon	1:49.96@	2014
9.	Lee Emanuel	1:50.15@	2009
10.	Lee Emanuel	1:50.26@	2010

**800 METERS - INDIVIDUAL**

1.	Sammy Kipkurgat	1:48.74hy	1977
2.	Gabe Aragon	1:49.37@	February 10, 2012 @ Don Kirby Elite (raw-1:49.98)
3.	Elmar Engholm	1:49.42@	February 27, 2016 @ MWC (UNM) (raw-1:50.03)
4.	Alex Herring	1:49.50	March 1, 2013 at Notre Dame Alex Wilson
5.	Sam Evans	1:49.52@	February 11, 2011 @ UNM Don Kirby (raw-1:50.14)
6.	Lee Emanuel	1:50.15@	February 28, 2009 @ MWC (Air Force)
7.	Roger Moore	1:50.84h	1983 @ Tennessee
8.	David Bishop	1:50.97@	January 29, 2011 @ UNM Invt. (raw - 1:51.39)
9.	JP Cordova	1:51.11@	February 11, 2011 UNM Don Kirby (raw-1:51.74)
10.	Rich Martinez	1:51.21	1985

**WHERE PERFORMANCE HAPPENED****1 MILE - INDIVIDUAL**

1.	Lee Emanuel	3:57.62	2010
2.	Elmar Engholm	3:57.95@	2015
3.	Adam Bitchell	3:59.83@	2013
4.	Ross Millington	3:59.86	2011
5.	David Bishop	4:00.38	2009
6.	Jake Shelley	4:00.47@	2014
7.	Luke Caldwell	4:01.01@	2014
8.	Sam Evans	4:02.49	2013
9.	Pat Zacharias	4:02.74@	2014
10.	Ibrahim Hussein	4:04.44	1984

**1 MILE - TIMES**

1.	Lee Emanuel	3:57.62	2010
2.	Lee Emanuel	3:57.91	2009
3.	Elmar Engholm	3:57.95@	2015
4.	Elmar Engholm	3:58.90@	2014
5.	Lee Emanuel	3:59.26	2010
6.	Elmar Engholm	3:59.70@	2014
7.	Adam Bitchell	3:59.83@	2013
8.	Ross Millington	3:59.86	2011
9.	Elmar Engholm	4:00.04@	2016
10.	Lee Emanuel	4:00.36	2009

**1 MILE - INDIVIDUAL**

1.	Lee Emanuel	3:57.62	January 29, 2010 @ Indiana Relays
2.	Elmar Engholm	3:57.95@	February 14, 2015 @ Don Kirby Elite(raw4:03.25)
3.	Adam Bitchell	3:59.83@	January 26, 2013 @ UNM Invt (raw 4:05.17)
4.	Ross Millington	3:59.86	January 28, 2011 @ Indiana Relays
5.	David Bishop	4:00.38	February 14, 2009 @ Washington
6.	Jake Shelley	4:00.47@	February 15, 2014 @ Don Kirby Elite (4:05.83-raw)
7.	Luke Caldwell	4:01.01@	February 1, 2014 @ New Mexico Invt(4:06.38-raw)
8.	Sam Evans	4:02.49	February 9, 2013 @ Washington Classic
9.	Pat Zacharias	4:02.74@	February 1, 2014 @ New Mexico Invt(4:08.15-raw)
10.	Ibrahim Hussein	4:04.44	1984 @ East Tennessee State

**WHERE PERFORMANCE HAPPENED****3000 METER - INDIVIDUAL**

1.	Ross Millington	7:49.11	2012
2.	Lee Emanuel	7:51.20	2010
3.	Adam Bitchell	7:53.27@	2015
4.	Rory Fraser	7:56.31@	2010
5.	Pat Zacharias	8:05.94@	2015
6.	David Bishop	8:06.63	2011
7.	Chip Smith	8:07.01	1993
8.	Jeremy Johnson	8:08.61	2007
9.	Jacob Kirwa	8:10.58@	2010
10.	Ibrahim Hussein	8:11.35@	1984

**3000 METER - TIMES**

1.	Ross Millington	7:49.11	2012
2.	Lee Emanuel	7:51.20	2010
3.	Adam Bitchell	7:53.27@	2015
4.	Ross Millington	7:54.08	2011
5.	Rory Fraser	7:56.31@	2010
6.	Lee Emanuel	7:56.35	2009
7.	Adam Bitchell	7:58.95@	2015
8.	Adam Bitchell	7:59.53@	2015
9.	Adam Bitchell	8:00.86	2014
10.	Adam Bitchell	8:02.72	2015

**3000 METERS - INDIVIDUAL**

1.	Ross Millington	7:49.11	February 11, 2012 @ Washington Husky Classic
2.	Lee Emanuel	7:51.20	February 13, 2010 @ Washington Husky Classic
3.	Adam Bitchell	7:53.27@	February 20, 2015 @ N. Arizona (8:13.80raw)
4.	Rory Fraser	7:56.31@	January 30, 2010 @ UNM Invt. (8:08.29 - raw)
5.	Pat Zacharias	8:05.94@	February 28, 2015 @ MWC (New Mexico)(8:18.21)
6.	David Bishop	8:06.63	February 12, 2011 @ Washington Husky Classic
7.	Chip Smith	8:07.01	1993 NCAA Prelim @ Indianapolis RCA Dome
8.	Jeremy Johnson	8:08.61	March 2, 2007 @ Arkansas
9.	Jacob Kirwa	8:10.58@	February 27, 2010 @ MWC (New Mexico) (8:22.56 raw)
10.	Ibrahim Hussein	8:11.35@	1984 @ Northern Arizona

**WHERE PERFORMANCE HAPPENED****5000 METERS - INDIVIDUAL**

1.	Luke Caldwell	13:40.39	2013
2.	Chris Barnicle	13:43.20	2010
3.	Adam Bitchell	13:44.70	2013
4.	Matt Gonzales	13:45.72	2005
5.	Rory Fraser	13:48.24	2010
6.	Jacob Kirwa	13:55.75@	2010
7.	Matt Ashton	14:00.30	2008
8.	Sean Stam	14:05.07	2013
9.	Ben Ortega	14:08.70@	2005
10.	Keith Gerrard	14:09.31	2011

**5000 METERS - TIMES**

1.	Luke Caldwell	13:40.39	2013
2.	Luke Caldwell	13:42.50	2014
3.	Chris Barnicle	13:43.20	2010
4.	Adam Bitchell	13:44.70	2013
5.	Matt Gonzales	13:45.72	2005
6.	Luke Caldwell	13:46.44	2013
7.	Chris Barnicle	13:47.12	2010
8.	Rory Fraser	13:48.24	2010
9.	Matt Gonzales	13:49.06	2005
10.	Rory Fraser	13:49.57	2009

**5000 METERS**

1.	Luke Caldwell	13:40.39	February 8, 2013 @ Washington Husky Classic
2.	Chris Barnicle	13:43.20	March 12, 2010 @ NCAA (Arkansas)
3.	Adam Bitchell	13:44.70	December 13, 2013 @ Indiana University
4.	Matt Gonzales	13:45.72	March 11, 2005 @ NCAA (Arkansas)
5.	Rory Fraser	13:48.24	February 12, 2010 @ Washington Husky Classic
6.	Jacob Kirwa	13:55.75@	February 26, 2010 @ MWC (New Mexico)(14:18.22 raw)
7.	Matt Ashton	14:00.30	February 16, 2008 @ Washington
8.	Sean Stam	14:05.07	February 8, 2013 @ Washington Husky Classic
9.	Ben Ortega	14:08.70@	February 24, 2005 @ MWC (Air Force)
10.	Keith Gerrard	14:09.31	February 11, 2011 @ Washington Husky Classic

**WHERE PERFORMANCE HAPPENED**



**4x400 RELAY - TIMES**

1.	Servizio, Sema, Wood, Hussein	3:11.64	1983
2.	James, Matt Henry, Skinner, Solomon	3:12.64h	1974
3.	Solomon, Reid, Roberts, Steadman	3:12.80	2009
4.	Solomon, Reid, Roberts, Steadman	3:13.59	2009
5.	James, Henry, Skinner, Solomon	<b>3:13.74h</b>	<b>1974</b>
6.	Siemon, McCain, K. Henry, Solomon	3:13.79	2007
7.	Mudada, Dorsey, Lewis, Haywood	3:13.93@	2015
8.	Dorsey, Kline, Gonzales, Haywood	3:13.94@	2016
9.	Kline, Mudada, Lewis, Dorsey	3:14.03@	2014
10.		3:14.06	2006

**HEPTATHLON - INDIVIDUAL**

1.	Richard York	5590 (7.06, 22' 9", 44' 4 1/4", 6' 6 3/4", 8.70, 15' 5", 2:46.88)	2013
2.	Mark Johnson	5263	2004
3.	Daniel Lam	5241 (7.28, 22' 10", 42' 8", 5' 11 1/4", 8.65, 15' 7", 2:57.41)	2016
4.	Dan Feltman	5145	2006
5.	Sam Potter	5121 (7.25@, 21' 9 1/2", 35' 1/2", 6' 1/2", 8.60@, 15' 7", 2:53.72)	2012
6.	Derek McDonald	4966 (7.18, 22' 9 1/4", 32' 2", 6' 4 3/4", 8.81, 14' 5, 3:07.05	2005
7.	Brian Wilson	4946 (7.37, 21' 8 3/4", 39' 7 3/4", 5' 10 1/2", 8.51 14' 3 1/4" 3:00.18	2011
8.	Beau Clifton	4945 (6.96, 20' 4 1/4, 43' 1/2", 6' 1/2", 9.03, 13' 3 1/2", 2:55.21)	2016
9.	Andris Sturans	4700 (7.26, 20' 3", 29' 10 1/4", 5' 11 1/2", 9.18, 13' 7 1/4", 2:42.85	2015
10.	Rodney Hocker	4462	2004

**PENTATHLON - INDIVIDUAL**

1.	Mark Johnson	3650 (8.50, 21' 5 1/2", 38' 9", 6' 4 3/4", 2:53.11)	2002
2.	Ryan Voge	3478	2003
3.	Dan Feltman	3287	2003
4.			
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6.			
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**LONG JUMP - INDIVIDUAL**

1.	Kendall Spencer	26' 3 1/2"	2012
2.	Dwayne Rudd	25' 7 1/4"	1983
3.	Clarence Robinson	25' 6 3/8"	1965
4.	Allan Hamilton	25' 4 3/4"	2015
5.	Bob Nance	25' 3 3/4"	1976
6.	Phil Quinet	25' 1"	1970
7.	Yannick Roggatz	25' 1/2"	2016
8.	Fidelis Ndyabagye	24' 10"	1985
9.	Chuck Steffes	24' 8"	1972
10.	Ira Robinson	24' 3 3/8"	1965

**LONG JUMP - DISTANCES**

1.	Kendall Spencer	26' 3 1/2"	2012
2.	Dwayne Rudd	25' 9 1/4"	2014
3.	Kendall Spencer	25' 7 1/2"	2012
4.	Dwayne Rudd	25' 7 1/2"	1983
5.	Clarence Robinson	25' 6 3/8"	1965
6.	Clarence Robinson	25' 6 1/4"	1966
7.	Allan Hamilton	25' 4 3/4"	2015
8.	Clarence Robinson	25' 4 1/2"	1965
9.	Bob Nance	25' 3 3/4"	1976
10.	Allan Hamilton	25' 3 1/2"	2016

**TRIPLE JUMP - INDIVIDUAL**

1.	Dwayne Rudd	54' 3"	1984
2.	Floyd Ross	52' 4 3/4"	2013
3.	Chuck Steffes	52' 1 1/2"	1972
4.	Warrick Campbell	52' 0"	2014
5.	Arthur Ogedebie	51' 6 1/4"	1988
6.	Allan Hamilton	50' 10 3/4"	2016
7.	Mikael Bernhardt	50' 10"	1975
8.	Samuel Trigg	50' 6 3/4"	2016
9.	Art Baxter	50' 3 1/2"	1968
10.	Ty Kirk	50' 2"	2010

**TRIPLE JUMP - DISTANCES**

1.	Dwayne Rudd	54' 3"	1984
2.	Dwayne Rudd	53' 11"	1984
3.	Dwayne Rudd	53' 8"	1984
4.	Dwayne Rudd	52' 5 1/2"	1983
5.	Floyd Ross	52' 4 3/4"	2013
6.	Chuck Steffes	52' 1 1/2"	1972
7.	Chuck Steffes	52' 1 1/2"	1972
8.	Floyd Ross	52' 0"	2013
9.	Warrick Campbell	52' 0"	2014
10.	Dwayne Rudd	51' 10"	1984

**HIGH JUMP - INDIVIDUAL**

1.	Ivan Hella	7' 3"	1992
2.	Django Lovett	7' 3"	2015
3.	David Llamas	7' 1 1/2"	1997
4.	Mike Foster	7' 1 1/2"	1987
5.	Fernando Abugattas	7' 1 1/2"	1971
6.	Ingemar Nyman	7' 1/4"	1972
7.	Ramani Harper	6' 10 3/4"	1993
8.	Bob Marchetti	6' 10 3/4"	1993
9.	Josh Cosio	6' 10 1/4"	2009
10.	Chris Warner	6' 10"	1986

**HIGH JUMP - HEIGHTS**

1.	Ivan Hella	7' 3"	1992
2.	Django Lovett	7' 3"	2015
3.	Django Lovett	7' 2 1/2"	2014
4.	David Llamas	7' 1 1/2"	1997
5.	Mike Foster	7' 1 1/2"	1987
6.	Fernando Abugattas	7' 1 1/2"	1971
7.	Mike Foster	7' 1 1/4"	1986
8.	David Llamas	7' 1/4"	1997
9.	Ingemar Nyman	7' 1/4"	1972
10.	Django Lovett	7' 1/4"	2011
11.	Django Lovett	7' 1/4"	2014
12.	Django Lovett	7' 1/4"	2014
13.	Django Lovett	7' 1/4"	2015

**POLE VAULT - INDIVIDUAL**

1.	Simon Arkell	18' 1 1/2"	1991
2.	Derek Mackel	17' 11"	2006
3.	Robert Caldwell	17' 7 1/4"	2006
4.	Brandon Bennett	17' 6 1/2"	2003
5.	Logan Pflibsen	17' 2 3/4"	2013
6.	Dan Holton	16' 9 1/2"	1991
7.	Mark Johnson	16' 9 1/4"	2004
8.	Darrin Bryant	16' 8"	1992
9.	Rob Warensjo	16' 7 1/2"	2012
10.	Ingemar Jernberg	16' 7"	1974

**POLE VAULT - HEIGHTS**

1.	Simon Arkell	18' 1 1/2"	1991
2.	Derek Mackel	17' 11"	2006
3.	Simon Arkell	17' 10 1/2"	1989
4.	Robert Caldwell	17' 7 1/4"	2006
5.	Derek Mackel	17' 7 1/4"	2006
6.	Brandon Bennett	17' 6 1/2"	2003
7.	Robert Caldwell	17' 6 1/2"	2006
8.	Derek Mackel	17' 5 1/2"	2005
9.	Simon Arkell	17' 4"	1990
10.	Simon Arkell	17' 3 1/2"	1987

**4x400 RELAY WHERE PERFORMANCE HAPPENED**

1.	3:11.64	1983 @ Northern Arizona
2.	3:12.64h	February 9, 1974 @ Idaho State
3.	3:12.80	February 28, 2009 @ MWC (Air Force)
4.	3:13.59	January 31, 2009 @ New Mexico
5.	3:13.74h	March 1, 1974 @ WAC (New Mexico) (176yd)
6.	3:13.79	February 22, 2007 @ MWC (New Mexico)
7.	3:13.93@	February 14, 2015 @ Don Kirby Elite
8.	3:13.94@	February 27, 2016 @ MWC (UNM)(raw-3:13.50)
9.	3:14.03@	February 8, 2014 @ New Mexico Classic (3:13.59)
10.	3:14.06	February 23, 2006 @ MWC (New Mexico)

**HEPTATHLON WHERE PERFORMANCE HAPPENED**

1.	Richard York	5590	February 21-22, 2013 @ MWC (Boise State)
2.	Mark Johnson	5263	February 26, 2004 @ MWC (Air Force)
3.	Daniel Lam	5241	February 25-26, 2016 @MWC (New Mexico)
4.	Dan Feltman	5145	February 23, 2006 @ MWC (New Mexico)
5.	Sam Potter	5121	February 23-24, 2012 @ MWC (New Mexico)
6.	Derek McDonald	4966	February 24, 2005 @ MWC (Air Force)
7.	Brian Wilson	4946	February 24-25, 2011 @ MWC (New Mexico)
8.	Beau Clifton	4945	February 25-26, 2016 @ MWC (New Mexico)
9.	Andris Sturans	4700	February 26-27, 2015 @ MWC (New Mexico)
10.	Rodney Hocker	4462	February 26, 2004 @ MWC (Air Force)

**PENTATHLON WHERE PERFORMANCE HAPPENED**

1.	Mark Johnson	3650	2002
2.	Ryan Voge	3478	January 24, 2003 @ Air Force
3.	Dan Feltman	3287	January 24, 2003 @ Air Force
4.			
5.			
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8.			
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10.			

**LONG JUMP WHERE PERFORMANCE HAPPENED**

1.	Kendall Spencer	26' 3 1/2"	March 9, 2012 @ NCAA Championship (BoiseSt)
2.	Dwayne Rudd	25' 7 1/4"	1983 @ New Mexico
3.	Clarence Robinson	25' 6 3/8"	January 23, 1965 @ New Mexico
4.	Allan Hamilton	25' 4 3/4"	March 13, 2015 @ NCAA Championship (Arkansas)
5.	Bob Nance	25' 3 3/4"	February 28, 1976 @ WAC (Salt Lake City)
6.	Phil Quinet	25' 1"	February 21, 1970 @ WAC (Salt Lake City)
7.	Yannick Roggatz	25' 1/2"	February 26, 2016 @ MWC (New Mexico)
8.	Fidelis Ndyabagye	24' 10"	1985
9.	Chuck Steffes	24' 8"	February 18, 1972 @ WAC (Salt Lake City)
10.	Ira Robinson	24' 3 3/8"	January 23, 1965 @ New Mexico

**TRIPLE JUMP WHERE PERFORMANCE HAPPENED**

1.	Dwayne Rudd	54' 3"	1984 @ Northern Arizona
2.	Floyd Ross	52' 4 3/4"	March 1, 2013 at Notre Dame Last Chance
3.	Chuck Steffes	52' 1 1/2"	January 19, 1972 @ New Mexico
4.	Warrick Campbell	52' 0"	January 25, 2014 @ Cherry & Silver
5.	Arthur Ogedebie	51' 6 1/4"	February 26, 1988 @ WAC (Air Force)
6.	Allan Hamilton	50' 10 3/4"	February 27, 2016 @ MWC (New Mexico)
7.	Mikael Bernhardt	50' 10"	February 8, 1975 @ WAC (New Mexico)
8.	Samuel Trigg	50' 6 3/4"	February 13, 2016 @ Don Kirby Elite
9.	Art Baxter	50' 3 1/2"	February 10, 1968 @ New Mexico
10.	Ty Kirk	50' 2"	February 12, 2010 @ Air Force Invitational

**HIGH JUMP WHERE PERFORMANCE HAPPENED**

1.	Ivan Hella	7' 3"	March 6, 1992 @ Wyoming
2.	Django Lovett	7' 3"	February 13, 2015 @ Don Kirby Elite
3.	David Llamas	7' 1 1/2"	January 25, 1997 @ Northern Arizona Quad
4.	Mike Foster	7' 1 1/2"	1985@ New Mexico
5.	Fernando Abugattas	7' 1 1/2"	1971
6.	Ingemar Nyman	7' 1/4"	February 5, 1972 @ New Mexico
7.	Ramani Harper	6' 10 3/4"	February 13, 1993 @ Air Force
8.	Bob Marchetti	6' 10 3/4"	February 26, 1993 @ WAC (Air Force)
9.	Josh Cosio	6' 10 1/4"	January 17, 2009 @ New Mexico
10.	Chris Warner	6' 10"	February 23, 1986 @ WAC (Air Force)

**POLE VAULT WHERE PERFORMANCE HAPPENED**

1.	Simon Arkell	18' 1 1/2"	February 8, 1991 @ Nebraska
2.	Derek Mackel	17' 11"	January 21, 2006 @ New Mexico
3.	Robert Caldwell	17' 7 1/4"	February 23, 2006 @ MWC (New Mexico)
4.	Brandon Bennett	17' 6 1/4"	March 1, 2003 @ MWC (Air Force)
5.	Logan Pflibsen	17' 2 3/4"	February 23, 2013 @ MWC (Boise State)
6.	Dan Holton	16' 9 1/2"	February 22, 1991 @ WAC (Air Force)
7.	Mark Johnson	16' 9 1/4"	February 26, 2004 @ MWC (Air Force)
8.	Darrin Bryant	16' 8"	February 15, 1992 @ Air Force
9.	Rob Warensjo	16' 7 1/2"	January 27, 2012 @ New Mexico Invitational
10.	Ingemar Jernberg	16' 7"	February 9, 1974 @ Idaho State



**SHOT PUT- INDIVIDUAL**

1.	Darren Crawford	60' 8 3/4"	1988
2.	Randy Withrow	57' 3"	1973
3.	Jason Barkermeyer	56' 9 1/4"	2004
4.	Bob Sadler	56' 2"	1999
5.	Ervin Jaros	55' 11 1/2	1970
6.	Larry Kennedy	55' 10 1/2	1965
7.	Kerry Eskeli	55' 2 1/2	1970
8.	Greg Rees	54' 1 1/2"	1991
9.	Jordan Parker	54' 1"	2004
10.	Anthony Harlin	53' 6 3/4"	1977

**SHOT PUT - DISTANCES**

1.	Darren Crawford	60' 8 3/4"	1988
2.	Darren Crawford	58' 11 1/2	1987
3.	Darren Crawford	58' 10 3/4	1988
4.	Randy Withrow	57' 3"	1973
5.	Jason Barkermeyer	56' 9 1/4"	2004
6.	Randy Withrow	56' 6 1/2	1974
7.	Jason Barkermeyer	56' 6"	2004
8.	Darren Crawford	56' 5 1/4"	1987
9.	Randy Withrow	56' 3"	1974
10.	Randy Withrow	56' 2 1/2	1972

**SHOT PUT****WHERE PERFORMANCE HAPPENED**

1.	Darren Crawford	60' 8 3/4"	February 26, 1988 @ WAC (Air Force)
2.	Randy Withrow	57' 3"	1973 @ Idaho State
3.	Jason Barkermeyer	56' 9 1/4"	February 26, 2004 @ MWC (Air Force)
4.	Bob Sadler	56' 2"	February 20, 1999 @ Air Force
5.	Ervin Jaros	55' 11 1/2	February 21, 1970 @ WAC (Salt Lake City)
6.	Larry Kennedy	55' 10 1/2	January 23, 1965 @ New Mexico
7.	Kerry Eskeli	55' 2 1/2	January 17, 1970 @ New Mexico
8.	Greg Rees	54' 1 1/2"	February 22, 1991 @ WAC (Air Force)
9.	Jordan Parker	54' 1"	February 26, 2004 @ MWC (Air Force)
10.	Anthony Harlin	53' 6 3/4"	January 22, 1977 @ Air Force

**35 LB WEIGHT THROW - INDIVIDUAL**

1.	Darren Crawford	65' 6 3/4"	1990
2.	Matthew Henry-Marshall	60' 3"	2011
3.	Tom Ferrier	57' 7"	1984
4.	Steve Dunbar	56' 4"	1999
5.	Jason Barkermeyer	52' 4"	2004
6.	Jordan Parker	50' 4 3/4	2004
7.	Ted Crouch	50' 3"	1985
8.	Brad Maestas	49' 3/4"	2011
9.	Matt Kraft	47' 7 1/4"	2002
10.	Bob Sadler	47' 3 1/2"	1999

**35 LB. WEIGHT THROW-DISTANCES**

1.	Darren Crawford	65' 6 3/4"	1990
2.	Darren Crawford	63' 9"	1990
3.	Matthew Henry-Marshall	60' 3"	2011
4.	Matthew Henry-Marshall	60' 3"	2011
5.	Matthew Henry-Marshall	60' 1 1/4	2011
6.	Matthew Henry-Marshall	58' 11 1/4	2009
7.	Darren Crawford	58' 10 3/4	1988
8.	Matthew Henry-Marshall	58' 3 1/4"	2011
9.	Matthew Henry-Marshall	58' 3	2011
10.	Matthew Henry-Marshall	58' 1/2"	2011

**35 LB. WEIGHT THROW****WHERE PERFORMANCE HAPPENED**

1.	Darren Crawford	65' 6 3/4"	1990
2.	Matthew Henry-Marshall	60' 3"	February 4, 2011 @ UNM Classic
3.	Tom Ferrier	57' 7"	1984 @ Air Force
4.	Steve Dunbar	56' 4"	February 6, 1999 @ Northern Arizona
5.	Jason Barkermeyer	52' 4"	February 26, 2004 @ MWC (Air Force)
6.	Jordan Parker	50' 4 3/4	February 14, 2004
7.	Ted Crouch	50' 3"	1985
8.	Brad Maestas	49' 3/4"	January 15, 2011 @ UNM Lobo Open
9.	Matt Kraft	47' 7 1/4"	February 21, 2002 @ Air Force
10.	Bob Sadler	47' 3 1/2"	January 23, 1999 @ Northern Arizona

**DISTANCE MEDLY RELAY - TIMES**

1.	Bishop, Roberts, Steadman, Emanuel	9:30.38	2009
2.	Evans, York, Aragon, Bishop	9:31.50	2011
3.	Evans, York, Aragon, Bishop	9:31.95	2011
4.	Bishop, Evans, Aragon, Millington	9:32.50@	2011
5.	Evans, Lewis, Herring, Caldwell	9:36.98	2013
6.	Engholm, Lewis, Aragon, Shelley	9:38.26	2014
7.	Bishop, Trujillo, Cote, Millington	9:46.21	2010
8.	Kiptoo-Biwott, Clarke, McCain, Gonzales	9:46.26@	2005
9.	Bishop, Roberts, Steadman, Ashton	9:52.43	2009
10.	Fraser, Lovato, Millington, Emanuel	9:52.96@	2010

**WHERE PERFORMANCE HAPPENED**

9:30.38	March 6, 2009 @ Notre Dame Last Chance
9:31.50	March 11, 2011 @ NCAA Championships (TAM)
9:31.95	March 4, 2011 @ Notre Dame Last Chance
9:32.50@	February 25, 2011 @ MWC (UNM) (raw-9:41.30)
9:36.98	March 1, 2013 at Notre Dame Last Chance
9:38.26	February 22, 2014 @ Notre Dame Last Chance
9:46.21	March 5, 2010 @ Notre Dame Last Chance
9:46.26@	February 24, 2005 @ MWC (Air Force) yards
9:52.43	March 15, 2009 @ NCAA (Texas A&M)
9:52.96@	February 26, 2010 @ MWC (New Mexico)(10:01.74 raw)



# UNIVERSITY OF NEW MEXICO WOMEN'S INDOOR TRACK & FIELD

## ALL TIME TOP TEN (1976 - 2016) (REVISED March 15, 2016)

**PLEASE NOTE:** These indoor rankings are a compilation of the best individuals and performances in each event. They are only as accurate as available archives and results. This is a work in progress and as new information is found, the rankings will be updated.

### HOW TO READ THE RANKINGS.

**PERFORMERS:** THE LEFT HAND COLUMN UNDER EACH INDIVIDUAL EVENT ARE THE TOP 10 PERFORMERS (INDIVIDUALS) IN THAT EVENT. THERE SHOULD BE TEN DIFFERENT INDIVIDUALS UNDER THIS CATEGORY AND NO DUPLICATIONS.

**PERFORMANCES:** THE RIGHT HAND COLUMN ARE THE TOP 10 PERFORMANCES (TIMES, HEIGHTS, DISTANCES) IN THAT EVENT. SOME ATHLETES WERE OUTSTANDING IN THEIR EVENT(S) AND MAY HAVE MANY GREAT PERFORMANCES OVER THEIR FOUR YEAR CAREER.

### Conversions used in these rankings

**TRACK SIZE:** The NCAA uses the 200 meter banked track/300 meter oversized track as the standard. As such any performance that was achieved on a 200 meter/220 yard flat track or smaller has been converted using the NCAA protocol. Any performance in these rankings that is in BOLD/ITALICS has been converted.

**ALTITUDE:** The NCAA converts performances based on altitude either enhancing (60,200,400) or due to the difficulty (800, 1M, 3K, 5K) of racing in an environment with decreased oxygen available. Any performance in these rankings designated by an @ indicates an altitude adjustment

**HAND TIMING:** Any performance with an "h" after it was a hand-timed performance that has been converted using NCAA protocol (add .24)

**YARDS:** Starting in the 1980's metric distances became the norm as prior to that time yards was used. Any performance in the 220 yards, 440 yards, and 880 yards will be included in these rankings designated by a "y". This is because 220 yards is longer than 200 meters (201 meters), 440 yards is longer than 400 meters (402 meters), and 880 yards is longer than 800 meters (804 meters). Therefore, if any athlete from the past can make the Top 10 ranking while running a slightly longer distance they should be included in the list.

\*\* In the 55, 55 Hurdles, 60, 60 Hurdles all performances are the actual "raw" performances with no conversions made.

#### 55 METERS - INDIVIDUAL

1.	Barbara Bell	6.85	1984
2.	Pam Posey	7.02	1987
3.	Terrian Florence	7.06	1990
4.	Natanya Jones	7.12	1990
5.	Annette DiLorenzo	7.14	1987
6.	Nicole Oates	7.18	1998
7.	Stacey Thompson	7.18	1993
8.	Nichelle Milner	7.21	1995
9.	Patty Mack	7.27	1984
10.	Natalie Dalton	7.30	1996

#### 55 METERS - TIMES

1.	Barbara Bell	6.85	1984
2.	Barbara Bell	6.90	1984
3.	Barbara Bell	6.92	1983
4.	Pam Posey	7.02	1987
5.	Terrian Florence	7.06	1990
6.	Pam Posey	7.08	1987
7.	Pam Posey	7.09	1987
8.	Terrian Florence	7.11	1990
9.	Terrian Florence	7.11	1988
10.	Natanya Jones	7.12	1990

#### 55 METERS - INDIVIDUAL

		WHERE PERFORMANCE HAPPENED	
1.	Barbara Bell	6.85	March 1, 1984
2.	Pam Posey	7.02	February 21, 1987 @ Northern Arizona
3.	Terrian Florence	7.06	February 24, 1990 @ Northern Arizona
4.	Natanya Jones	7.12	February 24, 1990 @ Northern Arizona
5.	Annette DiLorenzo	7.14	February 21, 1987 @ Northern Arizona
6.	Nicole Oates	7.18	February 27, 1998 @ WAC (Air Force)
7.	Stacey Thompson	7.18	February 26, 1993 @ WAC (Air Force)
8.	Nichelle Milner	7.21	February 4, 1995 @ Northern Arizona
9.	Patty Mack	7.27	January 28, 1984 @ Northern Arizona
10.	Natalie Dalton	7.30	February 3, 1996 @ Northern Arizona

#### 55m HURDLES - INDIVIDUAL

1.	Angela Whyte	8.15	1999
2.	Tonya Thompson	8.26	1987
3.	Lisa Teasdale	8.28	1997
4.	Monica Crittenden	8.32	1993
5.	Darcy Ahner	8.41	1990
6.	Felecia DeVargas	8.42	1997
7.	Debbie Berger	8.51	1987
8.	Mary Goodwin	8.57	1983
9.	Joni Dobbins	8.60	1995
10.	Kitrain Martin	8.64	1993

#### 55m HURDLES - TIMES

1.	Angela Whyte	8.15	1999
2.	Tonya Thompson	8.26	1987
3.	Lisa Teasdale	8.28	1997
4.	Monica Crittenden	8.32	1993
5.	Lisa Teasdale	8.33	1997
6.	Tonya Thompson	8.36	1987
7.	Monica Crittenden	8.37	1994
8.	Monica Crittenden	8.40	1995
9.	Felecia DeVargas	8.42	1997
10.	Felecia DeVargas	8.44	1997
	Monica Crittenden	8.44	1995

#### 55m HURDLES - INDIVIDUAL

		WHERE PERFORMANCE HAPPENED	
1.	Angela Whyte	8.15	January 30, 1999 @ Texas Tech
2.	Tonya Thompson	8.26	February 21, 1987 @ Northern Arizona
3.	Lisa Teasdale	8.28	February 7, 1997 @ Texas Tech
4.	Monica Crittenden	8.32	February 26, 1993 @ WAC (Air Force)
5.	Darcy Ahner	8.41	February 24, 1990 @ Northern Arizona
6.	Felecia DeVargas	8.42	January 25, 1997 @ Northern Arizona Quad
7.	Debbie Berger	8.51	February 21, 1987 @ Northern Arizona
8.	Mary Goodwin	8.57	February 12, 1983 @ Northern Arizona
9.	Joni Dobbins	8.60	February 4, 1995 @ Northern Arizona
10.	Kitrain Martin	8.64	February 13, 1993 @ Air Force

#### 60 METERS - INDIVIDUAL

1.	Kayla Fisher-Taylor	7.55@	2014
2.	Aasha Marler	7.57@	2014
3.	Kristan Matison	7.60@	2007
4.	Angela Whyte	7.61@	2000
5.	Peri Moran	7.63@	2014
6.	Adwoa Gyasi-Nimako	7.64	2000
7.	Alesha Walker	7.66	2008
8.	Precious Selmon	7.69	2009
9.	Dayna McMillen	7.70	2001
10.	Erynn Caldwell	7.70@	2014

#### 60 METERS - TIMES

1.	Kayla Fisher-Taylor	7.55@	2014
2.	Aasha Marler	7.57@	2014
3.	Aasha Marler	7.58@	2014
4.	Kayla Fisher-Taylor	7.58@	2014
5.	Aasha Marler	7.59@	2014
6.	Aasha Marler	7.59@	2014
7.	Kristan Matison	7.60@	2007
8.	Aasha Marler	7.60@	2014
9.	Angela Whyte	7.61@	2000
10.	Kristin Matison	7.62	2006

#### 60 METERS - INDIVIDUAL

		WHERE PERFORMANCE HAPPENED	
1.	Kayla Fisher-Taylor	7.55@	February 28, 2014 @ MWC (Air Force)(raw 7.51)
2.	Aasha Marler	7.57@	March 1, 2014 @ MWC (Air Force)(raw 7.53)
3.	Kristin Matison	7.60@	February 10, 2007 @ New Mexico (7.58-raw)
4.	Angela Whyte	7.61@	February 25, 2000 @ MWC (Air Force)
5.	Peri Moran	7.63@	February 8, 2014 @ New Mexico Classic
6.	Adwoa Gyasi-Nimako	7.64	February 26, 2000 @ MWC (Air Force)
7.	Alesha Walker	7.66	January 19, 2008 @ Northern Arizona
8.	Precious Selmon	7.69	December 3, 2009 @ Northern Arizona dual
9.	Dayna McMillen	7.70	February 24, 2001 @ MWC (Air Force)
10.	Erynn Caldwell	7.70@	February 7, 2015 @ New Mexico Classic (7.68 raw)

#### 60 HURDLES - INDIVIDUAL

1.	Holly VanGrinsven	8.26@	2015
2.	Precious Selmon	8.43@	2011
3.	Angela Whyte	8.49	2000
4.	Sandy Fortner	8.63@	2008
5.	Samantha Bowe	8.64@	2015
6.	Lisa Coleman	8.79	2001
7.	Casey Dowling	8.97@	2015
8.	Felecia DeVargas	9.00	1999
9.	Kyra Mohns	9.06@	2015
10.	Keren Sari-Bentzur	9.10@	2002

#### 60m HURDLES - TIMES

1.	Holly VanGrinsven	8.26@	2015
2.	Holly VanGrinsven	8.29@	2015
3.	Holly VanGrinsven	8.37@	2015
4.	Holly VanGrinsven	8.38@	2016
5.	Holly VanGrinsven	8.39@	2015
6.	Holly VanGrinsven	8.39@	2015
7.	Holly VanGrinsven	8.41@	2016
8.	Precious Selmon	8.43	2011
9.	Precious Selmon	8.43@	2011
10.	Precious Selmon	8.43@	2011

#### 60 HURDLES - INDIVIDUAL

		WHERE PERFORMANCE HAPPENED	
1.	Holly VanGrinsven	8.26@	February 28, 2015@MWC (New Mexico)
2.	Precious Selmon	8.43@	February 11, 2011 @ UNM Don Kirby Invnt.
3.	Angela Whyte	8.49	February 25, 2000 @ MWC (Air Force)
4.	Sandy Fortner	8.63@	February 28, 2008 @ MWC (Air Force)
5.	Samantha Bowe	8.64@	February 26, 2015@MWC Pentathlon (New Mexico)
6.	Lisa Coleman	8.79	February 24, 2001 @ MWC (Air Force)
7.	Casey Dowling	8.97@	January 31, 2015 @ New Mexico Team Invnt.
8.	Felecia DeVargas	9.00	January 23, 1999 @ Northern Arizona
9.	Kyra Mohns	9.06@	February 26, 2015@MWC Pentathlon (New Mexico)
10.	Keren Sari-Bentzur	9.10@	January 25, 2002 @ Air Force



**200 METERS - INDIVIDUAL**

1.	Adwoa Gyasi-Nimako	24.08	2000
2.	Ariel Burr	24.13	2009
3.	Arlene Smith	24.54	2001
4.	Shirley Pitts	24.66	2011
	Brittany Myricks	24.66@	2015
6.	Alesha Walker	24.74	2007
7.	Terrian Florence	24.91	1988
	Kayla Fisher-Taylor	24.91@	2013
9.	Tabitha Shaw	24.97	2006
10.	Natanya Jones	25.00	1990

**200 METERS - TIMES**

1.	Adwoa Gyasi-Nimako	24.08	2000
2.	Adwoa Gyasi-Nimako	24.12	2000
3.	Ariel Burr	24.13	2009
4.	Ariel Burr	24.43	2009
5.	Adwoa Gyasi-Nimako	24.50	2000
6.	Arlene Smith	24.54	2001
7.	Ariel Burr	24.55	2007
8.	Shirley Pitts	24.66	2011
9.	Brittany Myricks	24.66@	2015
10.	Brittany Myricks	24.68@	2014

**200 METERS - INDIVIDUAL**

1.	Adwoa Gyasi-Nimako	24.08	February 26, 2000 @ MWC (Air Force)
2.	Ariel Burr	24.13	February 7, 2009 @ New Mexico
3.	Arlene Smith	24.54	February 24, 2001 @ MWC (Air Force)
4.	Shirley Pitts	24.66	January 28, 2011 @ UNM Invt.
	Brittany Myricks	24.66@	February 27, 2015@MWC (New Mexico)
6.	Alesha Walker	24.74	February 22, 2007 @ MWC (New Mexico)
7.	Terrian Florence	24.91	February 20, 1988 @ Northern Arizona
	Kayla Fisher-Taylor	24.91@	February 9, 2013 @ Don Kirby Elite (UNM)
9.	Tabitha Shaw	24.97	February 23, 2006 @ MWC (New Mexico)
10.	Natanya Jones	25.00	February 19, 1990 @ Northern Arizona

**400 METER - INDIVIDUAL**

1.	Ariel Burr	53.73	2007
2.	Shirley Pitts	54.00@	2012
3.	Holly VanGrinsven	54.36@	2015
4.	Tawsha Brazley	55.54@	2012
5.	CatherineMcKinney	55.99	1990
6.	Haley Sanner	56.00@	2016
7.	Sue Vigil	56.64yh	1978
8.	Stacey Thompson	57.10	1993
9.	Kamillia Davis	57.16	2004
10.	Shakira Williams	57.39	2006

**400 METER - TIMES**

1.	Ariel Burr	53.73	2007
2.	Shirley Pitts	54.00@	2012
3.	Ariel Burr	54.05	2009
4.	Ariel Burr	54.27	2006
5.	Holly VanGrinsven	54.36@	2015
6.	Ariel Burr	54.38	2009
7.	Holly VanGrinsven	54.53@	2016
8.	Ariel Burr	54.54	2009
9.	Holly VanGrinsven	54.80@	2015
10.	Ariel Burr	54.86	2009

**400 METER - INDIVIDUAL**

1.	Ariel Burr	53.73	February 22, 2007 @ MWC (New Mexico)
2.	Shirley Pitts	54.00@	February 25, 2012 @ MWC (New Mexico)
3.	Holly VanGrinsven	54.36@	February 27, 2015@MWC (New Mexico)
4.	Tawsha Brazley	55.54@	February 25, 2012 @ MWC (New Mexico)
5.	CatherineMcKinney	55.99	February 24, 1990 @ Northern Arizona
6.	Haley Sanner	56.00@	February 26, 2016 @ MWC (New Mexico)
7.	Sue Vigil	56.64yh	1978
8.	Stacey Thompson	57.10	February 26, 1993 @ WAC (Air Force)
9.	Kamillia Davis	57.16	February 26, 2004 @ MWC (Air Force)
10.	Shakira Williams	57.39	February 11, 2006 @ New Mexico

**600 METER - INDIVIDUAL**

1.	Zoe Howell	1:32.90	2015
2.	Sophie Connor	1:33.06	2015
3.	Josephine Moultrie	1:33.21	2012
4.	Shirley Pitts	1:34.02	2011
5.	Hannah Riker-Urrutia	1:37.66	2014
6.	Andrea Wright	1:38.31	2009
7.	Julie Brasher	1:38.32	2013
8.	Mickey Brown	1:39.33	2012
9.	Mia Weaver	1:41.18	2013
10.	Christine Ostler	1:41.59	2012

**600 METER - TIMES**

1.	Zoe Howell	1:32.90	2015
2.	Sophie Connor	1:33.06	2015
3.	Josephine Moultrie	1:33.21	2012
4.	Zoe Howell	1:33.23	2015
5.	Shirley Pitts	1:34.02	2011
6.	Zoe Howell	1:34.02	2016
7.	Zoe Howell	1:34.03	2016
8.	Josephine Moultrie	1:34.68	2012
9.	Shirley Pitts	1:35.32	2013

**600 METER - INDIVIDUAL**

1.	Zoe Howell	1:32.90	February 14, 2015 at Don Kirby Elite
2.	Sophie Connor	1:33.06	January 24, 2015 at Lobo Open
3.	Josephine Moultrie	1:33.21	January 27, 2012 at UNM Invitational
4.	Shirley Pitts	1:34.02	January 22, 2011 at UNM Invitational
5.	Hannah Riker-Urrutia	1:37.66	February 1, 2014 @ New Mexico Team Invt.
6.	Andrea Wright	1:38.31	January 17, 2009 at Lobo Open
7.	Julie Brasher	1:38.32	January 25, 2013 @ UNM Invt.
8.	Mickey Brown	1:39.33	January 27, 2012 at UNM Invitational
9.	Mia Weaver	1:41.18	January 18, 2013 at Cherry & Silver Invt.
10.	Christine Ostler	1:41.59	February 3, 2012 at UNM Classic

**800 METERS - INDIVIDUAL**

1.	Sophie Connor	2:07.71@	2016
2.	Sammy Silva	2:08.14@	2015
3.	Josephine Moultrie	2:08.55@	2012
4.	Charlotte Arter	2:09.32@	2014
5.	Chloe Anderson	2:09.33@	2014
6.	Sue Vigil	2:09.54yh	1979
7.	Emily Hosker-Thornhill	2:11.20@	2016
8.	Tamara Armoush	2:11.41@	2015
9.	Zoe Howell	2:11.48@	2016
10.	Regina Dramiga	2:12.04@	1980

**800 METERS - TIMES**

1.	Sophie Connor	2:07.71@	2016
2.	Sammy Silva	2:08.14@	2015
3.	Sophie Connor	2:08.20@	2015
4.	Josephine Moultrie	2:08.55@	2012
5.	Josephine Moultrie	2:09.27@	2012
	Sophie Connor	2:09.27@	2016
6.	Charlotte Arter	2:09.32@	2014
7.	Chloe Anderson	2:09.33@	2014
8.	Sue Vigil	2:09.54h	1979
9.	Josephine Moultrie	2:09.75	2013

**800 METERS - INDIVIDUAL**

1.	Sophie Connor	2:07.71@	February 26, 2016 @ MWC (UNM)(2:08.43raw)
2.	Sammy Silva	2:08.14@	January 31, 2015 @ UNM Team Invt (2:08.86raw)
3.	Josephine Moultrie	2:08.55@	February 25, 2012 @ MWC (New Mexico)
4.	Charlotte Arter	2:09.32@	January 18, 2014 @ Lobo Collegiate (2:10.05-row)
5.	Chloe Anderson	2:09.33@	January 18, 2014 @ Lobo Collegiate(2:10.06-row)
6.	Sue Vigil	2:09.54yh	1979
7.	Emily Hosker-Thornhill	2:11.20@	February 6, 2016 @ New Mexico Classic(raw2:11.94)
8.	Tamara Armoush	2:11.41@	February 28, 2015@MWC(UNM)(raw 2:12.15)
9.	Zoe Howell	2:11.48@	February 13, 2016 @ Don Kirby Elite(raw2:12.22)
10.	Regina Dramiga	2:12.04@	February 16, 1980 @ New Mexico

**1 MILE - INDIVIDUAL**

1.	Sammy Silva	4:33.48@	2015
2.	Sophie Connor	4:36.37@	2016
3.	Josephine Moultrie	4:36.59	2013
4.	Charlotte Arter	4:38.20@	2014
5.	Calli Thackery	4:39.32@	2016
6.	Ashley Gibson	4:43.78	2010
7.	Chloe Anderson	4:44.01	2014
8.	Emily Hosker-Thornhill	4:44.54@	2016
9.	Tamara Armoush	4:45.69@	2015
10.	Ruth Senior	4:48.24@	2011

**1 MILE - TIMES**

1.	Sammy Silva	4:33.48@	2015
2.	Sammy Silva	4:35.44	2015
3.	Sophie Connor	4:36.37@	2016
4.	Josephine Moultrie	4:36.59	2013
5.	Sammy Silva	4:36.79	2015
6.	Sophie Connor	4:37.66	2016
7.	Charlotte Arter	4:38.20@	2014
8.	Sophie Connor	4:38.82	2016
9.	Josephine Moultrie	4:38.87	2012
10.	Calli Thackery	4:39.32@	2016

**1 MILE - INDIVIDUAL**

1.	Sammy Silva	4:33.48@	February 14, 2015 @ Don Kirby Elite(raw4:39.57)
2.	Sophie Connor	4:36.37@	February 13, 2016 @ Don Kirby Elite(raw4:42.53)
3.	Josephine Moultrie	4:36.59	February 8, 2013 @ Washington Husky Classic
4.	Charlotte Arter	4:38.20@	February 1, 2014 @ UNM Team Invt (4:44.40-row)
5.	Calli Thackery	4:39.32@	January 30, 2016 @ UNM Team Invt(raw4:45.54)
6.	Ashley Gibson	4:43.78	February 13, 2010 @ Washington Husky Classic
7.	Chloe Anderson	4:44.01	February 15, 2014 @ Washington Husky Classic
8.	Emily Hosker-Thornhill	4:44.54@	February 13, 2016 @ Don Kirby Elite(raw-4:50.88)
9.	Tamara Armoush	4:45.69@	February 14, 2015 @ Don Kirby Elite(raw4:52.05)
10.	Ruth Senior	4:48.24@	January 15, 2011 @ Lobo Open (raw-4:54.66)

**3000 METER - INDIVIDUAL**

1.	Calli Thackery	9:03.59	2016
2.	Josephine Moultrie	9:06.35	2013
3.	Ruth Senior	9:17.09@	2011
4.	Alice Wright	9:26.42	2015
5.	Natalie Gray	9:27.25@	2011
6.	Sarah Waldron	9:33.10@	2011
7.	Timmie Murphy	9:33.11	2006
8.	Charlotte Arter	9:36.20@	2014
9.	Heleen Tambet	9:38.26@	2016
10.	Imogen Ainsworth	9:39.69@	2012

**3000 METER - TIMES**

1.	Calli Thackery	9:03.59	2016
2.	Josephine Moultrie	9:06.35	2013
3.	Calli Thackery	9:07.31	2015
4.	Calli Thackery	9:09.35	2016
5.	Josephine Moultrie	9:14.84	2013
6.	Ruth Senior	9:17.09@	2011
7.	Calli Thackery	9:19.67@	2015
8.	Calli Thackery	9:26.33	2015
9.	Alice Wright	9:26.42	2015
10.	Natalie Gray	9:27.25@	2011

**3000 METERS - INDIVIDUAL**

1.	Calli Thackery	9:03.59	February 13, 2016 @ Washington Husky Classic
2.	Josephine Moultrie	9:06.35	January 26, 2013 at Washington Invitational
3.	Ruth Senior	9:17.09@	January 29, 2011 @ UNM Invt. (raw - 9:31.16)
4.	Alice Wright	9:26.42	February 21, 2015 @ Alex Wilson (ND) Invt.
5.	Natalie Gray	9:27.25@	January 29, 2011 @ UNM Invt. (raw - 9:41.58)
6.	Sarah Waldron	9:33.10@	February 26, 2011 @ MWC (UNM)(raw-9:47.57)
7.	Timmie Murphy	9:33.11	March 4, 2006 @ Washington Last Chance
8.	Charlotte Arter	9:36.20@	March 1, 2013 @MWC (Air Force)(raw10:20.24)
9.	Heleen Tambet	9:38.26@	February 27, 2016 @ MWC (UNM) (9:52.86 raw)
10.	Imogen Ainsworth	9:39.69@	February 25, 2012 @ MWC (New Mexico)

**5000 METERS - INDIVIDUAL**

1.	Natalie Gray	15:54.29	2011
2.	Sarah Waldron	15:59.93	2012
3.	Ruth Senior	16:02.38	2011
4.	Alice Wright	16:05.62@	2015
5.	Kendra Schaaf	16:21.71	2013
6.	Michelle Corrigan	16:34.58	2009
7.	Jackie Gallegos	16:35.83@	2005
8.	Lacey Oeding	16:39.27@	2012
9.	Nicky Archer	16:40.64	2009
10.	Calli Thackery	16:42.71@	2015

**5000 METERS- TIMES**

1.	Natalie Gray	15:54.29	2011
2.	Sarah Waldron	15:59.93	2012
3.	Ruth Senior	16:02.38	2011
4.	Alice Wright	16:05.62@	2015
5.	Sarah Waldron	16:07.04	2012
6.	Alice Wright	16:09.38	2015
7.	Sarah Waldron	16:14.65	2012
8.	Sarah Waldron	16:16.73	2011
9.	Ruth Senior	16:18.38	2011
10.	Kendra Schaaf	16:21.71	2013

**5000 METERS**

1.	Natalie Gray	15:54.29	February 11, 2011 @ Washington Husky Classic
2.	Sarah Waldron	15:59.93	March 3, 2012 @ Alex Wilson Invt (Notre Dame)
3.	Ruth Senior	16:02.38	February 11, 2011 @ Washington Husky Classic
4.	Alice Wright	16:05.62@	February 27, 2015@MWC(UNM)(raw16:31.85)
5.	Kendra Schaaf	16:21.71	February 9, 2013 @ Washington Husky Classic
6.	Michelle Corrigan	16:34.58	February 14, 2009 @ Washington
7.	Jackie Gallegos	16:35.83@	February 24, 2005 @ MWC (Air Force)
8.	Lacey Oeding	16:39.27@	February 24, 2012 @ MWC (New Mexico)
9.	Nicky Archer	16:40.64	March 7, 2009 @ Notre Dame Last Chance
10.	Calli Thackery	16:42.71@	February 27, 2015@MWC(UNM) (raw 17:09.95)



**4x400 RELAY - TIMES**

1.	Sanner, Howell, Cobb, VanGrinsven	3:43.35@	2015
2.	Sanner Howell, Rodriguez, VanGrinsven	3:43.51@	2016
3.	Brazley, Kelchner, Brown, Pitts	3:44.05@	2012
4.	Sanner, Howell, Cobb, VanGrinsven	3:45.74@	2015
5.	VanGrinsven, Howell, Rodriguez, Sanner	3:47.24@	2016
6.	Brazley, Brown, Kelchner, Pitts	3:47.65@	2012
7.	Burr, Matison, S. Fortner, Zarrella	3:47.66	2007
8.	Howell, Sanner, Vigil, Riker-Urrutia	3:47.69@	2014
9.	Brazley, Brown, Kelchner, Pitts	3:48.84@	2012
10.	Howell, McCray, Pitts, Brazley	3:49.04	2013

**PENTATHLON - INDIVIDUAL**

1.	Sandy Fortner	(8.70,5' 7 1/4", 42 10 3/4", 19' 6", 2:25.41)	4156	2010
2.	Samantha Bowe	(8.87-5' 7"-41' 7 1/4"-18' 11 3/4"-2:35.13)	3911	2014
3.	Keren Sari-Bentzur	(8.99-5' 7 1/4"-35' 7"-18' 11 3/4"-2:29.65)	3845	2003
4.	Kyra Mohns	(9.04-5' 5 1/4"-35' 1 1/4"-17' 3 1/2"-2:26.72)	3681	2015
5.	Casey Dowling	(8.95-5' 3 3/4"-31' 6 1/2"-19' 4"-2:44.78)	3518	2015
6.	Holly VanGrinsven	(8.84, 5' 1/4", 31' 6 3/4", 18' 1/4", 2:29.24)	3503	2013
7.	Precious Selmon	(8.43, 5' 4 1/2", 39' 4 1/2", 19' 1/2", 2:55.91)	3469	2011
8.	Hedi Anderson		3442	1990
9.	Susanne Oravainen	(8.66(55h), 5' 3 1/4", 32' 11 1/4", 17' 1,2:31.49)	3352	1997
10.	Anita Marsland	(9.9h,28', 5' 6 1/2", 15' 9", 2:41.64)	3222	1980

**LONG JUMP - INDIVIDUAL**

1.	Aasha Marler	20' 5 1/4"	2015
2.	Alesha Walker	20' 1 1/2"	2008
3.	Keren Sari-Bentzur	19' 11"	2001
4.	Casey Dowling	19' 10 3/4	2014
5.	Sandy Fortner	19' 8"	2008
	YeshemabetTurner	19' 8"	2014
7.	Tara Spurlock	19' 5"	1984
8.	Samantha Bowe	19' 4 3/4"	2015
9.	Janell Hadnot	19' 3 1/4"	2014
10.	Precious Selmon	19' 2 3/4"	2011

**LONG JUMP - DISTANCES**

1.	Aasha Marler	20' 5 1/4"	2015
2.	Aasha Marler	20' 5"	2014
3.	Aasha Marler	20' 3 1/2"	2015
4.	Aasha Marler	20' 2 1/2"	2015
5.	Alesha Walker	20' 1 1/2"	2008
6.	Aasha Marler	20' 1/4"	2014
7.	Aasha Marler	19' 11 1/2	2014
8.	Alesha Walker	19' 11 1/4	2011
	Alesha Walker	19' 11 1/4	2011
9.	Keren Sari-Bentzur	19' 11"	2001
	Alesha Walker	19' 11"	2011
	Alesha Walker	19' 11"	2011

**TRIPLE JUMP - INDIVIDUAL**

1.	Deanna Young	43' 2 1/2	2011
2.	Jannell Hadnot	43' 2 1/2"	2016
3.	Lavern Clarke	42' 3 1/4"	1990
4.	Aasha Marler	42' 1 1/2"	2015
5.	Monique Harris	41' 9 3/4"	2002
6.	Yeshemabet Turner	41' 2 1/2"	2014
7.	Hagit Salamon	40' 3/4"	2007
8.	Susanna Orvainen	39' 5"	1996
9.	Casey Dowling	38' 11"	2013
10.	Lisa Oliver	38' 9"	1998

**TRIPLE JUMP - DISTANCES**

1.	Jannell Hadnot	43' 2 1/2"	2016
2.	Deanna Young	43' 2 1/2	2011
3.	Deanna Young	43' 1 3/4"	2009
4.	Jannell Hadnot	42' 11 3/4	2016
5.	Jannell Hadnot	42' 8"	2016
6.	Deanna Young	42' 5 1/4	2011
7.	Deanna Young	42' 4 1/4"	2009
8.	Lavern Clarke	42' 3 1/4"	1990
9.	Jannell Hadnot	42' 3 1/2"	2014
10.	Deanna Young	42' 2"	2009
	Jannell Hadnot	42' 2"	2016
	Jannell Hadnot	42' 2"	2016

**HIGH JUMP - INDIVIDUAL**

1.	Margaret Metcalf	5' 11"	1979
2.	Tiyana Peters	5' 10"	2007
3.	Sandy Fortner	5' 9 1/4"	2010
4.	Aura Cook	5' 8 3/4"	1993
	Samantha Bowe	5' 8 3/4"	2014
6.	Kristina Curtis	5' 7 3/4"	2006
7.	Keren Sari-Bentzur	5' 7 1/4"	2003
8.	Darcy Ahner	5' 7 1/4"	1987
9.	Marin Schweigert	5' 7"	2011
10.	Kelli Myers	5' 6 3/4"	2002

**HIGH JUMP - HEIGHTS**

1.	Margaret Metcalf	5' 11"	1979
2.	Margaret Metcalf	5' 10 1/2"	1980
3.	Tiyana Peters	5' 10"	2007
	Tiyana Peters	5' 10"	2007
	Margaret Metcalf	5' 10"	1979
	Margaret Metcalf	5' 10"	1979
4.	Sandy Fortner	5' 9 1/4"	2010
5.	Margaret Metcalf	5' 9"	1980
6.	Tiyana Peters	5' 8 3/4	2007
	Samantha Bowe	5' 8 3/4"	2014

**POLE VAULT - INDIVIDUAL**

1.	Amber Menke	13' 5 3/4"	2012
2.	Bridgid Isworth	13' 2 1/2	2003
3.	Margo Tucker	13' 2 1/4	2014
	Annie Stirling	13' 2 1/4	2014
5.	Whitney Johnson	13' 1 3/4"	2006
6.	Nathalie Busk	12' 7 1/2"	2013
7.	Emily Heisler	12' 6 1/4	2014
8.	Kelly Fortner	12' 5 1/2"	2010
	Katherine Whiting	12' 5 1/2"	2016
10.	Alissa Soderberg	12' 3 1/2"	2016

**POLE VAULT - HEIGHTS**

1.	Amber Menke	13' 5 3/4"	2012
2.	Amber Menke	13' 4 1/2	2012
3.	Amber Menke	13' 2 1/2"	2013
	Bridgid Isworth	13' 2 1/2	2003
4.	Amber Menke	13' 2 1/4"	2013
	Margo Tucker	13' 2 1/4	2014
	Annie Stirling	13' 2 1/4	2014
	Annie Stirling	13' 2 1/4	2015
5.	Whitney Johnson	13' 1 3/4"	2006
	Whitney Johnson	13' 1 3/4	2006
	Margo Tucker	13' 1 3/4"	2014

**SHOT PUT - INDIVIDUAL**

1.	Amanda Barnes	49' 4 1/2"	2005
2.	Myra Smith	46' 11"	1992
3.	Briana Paxton	46' 3 1/4	2008
4.	Sandy Fortner	44' 8 3/4"	2010
5.	Terry Helleck	43' 7"	1980
6.	Bobbi Hall	43' 0"	2002
7.	Lynn Keck	41' 11"	1984
8.	Samantha Bowe	41' 7 1/4	2014
9.	Allison Mady	41' 4 1/2"	2016
10.	Sarah Swartwood	41' 3 3/4	2007

**SHOT PUT - DISTANCES**

1.	Amanda Barnes	49' 4 1/2"	2005
2.	Amanda Barnes	49' 3 1/2	2004
3.	Amanda Barnes	49' 2 1/2"	2005
4.	Amanda Barnes	48' 11"	2005
5.	Amanda Barnes	48' 7 1/2	2005
6.	Amanda Barnes	48' 7 1/4"	2005
7.	Amanda Barnes	48' 2"	2005
8.	Amanda Barnes	47' 8"	2005
9.	Amanda Barnes	47' 4 1/2"	2005
10.	Amanda Barnes	47' 1/4"	2003

**4x400 RELAY****WHERE PERFORMANCE HAPPENED**

1.	3:43.35@	February 28, 2015@MWC(UNM) (raw - 3:42.91)
2.	3:43.51@	February 27, 2016 @MWC (UNM) (3:43.07 raw)
3.	3:44.05@	February 25, 2012 @ MWC (New Mexico)
4.	3:45.74@	February 14, 2015 @ Don Kirby Elite
5.	3:47.24@	January 30, 2016 @ UNM Team Invt.
6.	3:47.65@	January 21, 2012 @ UNM Cherry & Silver
7.	3:47.66	February 22, 2007 @ MWC (New Mexico)
8.	3:47.69@	February 15, 2014 @ Don Kirby Elite (3:47.25raw)
9.	3:48.84@	February 4, 2012 @ New Mexico Classic
10.	3:49.04	February 23, 2013 @ MWC (Boise State)

**PENTATHLON****WHERE PERFORMANCE HAPPENED**

1.	Sandy Fortner	4156	March 13, 2010 @ NCAA Champ. (Arkansas)
2.	Samantha Bowe	3911	February 27, 2014 @ MWC (Air Force)
3.	Keren Sari-Bentzur	3845	February 27, 2003 @ MWC (Air Force)
4.	Kyra Mohns	3681	February 26, 2015 @ MWC (New Mexico)
5.	Casey Dowling	3518	February 6, 2015 @ New Mexico Classic
6.	Holly VanGrinsven	3503	February 21, 2013 @ MWC (Boise State)
7.	Precious Selmon	3469	February 24, 2011 @ MWC (UNM)
8.	Heidi Anderson	3442	February 3, 1990 @ Air Force
9.	Susanne Oravainen	3352	February 22, 1997 @ WAC (Air Force)
10.	Anita Marsland	3222	January 26, 1980 @ New Mexico

**LONG JUMP****WHERE PERFORMANCE HAPPENED**

1.	Aasha Marler	20' 5 1/4"	February 13, 2015 @ Don Kirby Elite
2.	Alesha Walker	20' 1 1/2"	March 8, 2008 @ Washington Last Chance
3.	Keren Sari-Bentzur	19' 11"	February 10, 2001 @ Northern Arizona
4.	Casey Dowling	19' 10 3/4	February 28, 2014 @ MWC (Air Force)
5.	Sandy Fortner	19' 8"	February 9, 2008 @ Air Force
	YeshemabetTurner	19' 8"	January 18, 2014
7.	Tara Spurlock	19' 5"	January 28, 1984 @ Northern Arizona
8.	Samantha Bowe	19' 4 3/4"	February 26, 2015@MWC Pentathlon (New Mexico)
9.	Janell Hadnot	19' 3 1/4"	February 28, 2014 @ MWC (Air Force)
10.	Precious Selmon	19' 2 3/4"	February 11, 2011 @ UNM Don Kirby Invt.

**TRIPLE JUMP****WHERE PERFORMANCE HAPPENED**

1.	Deanna Young	43' 2 1/2	February 26, 2011 @ MWC (New Mexico)
2.	Jannell Hadnot	43' 2 1/2"	February 13, 2016 @ Don Kirby Elite
3.	Lavern Clarke	42' 3 1/4"	February 24, 1990 @ Northern Arizona
4.	Aasha Marler	42' 1 1/2"	February 28, 2015 @ MWC (New Mexico)
5.	Monique Harris	41' 9 3/4"	February 2, 2002 @ Nevada
6.	Yeshemabet Turner	41' 2 1/2"	February 15, 2014 @ Don Kirby Elite
7.	Hagit Salamon	40' 3/4"	February 9, 2007 @ New Mexico
8.	Susanna Orvainen	39' 5"	February 22, 1996 @ WAC (Air Force)
9.	Casey Dowling	38' 11"	February 23, 2013 @ MWC (Boise State)
10.	Lisa Oliver	38' 9"	February 28, 1998 @ WAC (Air Force)

**HIGH JUMP****WHERE PERFORMANCE HAPPENED**

1.	Margaret Metcalf	5' 11"	1979
2.	Tiyana Peters	5' 10"	February 16, 2007 @ New Mexico
3.	Sandy Fortner	5' 9 1/4"	February 25, 2010 @ MWC Pent. (New Mexico)
4.	Aura Cook	5' 8 3/4"	February 26, 1993 @ WAC (Air Force)
	Samantha Bowe	5' 8 3/4"	January 24, 2014 @ C&S Pentathlon
6.	Kristina Curtis	5' 7 3/4"	February 23, 2006 @ MWC (New Mexico)
7.	Keren Sari-Bentzur	5' 7 1/4"	February 27, 2003 @ MWC (Air Force)
8.	Darcy Ahner	5' 7 1/4"	February 21, 1987 @ Northern Arizona
9.	Marin Schweigert	5' 7"	February 26, 2011 @ MWC (New Mexico)
10.	Kelli Myers	5' 6 3/4"	January 25, 2002 @ Air Force

**POLE VAULT****WHERE PERFORMANCE HAPPENED**

1.	Amber Menke	13' 5 3/4"	February 24, 2012 @ MWC (New Mexico)
2.	Bridgid Isworth	13' 2 1/2	February 27, 2003 @ MWC (Air Force)
3.	Margo Tucker	13' 2 1/4	March 1, 2014 @ MWC (Air Force)
	Annie Stirling	13' 2 1/4	March 1, 2014 @ MWC (Air Force)
5.	Whitney Johnson	13' 1 3/4	March 3, 2006 @ Air Force Last Chance
6.	Nathalie Busk	12' 7 1/2"	February 2, 2013 @ UNM Classic
7.	Emily Heisler	12' 6 1/4	March 1, 2014 @ MWC (Air Force)
8.	Kelly Fortner	12' 5 1/2"	February 26, 2010 @ MWC (New Mexico)
	Katherine Whiting	12' 5 1/2"	February 26, 2016 @ MWC (New Mexico)
10.	Alissa Soderberg	12' 3 1/2"	February 6, 2016 @ New Mexico Classic

**SHOT PUT****WHERE PERFORMANCE HAPPENED**

1.	Amanda Barnes	49' 4 1/2"	February 24, 2005 @ MWC (Air Force)
2.	Myra Smith	46' 11"	February 29, 1992 @ WAC (Air Force)
3.	Briana Paxton	46' 3 1/4"	February 29, 2008 @ MWC (Air Force)
4.	Sandy Fortner	44' 8 3/4"	February 5, 2010 @ UNM Combined Event
5.	Terry Helleck	43' 7"	March 7, 1980 @ AIAW (Missouri)
6.	Bobbi Hall	43' 0"	February 21, 2002 @ MWC (Air Force)
7.	Lynn Keck	41' 11"	January 28, 1984
8.	Samantha Bowe	41' 7 1/4	February 27, 2014 @ MWC Pentathlon (Air Force)
9.	Allison Mady	41' 4 1/2"	February 13, 2016 @ Don Kirby Elite
10.	Sarah Swartwood	41' 3 3/4	February 22, 2007 @ MWC (New Mexico)



**20 LB WEIGHT THROW - INDIVIDUAL**

1.	Amanda Barnes	60' 10 3/4	2005
2.	Amaris Blount	58' 6 1/2"	2016
3.	Jamie Fishencord	55' 1"	2005
4.	Briana Paxton	48' 10"	2008
5.	Tami Williams	47' 11"	2010
6.	Sarah Swartwood	47' 6 1/2"	2009
7.	Chelsea Stephens	47' 1 1/2	1996
8.	Erin Manning	42' 9 1/2	2007
9.	Vanessa Frangos	41' 10 1/2	2006
10.	Allison Mady	34' 5 3/4"	2016

**20 LB. WEIGHT THROW-DISTANCES**

1.	Amanda Barnes	60' 10 3/4	2005
2.	Amaris Blount	58' 6 1/2"	2016
3.	Amaris Blount	57' 3 1/2"	2016
4.	Amaris Blount	57' 3 1/2"	2016
5.	Amaris Blount	56' 3 1/4"	2016
6.	Amaris Blount	56' 3"	2016
7.	Amaris Blount	56' 2"	2016
8.	Amaris Blount	55' 10 1/2'	2016
9.	Amanda Barnes	55' 3 1/2"	2005
10.	Jamie Fishencord	55' 1"	2005
	Amanda Barnes	55' 1"	2005

**20 LB. WEIGHT THROW****WHERE PERFORMANCE HAPPENED**

1.	Amanda Barnes	60' 10 3/4	February 24, 2005 @ MWC (Air Force)
2.	Amaris Blount	58' 6 1/2"	February 13, 2016 @ Don Kirby Elite
3.	Jamie Fishencord	55' 1"	February 24, 2005 @ MWC (Air Force)
4.	Briana Paxton	48' 10"	February 28, 2008 @ MWC (Air Force)
5.	Tami Williams	47' 11"	February 26, 2010 @ MWC (New Mexico)
6.	Sarah Swartwood	47' 6 1/2"	February 7, 2009 @ New Mexico
7.	Chelsea Stephens	47' 1 1/2	February 22, 1996 @ WAC (Air Force)
8.	Erin Manning	42' 9 1/2"	February 10, 2007 @ New Mexico
9.	Vanessa Frangos	41' 10 1/2	February 23, 2006 @ MWC (New Mexico)
10.	Allison Mady	34' 5 3/4"	January 22, 2016 @ Cherry & Silver Invt.

**DISTANCE MEDLEY RELAY - TIMES**

1.	Thackery, VanGrinsven,Connor, Silva	11:01.44	2015
2.	Connor, VanGrinsven, Hosker-Thornhill, Thackery	11:01.86	2016
3.	Armoush, VanGrinsven, Connor, Wright	11:17.98	2015
4.	Hosker-Thornhill,VanGrinsven,Howell,Thackery	11:30.67	2016
5.	Milner, Perkins, Darling, Senior	11:34.71@	2011
6.	Everett, Rodriguez, Howell, Hosker-Thornhill	11:35.80@	2016
7.	Hood, Lewis, Hosker-Thornhill, Roberts	11:37.86@	2015
8.	Silva, Riker-Urrutia, Boast, Armoush	11:42.72@	2014
9.	Zimmerman, Howell, Follett, Roberts	11:43.94@	2014
10.	Milner, Brown, Reed, Ainsworth	11:53.03@	2012

**DISTANCE MEDLEY RELAY - WHERE PERFORMANCE HAPPENED**

11:01.44	February 21, 2015 @ Alex Wilson (ND) Invt.
11:01.86	February 20, 2016 @ JDK Fast Track North Carolin
11:17.98	March 13, 2015 @ NCAA Championship (Arkansas)
11:30.67	March 11, 2016 @ NCAA Championship (Birmingham)
11:34.71@	February 25, 2011 @ MWC(UNM)(raw-11:45.39)
11:35.80@	February 26, 2016 @ MWC (UNM) (raw 11:46.50)
11:37.86@	February 27, 2015@MWC(UNM) (raw-11:49.59)
11:42.72@	February 28, 2014 @ MWC (Air Force)(12:01.67)
11:43.94@	February 14, 20014@Don Kirby Elite (11:54.76)
11:53.03@	February 24, 2012 @ MWC (New Mexico)



## University of New Mexico Men's Indoor Track & Field Heptathlon Summary 2003 - 2016

**\*\* The NCAA changed the indoor combined event from a Pentathlon (five events) to the Heptathlon in 2004.**

	<u>SCORE</u>	<u>60</u>	<u>LONG JUMP</u>	<u>SHOT PUT</u>	<u>HIGH JUMP</u>	<u>60H</u>	<u>PV</u>	<u>1000m</u>
Richard York - 2/21-22/13 at MWC (Boise State)	<b>5590</b>	7.06	22' 9"	44' 4 1/4"	6' 6 3/4"	8.70	15' 5"	2:46.88
Richard York - 2/1-2/13 at Nebraska	<b>5538</b>	7.14	23' 5 3/4"	42' 8"	6' 5"	8.61	15' 3"	2:48.07
Richard York - 2/4-5/11 at New Mexico	<b>5537</b>	7.08	23' 1 3/4"	38' 11 3/4"	6' 4 1/4"	8.54	15' 5"	2:43.12
Richard York - 2/24-25/11 MWC @ New Mexico	<b>5533</b>	7.09	23' 4 3/4"	39' 3 1/4"	6' 5 1/2"	8.44	14' 11"	2:46.09
Richard York - 2/23-24/12 MWC@ New Mexico	<b>5408</b>	7.10	21' 8 1/4"	40' 7 1/2"	6' 2 3/4"	8.38	14' 11"	2:44.85
Richard York - 2/6/10 at New Mexico	<b>5294</b>	7.15	22' 8 1/2"	33' 8"	6' 4 3/4"	8.56	15' 1"	2:49.18
Mark Johnson - 2/26/04 MWC @ Air Force	<b>5263</b>	7.35	20' 11 1/2"	35' 6 1/2"	6' 3 1/2"	8.49	16' 3/4"	2:43.95
Daniel Lam - 2/25-26/2016 MWC @ New Mexico	<b>5241</b>	7.30	22' 10"	42' 8"	5' 11 1/4"	8.67	15' 7"	2:57.41
Daniel Lam - 2/26-27/15 MWC @ New Mexico	<b>5240</b>	7.37	22' 7 3/4"	41' 3"	6' 3/4"	8.87	16' 2 3/4"	2:55.02
Richard York - 2/25-26/10 MWC @ New Mexico	<b>5224</b>	7.17	22' 3 3/4"	35' 10 1/2"	6' 3 1/2"	8.45	14' 3 1/4"	2:49.29
Dan Feltman - 2/23/06 MWC @ New Mexico	<b>5145</b>	7.23	22' 7 1/2"	43' 8 1/2"	6' 3 1/2"	8.58	14' 1 1/4"	3:06.68
Sam Potter - 2/23-24/12 MWC @ New Mexico	<b>5121</b>	7.25	21' 9 1/2"	35' 1/2"	6' 1/2"	8.60	15' 7"	2:53.72
Sam Potter - 2/24-25/11 MWC @ New Mexico	<b>5002</b>	7.19	22' 4 1/2"	33' 4 3/4"	6' 2"	9.01	15' 7"	3:02.02
Derek McDonald - 2/24/03 MWC @ Air Force	<b>4966</b>	7.18	22' 9 1/4"	32' 2"	6' 4 3/4"	8.81	14' 5"	3:07.05
Brian Wilson - 2/24/-25/11 MWC @ New Mexico	<b>4946</b>	7.37	21' 8 3/4"	39' 7 3/4"	5' 10 1/2"	8.51	14' 3 1/4"	3:00.18
Beau Clifton - 2/25-26/2016 MWC @ New Mexico	<b>4945</b>	6.98	20' 4 1/4"	43' 1/2"	6' 1/2"	9.05	13' 3 1/2"	2:55.21
Brian Wilson - 2/25-26/10 MWC @ New Mexico	<b>4895</b>	7.35	20' 5 3/4"	39' 4"	6' 3 1/2"	8.68	13' 7 1/4"	2:58.37
Mark Johnson - 1/23/04 at Air Force	<b>4892</b>	7.42	21' 6 1/2"	37' 9 1/4"	6' 2"	8.79	14' 1 1/4"	2:59.21



	<u>SCORE</u>	<u>60</u>	<u>LONG JUMP</u>	<u>SHOT PUT</u>	<u>HIGH JUMP</u>	<u>60H</u>	<u>PV</u>	<u>1000m</u>
Derek McDonald - 1/21/05 at Air Force	<b>4865</b>	7.16	23' 1 3/4"	31' 6 3/4"	6' 5 1/2"	8.76	12' 5 1/2"	3:05.44
Sam Potter - 2/4-5/11 at New Mexico	<b>4831</b>	7.29	21' 9 1/2"	34' 0"	5' 8 1/2"	9.20	16' 3/4"	3:01.06
Brian Wilson - 2/6/10 at New Mexico	<b>4752</b>	7.36	20' 3 3/4"	36' 4"	5' 10 3/4"	8.60	13' 5 1/4"	2:55.69
Andris Sturans - 2/26-27/15 MWC @ New Mexico	<b>4700</b>	7.26	20 3"	20' 10 1/4"	5' 11 1/2"	9.18	13' 7 1/4"	2:42.88
Dan Feltman - 1/23/04 at Air Force	<b>4612</b>	7.31	21' 1"	41' 11 1/2"	6' 0"	8.90	13' 1 1/2"	3:22.26
Rodney Hocker - 2/26/04 MWC @ Air Force	<b>4462</b>	7.35	21' 1"	33' 6 1/2"	5' 5 3/4"	9.60	13' 5 1/2"	2:52.91
Jason Bigott - 2/24/05 MWC @ Air Force	<b>4462</b>	7.44	19' 11"	33' 6 3/4"	5' 6"	8.70	12' 5 1/2"	2:53.86
Brian Wilson - 2/28/09 MWC @ Air Force	<b>4405</b>	7.66	19' 4 1/4"	37' 9 1/4"	6' 1/2"	8.87	12' 5 1/2"	3:06.42
Brian Wilson - 1/30/09 at New Mexico	<b>4341</b>	7.48	19' 2 3/4"	36' 4 1/4"	5' 9 3/4"	8.86	11' 7 3/4"	3:02.51
Jeremy Lee - 2/25/-26/10 MWC @ New Mexico	<b>4265</b>	7.53	18' 11 1/4"	33' 1 3/4"	5' 10 3/4"	9.02	11' 3 3/4"	2:56.80
Jeremy Lee - 2/6/10 at New Mexico	<b>4216</b>	7.46	18' 9 3/4"	33' 4 1/2"	5' 10"	9.18	11' 1 3/4"	2:57.31
Dan Feltman - 2/26/04 MWC @ Air Force	<b>4035</b>	7.22	21' 11 1/2"	43' 6"	5' 11 1/2"	8.98	NH	3:28.87
Chris Lutz - 1/31/09 at New Mexico	<b>3938</b>	7.48	19' 10 1/4"	29' 10 3/4"	5' 7 1/4"	9.59	10' 0"	3:01.34



## University of New Mexico Women's Indoor Track & Field Pentathlon Summary 1980 - 2016

	<b>SCORE</b>	<b><u>HURDLES</u></b>	<b><u>HIGH JUMP</u></b>	<b><u>SHOT PUT</u></b>	<b><u>LONG JUMP</u></b>	<b><u>800</u></b>
Sandy Fortner - 3/13/10 NCAA at Arkansas	<b>4156</b>	8.70	5' 7 1/4"	42' 10 3/4"	19' 6"	2:25.41
Sandy Fortner - 2/25/10 MWC at New Mexico	<b>4147</b>	8.71	5' 9 1/4"	42' 11 3/4"	19' 1 1/4"	2:27.96
Sandy Fortner - 2/28/08 MWC at Air Force	<b>4005</b>	8.66	5' 8 1/2"	39' 8"	18' 9 3/4"	2:30.67
Sandy Fortner - 2/5/10 at New Mexico	<b>3913</b>	8.82	5' 3"	44' 8 3/4"	19' 4 1/4"	2:34.23
Samantha Bowe - 2/27/14 MWC at Air Force	<b>3911</b>	8.87	5' 7"	41' 7 1/4"	18' 11 3/4"	2:35.13
Sandy Fortner - 3/14/08 NCAA Championships (Ark.)	<b>3905</b>	8.75	5' 5 1/4"	40' 2 1/4"	18' 6"	2:28.35
Samantha Bowe - 2/26/15 MWC @ New Mexico	<b>3884</b>	8.62	5' 5 1/4"	38' 2 1/4"	19' 4 3/4"	2:35.26
Samantha Bowe - 1/24/14 New Mexico C&S Pentathlon	<b>3878</b>	8.94	5' 8 3/4"	40' 1 1/4"	17' 11 3/4"	2:31.85
Keren Sari-Bentzur - 2/27/03 MWC at Air Force	<b>3845</b>	8.99	5' 7 1/4"	35' 7"	18' 11 3/4"	2:29.65
Keren Sari-Bentzur - 1/24/03 at Air Force	<b>3771</b>					
Keren Sari-Bentzur - 2/21/02 MWC at	<b>3727</b>					
Sandy Fortner - 1/26/07 Roger Cox Multi at UNM	<b>3709</b>	9.06	5' 4 1/2"	38' 6"	18' 1 1/4"	2:31.00
Keren Sari-Bentzur - 2/22/01 MWC at Air Force	<b>3694</b>	9.14	5' 1 3/4"	36' 10 1/4"	19' 4 1/4"	2:30.76
Kyra Mohns - 2/26/15 MWC @ New Mexico	<b>3681</b>	9.04	5' 5 1/4"	35' 1 1/4"	17' 7 1/2"	2:26.72
Keren Sari-Bentzur - 1/26/01 at Air Force	<b>3671</b>					
Samantha Bowe - 2/6/15 at New Mexico Classic	<b>3658</b>	9.07	5' 6"	37' 8 3/4"	18' 4 1/2"	2:39.74
Kyra Mohns - 2/25/16 MWC @ New Mexico	<b>3617</b>	9.09	5' 3 3/4"	35' 10"	17' 4"	2:25.76

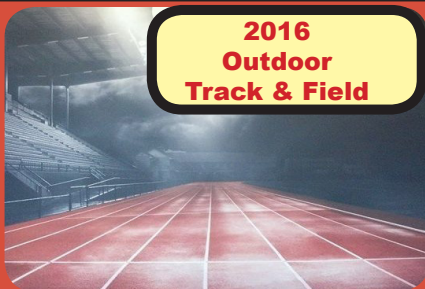


	<b>SCORE</b>	<b><u>HURDLES</u></b>	<b><u>HIGH JUMP</u></b>	<b><u>SHOT PUT</u></b>	<b><u>LONG JUMP</u></b>	<b><u>800</u></b>
Samantha Bowe - 2/1/13 at Nebraska	<b>3614</b>	9.06	5' 7"	37' 8"	17' 10 1/4"	2:41.85
Kyra Mohns - 2/6/15 at New Mexico Classic	<b>3527</b>	9.06	5' 3 3/4"	35' 10 1/2"	17' 0"	2:31.75
Casey Dowling - 2/6/16 at New Mexico Classic	<b>3518</b>	8.95	5' 3 3/4"	31' 6 1/2"	19' 4"	2:44.78
Holly VanGrinsven - 2/21/13 MWC @ Boise State	<b>3503</b>	8.84	5' 1/4"	31' 6 3/4"	18' 1/4"	2:29.24
Samantha Bowe - 2/23/12 MWC @ New Mexico	<b>3482</b>	9.07	5' 2 1/2"	34' 3 1/2"	18' 5"	2:39.64
Precious Selmon - 2/24/11 MWC at New Mexico	<b>3469</b>	8.43	5' 4 1/2"	29' 4 1/2"	19' 1/2"	2:55.19
Heidi Anderson - 2/3/90 at Air Force	<b>3442</b>					
Casey Dowling - 2/26/15 MWC @ New Mexico	<b>3440</b>	8.97	5' 4 1/4"	27' 11 1/2"	18' 8"	2:40.79
Sandy Fortner - 1/27/06 Zia Classic - New Mexico	<b>3403</b>	9.62	5' 1 3/4"	36' 5"	17' 11"	2:35.39
Susanna Orvainen - 2/22/97 WAC at Air Force	<b>3352</b>	8.66 (55H)	5' 3 1/4"	32' 11 1/4"	17' 1"	2:31.49
Susanna Orvainen - 2/18/99 at Air Force	<b>3310</b>					
Kelly Fortner - 2/28/09 MWC at Air Force	<b>3091</b>	9.68	4' 11 1/2"	37' 7 3/4"	17' 4 1/2"	2:54.59
Melissa Guanella - 2/27/98 WAC at Air Force	<b>3083</b>	8.77 (55H)	4' 10 1/2"	31' 8"	15' 9 1/2"	2:32.26
Felecia DeVargas - 2/27/98 WAC at Air Force	<b>3070</b>	9.00(55H)	4' 10 1/2"	29' 8 1/4"	15' 10 1/4"	2:40.21
Stefany Setliff - 2/24/05 MWC at Air Force	<b>3069</b>	9.63	5' 2 1/4"	28' 11"	16' 8 1/2"	2:43.11
Stefany Setliff - 2/22/07 MWC at New Mexico	<b>3052</b>	9.44	5' 1 1/4"	31' 5 1/4"	16' 1 1/4"	2:45.97
Sandy Fortner - 2/23/06 MWC at New Mexico	<b>3045</b>	9.17	5' 3 3/4"	NM	18' 5 1/2"	2:31.61
Tiffeny Parker - 2/22/07 MWC at New Mexico	<b>3037</b>	9.06	4' 11"	33' 1 1/4"	16' 11 1/4"	2:58.28
Katherine Callahan - 2/22/01 MWC at Air Force	<b>3028</b>	10.00	5' 3"	30' 1 1/2"	15' 2 1/4"	2:34.04



	<b>SCORE</b>	<b><u>HURDLES</u></b>	<b><u>HIGH JUMP</u></b>	<b><u>SHOT PUT</u></b>	<b><u>LONG JUMP</u></b>	<b><u>800</u></b>
Melissa Guanella - 2/24/00 MWC at Air Force	<b>2999</b>	9.92	4' 10 1/2"	34' 4 3/4"	16' 3 1/4"	2:41.78
Suzanne Nguyen - 2/26/04 MWC at Air Force	<b>2972</b>	10.02	5' 1 3/4"	25' 2 1/2"	15' 11 1/4"	2:32.52
Susanna Orvainen - 2/24/00 MWC at Air Force	<b>2931</b>	9.67	5' 1"	34' 3/4"	16' 1/2"	2:56.97
Darcy Ahner - 2/30/90 WAC at Air Force	<b>2857</b>					
Stefany Sefliff - 2/26/04 MWC at Air Force	<b>2840</b>	9.79	4' 11 1/2"	27' 2 1/2"	15' 6 1/4"	2:41.94
Kelly Fortner - 2/22/07 MWC at New Mexico	<b>2837</b>	10.07	4' 4"	37' 10 1/2"	17' 3"	2:45.03
Katherine Callahan - 1/26/01 at Air Force	<b>2796</b>					
Bridgid Iswoth - 2/26/04	<b>2743</b>	10.11	4' 11 1/2"	28' 7"	17' 0"	3:00.01





**2016  
Outdoor  
Track & Field**

University of  
New Mexico



News, Views,  
Previews, Reviews



Volume 7, #127

Friday, April 1  
Stanford Invitational  
Palo Alto, California

Saturday  
April 2, 2016

Don Kirby Tailwind Invitational  
Albuquerque, New Mexico



photo courtesy of Michael Mulcahy



photo courtesy of Michael Mulcahy

## **Marler & Hadnot Fly to #3 & #4 Nationally in Triple Jump**

Senior **Aasha Marler (Hope Christian, ABQ, NM)** pictured at the top) and junior **Jannell Hadnot (Lodi, CA)** (pictured to the left) came into the Don Kirby meet with PR's of 40' 10 1/4" (Aasha) and 42' 4 1/4" (Jannell). With almost perfect jumping conditions and competing on

their home turf for the only time in 2016 they made the most of it. Both athletes fouled on their first attempts but Aasha came back on her second round effort to hop, step, and jump out to 13.05m, 42' 9 3/4" with absolutely no aiding wind. Jannell got things going in her second round with a 41' 11" effort. For Aasha she did not surpass that distance on the remaining four attempts but settled for a huge PR. Jannell did not improve until the sixth and final round of jumps when she came down the runway and extended out to 42' 9" with just slightly over the allowable 2.0mps aiding tailwind (+2.2) used for record purposes. Still that distance is fine for NCAA purposes given they use the more lenient 4.0mps tailwind for NCAA qualifying. Those two jumps place the ladies in nice company at the top of the NCAA charts! Aasha slides up to #3 all-time at UNM with her final distance.



## Stanford Success Stories

Five members of the Lobo distance squad traveled to the always competitive Stanford Distance Carnival where distance runners from all over the globe trek to run fast times in the usually perfect racing conditions. Froshie **Natash Bernal (La Cueva, ABQ, NM)** racing in her first 3000 meter Steeplechase, an event which most coaches believe to be the most demanding track event ran an excellent race. Natasha went out conservatively traversing the barriers with ease, and working nicely through the water pit. She got caught near the back of the pack early, but then started moving consistently through the field. Over the last two laps of the 7 1/2 lap race she exhibited strength and an ability to pick up the pace and when she crossed in 10:21.32 that moved her all the way to #2 all-time at UNM! Certainly a wonderful first race. That performance also easily qualifies her for the NCAA West Region First Round Qualifying meet in Lawrence, Kansas where she will mix it up with the best athletes in the Western part of the country. Natasha is also currently ranked #17 in the country. In the next race on the night senior **Graham Thomas (Dulce, NM)** entered the 3000 Steeplechase with an all-time PR of 9:08.59 and needed about a 9:00 to qualify for the NCAA first-round competition. Graham got out well, then slowly slid to the middle of the race and kept that for six laps. With a lap and a half to go Graham made a huge surge forward and suddenly instead of being 25 meters down from the leaders, he was within striking distance. On the backstretch of the last lap he made another surge forward and caught right up to the leaders and then powered away from them looking fantastic. He flew over the final water barrier and sprinted down the



Graham Thomas hit a HUGE PR in the 3000 Steeplechase

homestretch to win his section of the race in a superb 8:48.15, knocking a huge 19 seconds off his PR. That performance gets GT up to #6 all-time at UNM and a ticket to Kansas, and also a great #12 NCAA ranking. Running in the fast section of the 3000 Steeplechase was senior **Elmar Engholm (Stockholm, Sweden)**. The entire race went out surprising moderate before a Florida State Seminole turned up the heat and sprinted away from the entire group of men which shocked them and got them rolling. Elmar was situated near the back of the race during the early parts, before moving up to the middle of the race, and then unleashing a torrid kick over the last two laps to finish in a new PR of 8:40.03 which moves him up to #4 fastest ever at UNM and 4th best in the NCAA. That performance also gets him a plane ride to Lawrence. In the 5000 meters junior **Alice Wright (Worcester, England)** made her 2016 debut after having not raced the indoor season. Alice was content to glide along in the back section of the 24 woman field for the first mile and then continue that plan through 2 miles. Once the field got to two miles she gracefully surged forward to the middle of the pack, staying there until one lap to go. She worked hard the entire way and flew down the homestretch to finish sixth in her section of the race with a 16:01.67, the tenth fastest performance in Lobo history, and Alice's second best time ever. Alice ranks #9 in the NCAA this season. The final member of the Lobo squad to compete at Stanford was grad student **Dan Milechman (Mill**

**Valley, CA)** who toured the track 25 times for a 10,000 meter distance. After running an opening lap of 73 Dan got into a consistent rhythm as he ran the next 11 laps right around 70 seconds. He passed 1600 meters in 4:44 and 3200 meters in 9:24. He had plenty in the gastank as he finished the race with his two fastest laps, a 67 and then a 64. His finishing time of 29:29.80 should easily get him a pass to the NCAA West Qualifying meet as the fastest it has ever taken to get in is 29:37.



photo courtesy of Michael Mulcahy

## Trigg Moves to #30 in NCAA Triple Jump

Junior **Sam Trigg (Plymouth, England)** (pictured to the left) made his first outdoor meet as a Lobo a very fine memory as he jumped 50' 3 1/4" which gets him high on the national listing. Sam opened up with a 48' 4", then hit 48' 2, improved to 48' 8", and had a foul, before getting more aggressive in his approach which yielded the 50' 3 1/4" distance. That mark also moves Sam up to #9 all-time at UNM.

## MORE Sand Action from

### Local Albuquerqueans!!!

In the women's Long Jump Aasha Marler and classmate **Samantha Bowe (La Cueva, ABQ, NM)** had a little beach party in the sand themselves. Aasha, who did not have indoor eligibility this season for the Lobos, but did qualify for the USA Indoor Track & Field Championships got right to work as on her very first jump of the outdoor season spanned a PR 19' 11", and after two fouls extended to another new PR of 20' 3 3/4". She fouled again in the fifth round but finished with a 19' 11 3/4" sixth round attempt. For her three legal jumps she averaged 20' 1" which far exceeds her previous all-time best of 19' 9". That mark moves Aasha up to #14 nationally. For Heptathlete,



photo courtesy of Michael Mulcahy

Aasha



photo courtesy of Michael Muleahy



Sam extending for every precious centimeter

Sam, she is always working on the individual events which comprise the seven events she does. Coming into the meet her all-time best in the Long Jump was 18' 11 1/4". Well, she made quick work of that as she hit 19' 9 1/2" on her first attempt and came back with a 19' 4" before passing the remainder of her attempts to go compete in other events. Sam now ranks #36 nationally and also moves into the all-time top Lobo list at #10.

## Kerr Takes Over Conference Lead in 800 Meters

Froshie **Josh Kerr (Edinburgh, Scotland)** making his Lobo debut wearing cherry & silver made it a solid one, as he ran away from the field to win the 800 meters in 1:50.60. A pacesetter was enlisted to make sure the race did not dawdle, and he did a nice job taking the group through 600 meters, where senior **Adam Cotton (Penkridge, England)** took over with an Adams State Grizzley and Josh in tow.

Around the turn the three athletes battled to get a step ahead but with 150 meters to go it was anyones race. Adam pushed hard and surged to about a three meter lead with Josh now moving into second. With about 75 meters to go Josh finally unleashed his torrid kick and went on to cross in 1:50.60 for first place, while Adam crossed in 1:51.45 good for second place. The lads rank #1 and #4 in the conference. Charging hard all the way down the homestretch and just missing out on third place was sophomore **Adam Monroe (Eldorado, ABQ, NM)** who nailed a big PR dropping his best from 1:55.40 to 1:52.96. Adam is now ranked 10th in the MWC ranking.

photo courtesy of Michael Muleahy



NIK ASTON

**There really isn't any place like home!** Last year **Nik Aston (Roswell, NM)** tossed 181' 3" in the Javelin at the Don Kirby meet then spent the remainder of the season trying to surpass that mark, but in the end it stood as his seasonal best. Well, this year Nik got the year off well by destroying his old PR with a first-round toss of 194' 10". That performance moves him to #4 in the Mountain West Conference rankings and also moves him closer to the 205' threshold which is the distance usually accepted into the NCAA West Regional qualifying meet.

photo courtesy of Michael Muleahy



JOSH KERR





Joe Kloeppele

photo courtesy of Michael Mulcahy



photo courtesy of Michael Mulcahy

## Kloeppele Moves to #3 in MWC

Grad Student **Joe Kloeppele (Bernalillo, NM)** had jumped 6' 7 1/2" during the MWC Indoor Championship meet which was his best of the season. Starting off his outdoor JK upped that to 6' 8 3/4" in winning the Don Kirby meet. After passing through the early heights JK opened up at 6' 3/4" and cleared on his first attempt. He then did the same thing at 6' 2 3/4", before missing once at 6' 4 3/4" but clearing on attempt #2. At 6' 6 3/4" he again missed once, before making on the second attempt. At 6' 8 3/4" Joe missed on both of his first two attempts before finally clearing on the third try. He was not able to scale the final height of the day, 6' 10 3/4". Backing up Joe was senior **Markus Miller (Alamagordo, NM)** who equalled his outdoor PR of 6' 6 3/4".



photo courtesy of Michael Mulcahy



photo courtesy of Michael Mulcahy

## Long Sprinters Move to #6-7-8 in MWC

Sophomore **Mark Haywood (Alamagordo, NM)** and senior **Chris Kline (West Mesa, ABQ, NM)** powered to PR's in the 200 meters while froshie **Carlos Salcido (Rock Springs, Wyoming)** opened up his Lobo career with a nice race. The top photo shows Chris chasing Carlos all the way to the finish line as Carlos got there first in 21.99 with Chris at 22.17. The bottom picture shows Mark in a tight race with a Grand Canyon Antelope where he ran 21.90 a 4/10ths PR. Right now the guys are in a good position ranking-wise in the conference.

## Back to the Most Exciting Race in Track & Field

Everyone in the sport or who likes the sport of track & field may have an opinion of their favorite event, but no one can argue the 4x100 Relay is the most dynamic, stress-filled, darn crazy explosive event. Each year every track team in America places four new athletes together, athletes of different heights, arm lengths, speed, personality, flexibility, and technical ability. These four athletes come together to each run 100 meters (give or take a few meters), pass an aluminum baton which weighs 50 grams and is 12 centimeters in length, all the while running at maximum velocity. SURE, IT SOUNDS EASY. Well its not. Successful relay squads give up their individual wants and desires, and focus on how they can best meld into one cohesive unit where the baton never slows down, and each athlete is





photo courtesy of Michael Mulcahy

just a link in a chain. If a relay can get to the point of a consistent flow of motion, and work as almost one person, then they might find huge success. This years men's team is comprised of senior **Scott Bajere (Bristol, England)**, senior **Allan Hamilton (Edinburgh, Scotland)**, froshie **Carlos Salcido**, and senior **Ridge Jones (DeSoto, Texas)**. Having limited

practice opportunities after spring recess the guys went into the Don Kirby with a big unknown. Scott got out well and ran a conservative turn, and then had an adequate pass to Allan (shown in the picture), who then had an adequate exchange with Carlos. Carlos ran a nice curve and had a conservative, but effective exchange with Ridge. Once Ridge got the baton he powered down the homestretch to just hold off Grand Canyon 40.82 to 40.83. Last years unit opened up at 41.34 in March, then at the end of April ran 40.52, before 40.78 at the conference, and 40.45 at the NCAA West Regional. It would appear from early results this quartet can run much, much faster but they will have to work very, very hard to become one! It should be fun to watch.



photo courtesy of Michael Mulcahy

### Mohns Hits Big PR in Javelin

Sophomore **Kyra Mohns (Eldorado, ABQ, NM)** (pictured to the left) competes in the seven event Heptathlon, and one of the events that can earn a lot of points with minor improvement in the Javelin. Kyra came into the Don Kirby meet with a best of 111' 8", which she did last year at the MWC Championship Heptathlon. She got right to work and on her first throw stuck the spear at 36.75m, or 120' 7", a good PR. She then came back on her second round throw and hurled the spear to 125' 11", another PR. After a 112' 10" third round mark, she passed the final three throws to compete in other events. Still that improvement would get her

an additional 82 points, which can be the difference in several places at the conference championship.

### You Want to do What???????

Short sprinter Scott Bajere approached jumps coach, Jade Ellis about three weeks ago and asked if he might be able to try the Long Jump since he wanted to try to help the team in another manner. Coach Ellis asked a fundamental question.....have you ever long



photo courtesy of Michael Mulcahy



Scott Bajere

jumped before???? Answer, no not really. Hmmmm. Coach Ellis said Scott could come out to jump practice one day, and if he could jump 22' 0" (which is a mark that is somewhat competitive in the MWC) he could then start practicing it on a more specific level. Scott laced up his spikes, essentially found some starting mark that looked "about" right, flew down the runway and hurled himself into the sand. It wasn't pretty, and technically left a lot to be desired, but gosh, when Coach Ellis measured the jump it was, well I'll be.....22' 1". Wow. So for the last few weeks Scott has been practicing the Long Jump when he is not doing a sprint workout. The Don Kirby provided an actual meet for Scott to compete in. On his first attempt he fouled, but on his second round jump got off a 22' 1 3/4" effort. Nice. He then followed up in the third round with a 22' 1" distance. In the finals he went 20' 1", 21' 8", before getting ready for his sixth and last effort. He hit the board quite well, tucked, and held off the downward trajectory as long as possible, and hit the sand at 22' 7 1/4". Wow. After the weekend MWC action took place and the rankings came out Scott was situated at 7th! Maybe he can be a finalist and score at the conference championship.

The picture to the top right shows senior **Haley Sanner (San Bernadino, CA)** racing to a new PR in the 200 meters, where she lowered her all-time best from 25.03 to 24.81. The picture below that is of senior **Holly VanGrinsven (Brentwood, TN)** pushing hard toward the finish line as she was the top collegiate finisher in the 200 meters with her 24.46 clocking, just 4/100ths off her all-time best. Holly ranks #6 in the MWC 200 meters. Earlier in the day Holly had been the top collegian in the 100 Hurdles where she clocked 14.14, a mark that ranks #9 in the conference.

photo courtesy of Michael Mulcahy



Senior Julian Florez (Hobbs, NM) is shown above leading the seldom run flat 3000 meters. Typically at the Don Kirby the 5000 meters is not run, but the 3000 meter is. It gives the distance runners a chance to work on some reduced distance race planning prior to the later season 5000 and 10,000 meter races. Julian would go on to win the event in 8:31.37.

photo courtesy of Michael Mulcahy



Haley Sanner

photo courtesy of Michael Mulcahy



Holly VanGrinsven





photo courtesy of Michael Mulcahy



photo courtesy of Michael Mulcahy



The women's 4x400 relay team ran to a first-place finish. Senior Zoe Howell (Socorro, NM) hands off to froshie Larimar Rodriguez (Cleveland, Rio Rancho, NM)

photo courtesy of Michael Mulcahy

## Lam Double PR's

Decathlete **Daniel Lam (Amsterdam, Netherlands)** is shown to the left during the 110 Hurdles, one of the ten events within the decathlon. Daniel came into the competition with a PR of 15.80 and lowered that all the way down to 15.25. That would increase his decathlon total by 65 points. Daniel also Pole Vaulted (lower picture) where he increased his outdoor PR from 14' 11" to 15' 7". That increase would add another 59 points to his total.

### *In Case You Missed It*

*Last week, on March 26th sophomore **Amaris Blount (Rio Rancho, NM)** traveled to UTEP for the Springtime Invitational so she could open up her Hammer season. AB had one nice long toss that landed in the dirt at 170' 10", a new all-time PR for her. It also moved her all the way up to #2 all-time at UNM and ranked #7 in the Mountain West Conference.*



photo courtesy of Michael Mulcahy

Amaris Blount



**WHAT DO ALL THE SYMBOLS MEAN?????** In parentheses after a performance will be a 1st, 2nd, 3rd, etc. This indicates the COLLEGIATE place in the meet that athlete finished. All unattached or professional athletes are removed since we are most focused on NCAA competition. After that may be two numbers like (2,8). This stands for how the athlete ranks on the All Time Top Ten Outdoor Track & Field PERFORMER AND PERFORMANCE list. The number on the LEFT indicates how that athlete is ranked as far as individual PERFORMERS are concerned. The #2 would tell us that performer (athlete) is the second-best in New Mexico outdoor track & field history in that event. The number on the RIGHT indicates how that performance is ranked in relation to all the top performances in New Mexico history in that event. The #8 would tell us that performance is the 8th best in New Mexico history in that event. It is possible, and even probable that one athlete could have many performances which rank in the top ten during their four year career. An x on the LEFT (x,8) tells us that they have achieved a better performance before, while on x on the RIGHT (8,x) tells us it doesn't make the performance list. **PR indicates a PERSONAL RECORD** (their best ever in that event). An @ indicates the performance has been altitude adjusted based on the NCAA protocol.

## DON KIRBY TAILWIND INVITATIONAL APRIL 2, 2016

### MEN

100	Ridge Jones 10.75@ (3rd)	Scott Bajere 10.76@ (4th)	Chris Kline 11.16@ <b>PR</b>	Will Carter (unattached) 11.61@
200	Mark Haywood 21.90@ <b>PR</b>	Carlos Salcido 21.99@	Chris Kline 22.17@ <b>PR</b>	
	Ridge Jones 22.43@	Yannick Roggatz 23.01@	Will Carter (unattached) 24.23@	
400	Isaac Gonzales 49.37@ (3rd) <b>PR</b>			
800	Josh Kerr 1:50.60@ (1st)	Adam Cotton 1:51.45@	Adam Monroe 1:52.96@ <b>PR</b>	
1500	Matt Bergin 3:52.37@ (4th)	Zac Castillo 3:55.82@	Chris Graham 3:57.19@ <b>PR</b>	
	Tyler Valdez 4:00.75@ <b>PR</b>	Alex Palm (unattached) 4:04.15@		
3000	Julian Florz 8:31.37@ (1st)			
110H	Daniel Lam 15.25@ (3rd) <b>PR</b>	Yannick Roggatz 15.72@ (4th)	Parker Jones 15.84@	Andris Sturans 17.01@
400H	Cheyne Dorsey 57.26@			
4x100	Scott Bajere, Allan Hamilton, Carlos Salcido, Ridge Jones 40.82@ (1st)			
4x400	Cheyne Dorsey (48.7), Chris Kline (49.0), Isaac Gonzales (48.7), Mark Haywood (47.7) <b>PR</b>			
	Mustafa Mudada (48.8), Carlos Salcido (49.0), Daniel Lam (49.6) <b>PR</b> , Adam Monroe (50.0)			
HighJ	Joseph Kloeppel 6' 8 3/4" (1st)	Markus Miller 6' 6 3/4" (2nd) = <b>PR</b>	Andris Sturans 5' 10 3/4"	
PoleV	Daniel Lam 15' 7" (2nd) <b>PR</b>	John Harari 14' 7"	Jason Atencio NM	
LongJ	Allan Hamilton 24' 5 3/4" (2nd)	Yannick Roggatz 24' 4 1/4" (3rd)	Sam Trigg 23' 7 1/2"	
	Scott Bajere 22' 7 1/4"	Andris Sturans 21' 5 1/4"		
TripleJ	Sam Trigg 50' 3 1/4" (1st) (9,x)			
Discus	Beau Clifton 114' 7" <b>PR</b>	Ryan Chase (unattached) 109' 10"	Daniel Lam 97' 0"	
Javelin	Nik Aston 194' 10" <b>PR</b>			
ShotPut	Beau Clifton 41' 7" <b>PR</b>			

### WOMEN

100	Aasha Marler 12.23@ (1st)	Haley Sanner 12.31@	Samantha Woodman 12.53@	Peri Moran 12.54@
	Jannell Hadnot 12.64@	Erynn Caldwell 12.92@		
200	Holly VanGrinsven 24.46@ (1st)	Haley Sanner 24.81@ <b>PR</b>	Samantha Woodman 25.59@	Zoe Howell 25.93@
	Faith Cobb 26.15@	Peri Moran 26.32@		
400	Larimar Rodriguez 57.61@ (2nd)	Christina Clark 60.69@ (3rd)		
1500	MacKenzie Everett (unattached) 4:43.12@	Kendall Kelly 4:45.87@	Reily Kelly 4:55.16@	
3000	Lindsey Andrews 10:07.96@ (2nd)	Kendall Kelly 10:41.38@	Ruth Haynes 11:12.21@	
100H	Holly VanGrinsven 14.14@ (1st)	Samantha Bowe 14.23@ (2nd) <b>PR</b>	Kyra Mohns 15.49@	
4x400	Haley Sanner (58.8), Zoe Howell (55.7), Larimar Rodriguez (57.8), Faith Cobb (60.0) 3:53.75@ (1st)			
	Christian Clark (60.3), Hannah Riker-Urrutia (59.5), Erin Caldwell (63.2), Samantha Woodman (64.1)			
	Kyra Mohns (59.3), Samantha Bowe (59.5), Lindsey Andrews (65.5), Ruth Haynes (72.9)			
PoleV	Katherine Whiting 11' 11 3/4" (1st)	Annie Stirling 11' 5 3/4"	Anna Duvall 11' 5 3/4"	
	Morgan Smith 9' 1/4"			
LongJ	Aasha Marler 20' 3 3/4" (2nd) <b>PR</b> (5,x)	Samantha Bowe 19' 9 1/2" (3rd) <b>PR</b> (10,x)	Jannell Hadnot 18' 4 1/4"	
	Kyra Mohns 17' 8"			
TripleJ	Aasha Marler 42' 9 3/4" (1st) <b>PR</b> (3,x)	Jannell Hadnot 42' 9" (2nd)		
Discus	Amaris Blount 107' 4" <b>PR</b>			
Javelin	Kyra Mohns 125' 11" (1st)	Samantha Bowe 109' 6"	Morgan Smith 92' 1"	
ShotPut	Allison Mady 41' 7"	Amaris Blount 38' 0" <b>PR</b>		

## STANFORD INVITATIONAL APRIL 1, 2016

Men 3000 Steeplechase	Elmar Engholm 8:40.03 <b>PR</b> (4,6)	Graham Thomas 8:48.15 <b>PR</b> (6,10)
Women's 3000 Steeplechase	Natasha Bernal 10:21.32 (2,6)	
Women's 5000	Alice Wright 16:01.67 (x,10)	
Men's 10,000	Dan Milechman 29:29.80	





Volume 7, #128

Friday & Saturday, April 8-9, 2016  
Arizona State Sun Angel Classic  
Tempe, Arizona

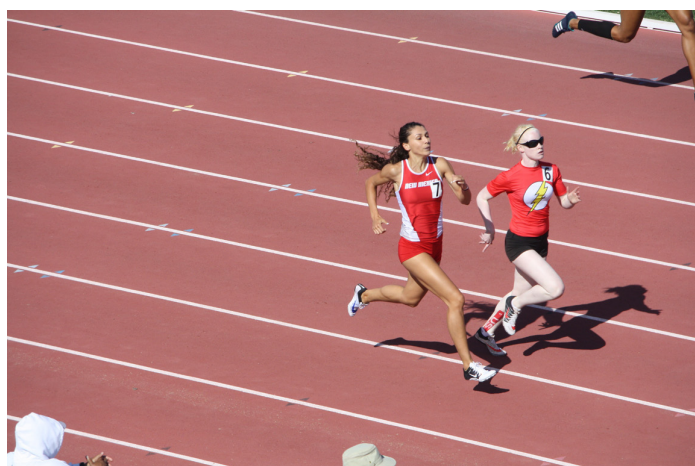
The 37th Sun Angel Classic brought thousands of athletes from all over the country to warm and sunny Tempe, Arizona, and the campus of Arizona State University. Strangely, the last time the Lobos attended this meet several years ago it was a record cold day for Phoenix with rain and temperatures in the 30's. This years edition was the polar opposite of that as temperatures hovered around 80 degrees and there were only slight mild breezes. With this being an Olympic year there were quite the number of world-class athletes attending, and also collegiate programs from across the land. Minnesota, Washington State, Texas A&M, Notre Dame, Boise State, BYU, Kansas, Illinois State, Air Force, Oregon State, to name just a few, along with the host Sun Devils presented a highly talented meet. The Lobos, after last weeks opening home meet which was small and intimate in nature got smacked with intense talent and lots of it. The 30 members of the team (no distance runners) had what we could honestly say was an average meet, not great one with lots of PR's, but not a below average one either. There were lots of almost PR's but just slightly off. Just a good chance to see what its like coming back after an opening meet and dealing with the soreness and mental edge of it all. This meet will prepare the group for the next step and next weeks trip to Los Angeles for the Mt. SAC Relays and Bryan Clay Invitational at Azusa Pacific University. These meets will draw upwards of 5000 athletes and the competition will be impressive.

## WOMEN'S 4x400 RACES TO 10TH FASTEST TIME IN HISTORY

The quartet of seniors **Haley Sanner (San Bernardino, CA)** and **Zoe Howell (Socorro, NM)**, along with froshie **Larimar Rodriguez (Cleveland, Rio Rancho, NM)** and senior **Holly VanGrinsven (Brentwood, TN)** seemed ready to run something in the 3:44 range which would place them in the top five all-time at UNM. But Arizona State presents a strange schedule in that the 4x400's are run at 9:30 at night and after being out in the sun for much of the afternoon, and being done with the afternoon session for hours, did affect the group. So the foursome ran well, but were just a tad off with what they were ready to accomplish, but it is what it is, and their time of 3:46.38 was an improvement on last weeks total time. Haley led off and she was right in the thick of things, clocking 56.0 for her opening leg. That is only 2/10ths off her all-time best. Handing off to Zoe, ZH fought like crazy to stay in the pack of runners and she split 56.3, slightly off her time from last week of 55.7. Zoe then handed the aluminum baton to Larimar and she ran a 57.7 which improves slightly on her 57.8 from last week. Handing off to Holly, making her first foray into the 4x400 this outdoor season she burst around the track passing two teams before hitting the finish line in 55.7, just 1/10th off her all-time PR. That cumulative performance ranks the group #4 in the Mountain West Conference



*Haley Sanner (top picture) and Larimar Rodriguez (bottom picture) were 50% of the 4x400 Relay*







## Back on Top

Anyone who has ever played golf knows you can be swinging the clubs great for months, posting great low scores, and then.....poof, the ball starts flying everywhere on the course its not supposed to, the scores soar upward, and the frustration sets in since it makes no sense. After weeks of technical analysis the problem is finally fixed, and lo and behold, it was something very minor like squeezing too hard with the index finger on the grip, but had major consequences. Almost any technical sporting endeavor falls into that same category, and Long Jump and Triple Jumping in particular. Last years Mountain West Conference champion and All American **Allan Hamilton (Edinburgh, Scotland)** had not been getting the big jumps he wanted, and naturally frustration set in, but now that he has started to carefully break down the technical parameters of the event, and focus on adapting one piece at a time, things are starting to slowly come together. With his first round jump of 24' 6 1/2" into a one meter headwind Allan took top collegiate honors in the Sun Angel competition, and returned to the place he has become accustomed to.....at the top rung of the MWC rankings. He also currently ranks #14 in the NCAA West regional.

The picture to the top left shows Allan getting his runway going, and the picture to the right shows his air flight time.



**Mohns Just Misses Hurdle PR**  
Sophomore Heptathlete **Kyra Mohns (Eldorado, ABQ, NM)** (pictured closest to the railing) came into the Sun Angel competition with an existing 100 Hurdle PR of 14.90. After a slow start she got rolling the second half of the race and just missed out on a new PR as she clocked 14.93. With her first Heptathlon of the season coming up in five days it was a good process to begin the refining of the hurdle technique. Holly VanGrinsven got her seasonal best in the hurdles as she clocked 13.88 just a little off her all-time legal best of 13.62.





## ***Howell Just Misses PR in First 800 of Season***

*Last year on the same weekend Zoe Howell made the outdoor transition from a 400 meter runner to an 800 meter runner when she clocked 2:12.06 at the NM Quadrangular. This year she again transitioned to the 800 in the same way. Zoe led the race through the 400 meter split as she passed in 63.0. At the 500 meter point several athletes passed her and pushed up the backstretch with Zoe hanging on to the tail end of the lead pack. At 650 meters she started to rebound, and coming off the final turn swung to the outside to pass a Minnesota Golden Gopher, and a University of California (Davis) Aggie. With maybe 50 meters left she still had a five meter deficit to the leader, a Kansas Jayhawk. With each stride Zoe pulled the Jayhawk in slightly more, (see pic-*

*ture above) and by the finish line Zoe leaned as did the Kansas athlete, with Zoe being given the victory, 2:12.44 to 2:12.47. While she just missed out on a new PR, she did get in a good tough race which always pays dividends later in the season. . That performance moves Zoe to #6 in the Mountain West Conference rankings.*



**Sophomore Mark Haywood (Alamagordo, NM) just missed his outdoor PR as he is shown winning one section of the men's 400 meters. Mark clocked 48.22 with his all-time best being 48.10. Currently Mark ranks #4 in the Mountain West Conference.**



Senior Ridge Jones (DeSoto, Texas) is shown right after the start of the 200 meters. Ridge got back down under 22.00 when he clocked 21.99, just slightly off his PR of 21.74. With that performance he is ranked in the top 8 of the MWC.



## WOMEN'S 4x100 Just Misses All Time Top 10

Just like the Lobo men last week that ran their first sprint relay of the year, this week the women had their turn. As stated last week the first couple of sprint relays of the year always provide interesting results. This years quartet of Haley Sanner, Holly VanGrinsven, Jannell Hadnot, and Aasha Marler had two members (Holly & Jannell) that had not ever done a sprint relay. Both Haley and Aasha were on the relay two years ago that ran 45.70, which was the third fastest time ever. Holly who has done sprints and hurdles seemed much more adept at transitioning to the relay but for Jannell this was a completely new experience. Having only Long Jumped, or Triple Jumped, this sprinting thing was competely unknown. At the start Haley got out very well and made up the stagger on the athlete to her outside. Her exchange with Holly was smooth, and Holly left the exchange zone under full speed. When Holly got to the next exchange zone Jannell got out tentatively and Holly had to pull back just a little, but once Jannell got the baton she roared around the turn, looking like she had been doing this her entire life. Passing the baton to Aasha, she brought the team home in a very, very promising 46.16 just a couple of hundredths of a second out of a top ten ranking. Now that the quartet has actually run the event once, they can refine their passing zones, and improve on that. It should be a relay that has much success this year. The group is ranked #4 in the MWC.

## Jumpers Continue Strong Season

Currently in the Mountain West Conference rankings the Lobo men's & women's Long Jump and Triple Jumps have been dominating. In the Men's Long Jump, Allan Hamilton, Yannick Roggatz, and Sam Trigg are 1-2-3! In the Women's Long Jump Aasha Marler and Samantha Bowe are 2-4. In the Men's Triple Jump Sam Trigg is #1 and last years MWC outdoor champion, Allan Hamilton hasn't even done the event yet. In the Women's Triple Jump Aasha Marler and Jannell Hadnot are 1-2. **WELL DONE GROUP**



Aasha Marler racing down the Long Jump runway



### Atencio Rebounds In Pole Vault

Last week in his home outdoor opener Jason Atencio (Hope Christian, ABQ, NM) did what no pole vaulter wants to do, and that is get a no mark. This week he returned to the level he was competing at during the indoor season, and cleared 15' 7", a height that places him #4 in the Mountain West Conference.



### DID YOU KNOW????

Recently the Lobo cross country team was chosen by the New Mexico Sports Hall of Fame as their "Collegiate Team of the Year" and head coach Joe Franklin, "Collegiate Coach of the Year". **CONGRATS TO THE LADY DISTANCE RUNNERS**



**WHAT DO ALL THE SYMBOLS MEAN?????** In parentheses after a performance will be a 1st, 2nd, 3rd, etc. This indicates the COLLEGIATE place in the meet that athlete finished. All unattached or professional athletes are removed since we are most focused on NCAA competition. After that may be two numbers like (2,8). This stands for how the athlete ranks on the All Time Top Ten Outdoor Track & Field PERFORMER AND PERFORMANCE list. The number on the LEFT indicates how that athlete is ranked as far as individual PERFORMERS are concerned. The #2 would tell us that performer (athlete) is the second-best in New Mexico outdoor track & field history in that event. The number on the RIGHT indicates how that performance is ranked in relation to all the top performances in New Mexico history in that event. The #8 would tell us that performance is the 8th best in New Mexico history in that event. It is possible, and even probable that one athlete could have many performances which rank in the top ten during their four year career. An x on the LEFT (x,8) tells us that they have achieved a better performance before, while on x on the RIGHT (8,x) tells us it doesn't make the performance list. **PR indicates a PERSONAL RECORD) (their best ever in that event).** An @ indicates the performance has been altitude adjusted based on the NCAA protocol.

## ARIZONA STATE SUN ANGEL CLASSIC      FRIDAY/SATURDAY, APRIL 8-9, 2016

### MEN

100	Ridge Jones 10.82	Carlos Salcido 11.09	
110H	Yannick Roggatz 14.91		
200	Ridge Jones 21.99	Carlos Salcido 22.12	Isaac Gonzales 22.61
400	Mark Haywood 48.22	Chris Kline 49.43	Mustafa Mudada 49.63
400H	Cheyne Dorsey 54.30		
4x400	Cheyne Dorsey (49.5), Chris Kline (49.1), Isaac Gonzales (49.3), Mark Haywood (48.0) 3:16.18		
PoleV	Jason Atencio 15' 7"		
LongJ	Allan Hamilton 24' 6 1/2" (1st)	Daniel Lam 21' 8 3/4"	
TripleJ	Sam Trigg 49' 10 1/2" (3rd)		
Javelin	Nik Aston 188' 10"		
ShotP	Daniel Lam 41' 5"		

### WOMEN

100	Peri Moran 12.49	Samantha Woodman 12.49	
100H	Holly VanGrinsven 13.88		
200	Samantha Woodman 25.74	Peri Moran 26.38	Faith Cobb 26.71
400	Haley Sanner 56.43	Larimar Rodriguez 57.84	Faith Cobb 61.48
800	Zoe Howell (63.0) 2:12.44		
4x100	Haley Sanner, Holly VanGrinsven, Jannell Hadnot, Aasha Marler 46.16		
4x400	Haley Sanner (56.0), Zoe Howell (56.3), Larimar Rodriguez (57.7), Holly VanGrinsven (55.7) 3:46.38 (x,10)		
PoleV	Annie Stirling 11' 9 3/4"		
LongJ	Aasha Marler 19' 4 3/4" (8th)	Jannell Hadnot 17' 4 3/4"	Kyra Mohns 17' 2"
TripeJ	Jannell Hadnot 42' 2 1/4" (2nd)		
ShotP	Allison Mady 41' 3 1/4"		
Hammer	Amaris Blount 164' 5"		





**Volume 7, #129**  
**Wednesday - Friday, April 13-15, 2016**  
**Bryan Clay Invitational**  
**Azusa Pacific University,**



### COMMENTARY

Each year during the third weekend of April almost 10,000 athletes from around the country and around the world flock to a series of meets in the Greater Los Angeles area. Athletes primarily come for the great competition, but the weather that time of year in LA is almost

perfect, warm days with light breezes for all the non-distance runners, and then cool, almost windless nights for fantastic distance running. There is the Mt. Sac Relays, the Long Beach Invitational, the Cal State LA Invitational, and the Bryan Clay Invitational hosted by Azusa Pacific University. To say it was a great weekend for the 38 Lobo athletes who traveled to the Bryan Clay meet would certainly be an understatement. In the world of track & field the term "PR" means "personal record" or the best that that athlete has ever done in that event. It is a watershed event for an athlete to hit the best they have ever done. Of the 38 athletes who competed 21 of the 38 achieved either a seasonal best (the best they have done this outdoor season) or a PR. That is an extraordinary number of athletes doing well. But even that number is misleading. There were multiple others that didn't hit a PR but won their event (Aasha Marler-LJ) which is what athletes are supposed to do, then of that 38 there were five other athletes doing their event for the first time as a Lobo (Natasha Bernal, 5000 meters) so they have nothing to compare to. And then there were three others who had never done their event as a Lobo and all they did was go out can compete well enough to rank highly in the NCAA (Josh Kerr, 1500 - ranked #7; Courtney Frerichs, 1500 - ranked #22; Adam Cotton, 1500 - ranked 33rd). And finally Elmar Engholm ran fast enough in the 1500 to rank #16 in the NCAA right now, but missed his PR by 39/100ths of a second, just a blink of the eye. So when summing up all the superb performances at the Bryan Clay Invitational it was a great midway point of the season event for the Lobos. Every coach looks for progressions in performance, and oftentimes progressions come slowly, incrementally, and in an uneven manner. This weekend encouraged the coaching staff that the Lobos can do very, very well come Mountain West Conference time in four weeks, and then send a large number of athletes onto the NCAA Championships in Eugene, Oregon. All in all it was a GREAT Lobo weekend.

## 1500 Meter Extravaganza



There was great anticipation for the men's & women's metric mile as the entire group was really, really prepared to run fast. It was a perfect evening to do so, with pacemakers set up to lead the races through pre-determined and fast splits, the weather was just about all one could ask for, and the Lobo athletes were in excellent fitness.....oh and excited as all heck to race. In the women's 1500 junior **Calli Thackery (Yorkshire, England)**, and seniors **Sophie Connor (Hertfordshire, England)**, **Courtney Frerichs (Nixa, Missouri)**, and **Emily Hosker-Thornhill (Cantebury, England)** toed the starting line. The pacemaker went out hard and fast, and towed the field through quick splits, and once their duty was done, stepped off the track and let the women do their thing. Calli was leading with Sophie right on her heels, and Courtney a few strides back. With 400 meters to go Calli just exploded and picked up the tempo in an intense fashion.

Sophie dug hard to stay with her, and Courtney started to push the pace to reel them in. Seemingly running all out, Calli found another gear with 200 meters to go and looked amazingly relaxed and powerful. Everyone knew that Sophie was running incredible, but she couldn't put a dent in Calli's lead. Down the homestretch it almost appeared that Calli was running an all out 200 meters, instead of finishing a 1500! When she crossed the finish line the clock showed Calli had got there in a 4:14.99 PR just missing out on Josephine Moultries's 2013 school record of 4:14.55. That performance moves Calli all the way up to #2 in the NCAA national ranking! For Sophie her finishing time of 4:16.40 was a HUGE PR, knocking almost five full seconds from her previous best. Sophie moves all the way up to #3 all-time at UNM with that performance, and currently ranks



Calli Thackery



Sophie Connor



#6 in the NCAA. Finishing in about a three second PR was Courtney, who clocked 4:18.92, #5 all-time at UNM. She gets up to #22 in the NCAA rankings. For Emily, who ran in another section of the 1500 meters she never led, but got a Utah Ute who ran hard all the way to make sure the pace was honest. Emily clocked an excellent 4:21.16 far outstripping her previous PR from all the way back in 2013 when she ran 4:24.70. That performance will easily qualify her for the NCAA West First-Round Qualifying meet in late June, which leads to the finalists for the NCAA Championship.

Over on the men's side running in section 1 of the 1500 was froshie **Josh Kerr (Edinburgh, Scotland)** making his much anticipated Lobo 1500 meter debut after having won the European Junior Championship 1500 meters last July in Sweden. After redshirting indoors Josh was anxious to race his specialty. He looked powerful and in control as he toured the 3 3/4 laps of the track in a fine 3:42.09 taking down his old PR of 3:44.12 which he did May 30, 2015 in Sportcity during the BMC Grand Prix event. That performance takes Josh all the way up to #7 all-time at UNM and also to #7 in the NCAA rankings. Running in section 2 of the 1500 meters were seniors **Elmar Engholm (Hasselby, Sweden)** and **Adam Cotton (Penkridge, England)**. With athletes from the Arkansas Razorback and Tulsa Golden Hurricane program leading a hard pace Elmar and Adam got to push the pace hard and enjoy the fruits of their labors. Elmar finished in a near PR 3:42.65 (PR is 3:42.26) while Adam clocked 3:44.02 his fastest performance in almost five years with his PR coming from June 11, 2011 at a meet in Watford during the BMC Grand Prix (3:41.33). Both athletes looked prepared in the near future to run significantly faster. Elmar's performance gets him all the way up to #16 in the NCAA while Adam goes to #33. The three lads are also #1, #2, and #4 in the Mountain West Conference.



Josh Kerr

photo courtesy of Michael Mulcahy



Adam Cotton

photo courtesy of Michael Mulcahy



photo courtesy of Michael Mulcahy

## HAMILTON LEAPS TO TOP 10 NCAA RANKING

Senior All American **Allan Hamilton (Edinburgh, Scotland)** came into the meet with a Lobo PR of 25' 6 1/4" achieved last year but had an all-time PR prior to attending UNM when he leaped 25' 7 1/2" in 2014 at Birmingham, England. With a good week of preparation leading up to the Bryan Clay meet where he simplified his technical focus and attended to specific elements of the event there was great possibilities. Opening up with a 24' 7" to get the feeling of the runway and the take-off board Allan got the crowd clapping for his second attempt. He flew down the fast runway, hit the board with no room to spare, and extended out to 25' 10 1/4" with a legal 1.8 meter tailwind. His third and fourth round attempts were fouls, so he simply passed his fifth and sixth round attempts having accomplished what was needed - get a big mark that will qualify for the NCAA West First-Round competition, and reinforce great feelings about the event. Mission accomplished.

## Wright & Bernal Go 1-2 in 5000 meters

With 117 athletes entered into the 12 1/2 lap race split into five different sections there were sure to be many great performances on the evening, but none more impressive than the two Lobos entered. Running out of the fast section of the event junior All American **Alice Wright (Worcester, England)** and froshie **Natasha Bernal (La Cueva, ABQ, NM)** had somewhat different goals. Alice was trying to push the pace, run fast, prepare for later in the season, and win the race, while Natasha running her first 5000 meter track race ever, was trying to maintain a quick, but controlled pace to see what the race actually felt like, both physiologically and psychologically. Both did an excellent job of achieving the desired results. Alice got pushed during most of the race by two professional athletes from the Boulder Track Club,



but late in the race she pushed very, very hard, and dropped both pros enroute to a fine 16:01.80 victory. It was exactly the type of race that Alice needed as she was focused on the 10,000 meter distance at the Payton Jordan/Stanford Invitational in two weeks. Alice currently ranks #14 in the NCAA. Natasha ran controlled and confident and in the end finished in a really nice 16:27.45 clocking which actually ended up as the second collegian in the race. That is a fantastic start for Natasha as that performance will be good enough to qualify for the NCAA West First-Round competition if she chose to contest that event.



Alice Wright

Natasha Bernal

photos courtesy of Michael Mulcahy



photo courtesy of Michael Mulcahy

### Miller Wins High Jump with Massive PR

Senior **Markus Miller** (Alamagordo, NM) came into the Bryan Clay Invitational with an existing outdoor PR of 6' 6 3/4" set at the 2013 MWC Championship at UNLV. Opening the competition at 6' 2 3/4" MM was clean on his first attempt, and proceeded to do the same at 6' 4 3/4", and then a PR equaling 6' 6 3/4". Once the crossbar went up to 6' 8 3/4" there were only eight competitors remaining. On his very first attempt Markus sailed over the bar to a new PR. Then the crossbar was moved to 6' 10 3/4" with only three athletes remaining. Both the Azusa Pacific athlete, and the MidAmerican Nazarene athlete missed on their opening attempts, but Markus stayed calm and crushed the attempt, coming down with another PR. Both other athletes made that height

on their second attempts, and then the bar was moved to 7' 1/2". None of the three men could scale that height so because Markus made 6' 10 3/4" on his first attempt he was awarded the victory. That height moves MM to #10 all-time at UNM and to #32 in the West Regional rankings. With only the top 48 athletes qualifying to advance to Lawrence, Kansas at the end of May, Markus has put himself into a great position to be there competing.

NEXT MEET ON THE SCHEDULE  
SATURDAY, APRIL 23RD  
BRUTUS HAMILTON CHALLENGE  
UNIVERSITY OF CALIFORNIA (BERKELEY)





## Men's 200 = Three PR's

Five Lobo sprinters lined up to run the 200 meters all in the same section of the event. Four of them had run the event before, and of those three ran the half-lap to new lifetime PR's. In the picture to the left it shows senior **Ridge Jones (DeSoto, TX)** in the white top leading the parade as he finished in 21.70, taking down his old PR of 21.74. That performance moves Ridge up to #7 in the MWC rankings. Right behind Ridge was froshie **Carlos Salcido (Rock Springs, Wyoming)** wearing the white headband. Carlos lowered his all-time best to 21.81 which gets him up to #8 in the MWC. The final sprinter to PR was soph. **Isaac Gonzales (Taos, NM)** who is not pictured. Isaac lowered his best from 22.61 to 22.47.



## Marler & Trigg Take Victories in Sand Jumping

Senior **Aasha Marler (Hope Christian, ABQ, NM)** pictured to the left, and junior **Sam Trigg (Plymouth, England)** pictured above both earned Bryan Clay titles in their specialty. For Aasha, she got right to work as on her very first leap, she

extended out to 19' 8 3/4" into a negative headwind which held up as the longest jump throughout the competition, ending up 1/2" better than the runner-up athlete. For Sam, he employed a similar strategy as he bounced out to a 50' 3/4" on his very first attempt, which would have won the competition, but he improved on that with his PR of 50' 4 3/4" on his second attempt. That distance leaves him at #9 all-time at UNM, and #1 in the MWC. It also puts him well beyond the NCAA West qualifying standard as he is ranked #20 in the region.

## Women's 4x400 Runs to #6 All-Time

In the Mountain West Conference Championship there are enough conference members (11) so that on an eight lane track the women's 4x400 relay has to be split into a "fast" section, and a "slow" section. Usually the top five or six fastest teams from the regular season comprise the fast section so it is imperative to run a good enough time to gain access to running against the best. In the past it has taken about 3:44 or 3:45 to make the fast section and that was the focus of the quartet. Having run 3:46.38 at the Sun Angel Classic last week that time caused trepidation since its in the "maybe" category for advancing to the fast section. Therefore, the group needed to improve. Leading off was senior **Haley Sanner (San Bernadino, CA)** who has been very consistent this outdoor season. She got the group off to a solid start as she brought the foursome to second place with her 56.0 split. Senior **Zoe Howell (Socorro, NM)** kept the race close and made a nice stretch run to bring the Lobos still in second place with her 56.1. Running third for the team was froshie **Larimar Rodriguez (Cleveland, Rio Rancho, NM)** who fought hard to a new PR of 57.2. Northern Arizona had broken the race open with a big lead, but South Dakota State was still neck and neck with UNM. Getting the baton





for the last leg of the relay was senior **Holly VanGrinsven (Brentwood, TN)**. Holly ran her best one-lapper of the season as she made sure the group finished strong with her PR of 55.2. The total time for the quartet was 3:45.11 which has them ranked #4 in the conference. They can run a little faster over the next two weeks, so hopefully they will get the weather and competition to do so. That performance also moves them into the #6 position on the all-time ranking list.

Pictured above are two of the four members, Haley Sanner handing the baton to Holly VanGrinsven during the 4x100 Relay.

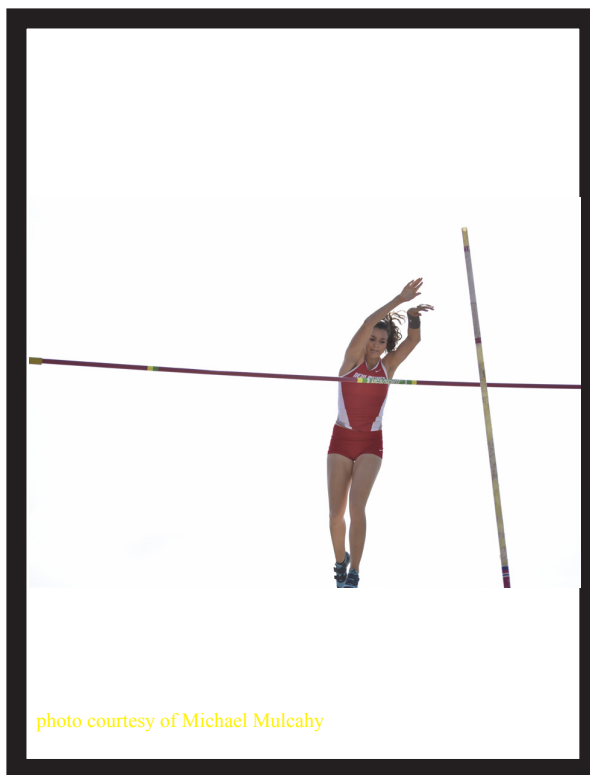


photo courtesy of Michael Mulcahy

### Whiting Moves Up All-Time List

Sophomore **Katherine Whiting (Santa Cruz, CA)** is shown clearing the crossbar at 12' 4" which moves her into #9 all-time at UNM. Katherine was clean on all three lower bar attempts as she scaled 11' 4", 11' 10", and then 12' 4" on her initial jumps. She could not get over the next bar progression which was 12' 10". Her finishing height placed her 3rd overall in the competition.

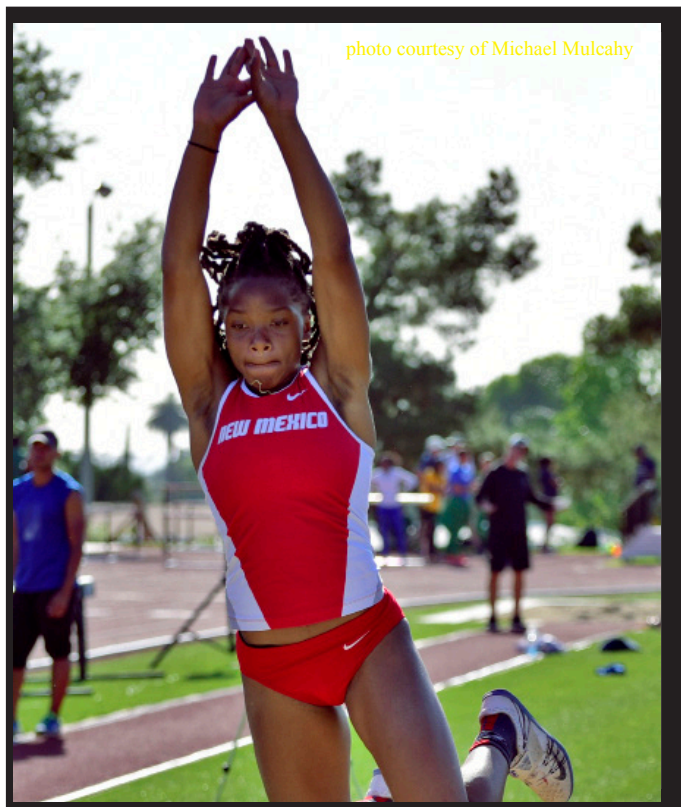


photo courtesy of Michael Mulcahy

Junior **Jannell Hadnot (Lodi, CA)** is shown above sailing through the air to a new outdoor PR in the Triple Jump. Jannell bounded to a 42' 9 3/4" distance which ties her for #3 on the all-time Lobo list with current teammate Aasha Marler. JH began her jumping with a 42' 1/2" leap, and then on her fourth round attempt extended that out to the new PR. Jannell and Aasha are tied for the MWC lead at the present time and sit at #7 in the NCAA West rankings.



photo courtesy of Michael Mulcahy

**Senior Cheyne Dorsey (Cleveland, Rio Rancho, NM)** is shown above racing to a new PR in the 400 Hurdles. Cheyne clocked 53.93 down from 54.03. He is currently ranked #8 in the MWC.





photo courtesy of Michael Mulcahy



photo courtesy of Michael Mulcahy

## Combined Event Athletes Have Outstanding Results



left, and **Kyra Mohns (Eldorado, ABQ, NM)**, plus decathlete **Daniel Lam (Amsterdam, Netherlands)** (pictured above) each produced a new PR in the two day competition. For the ladies Sam caught fire right off the bat as she clocked a new Heptathlon PR in the 100 Hurdles which also tied her all-time best of 14.23. She followed that up with another Heptathlon best as she scaled 5' 6 1/2" in the High Jump. She had a solid Shot Put result when she tossed the 4k sphere out to 38' 5 1/2", and finished off the first day with a 25.88 all-time 200 meter best. Three of four PR's on the first day is a great way to begin the competition. Kyra didn't quite have that result but she did get a nice PR in the Shot Put when she tossed 35' 10 3/4". On day two Sam picked up right where she left off as she flew to a 19' 5 1/4" Heptathlon Long Jump PR, and then just missed an all-time PR in the Javelin when she tossed 118' 1". Kyra did notch a good solid PR in the Javelin when she flung the spear 122' 11". In the final event Sam finished off with gusto as she lowered her all-time best in the 800 by over five seconds as she crossed in 2:29.95. Sam's final total of 5349 points makes her #4 all-time at UNM and is a PR by over 200 points. For Kyra she also PR'd with her 4923 points, which leaves her #6 all-time at UNM. Sam is currently ranked #29 in the NCAA. In the ten event Decathlon Daniel did just about the same as Sam as he caught fire early, and then proceeded to click off PR's right and left. Starting out in the 100 meters he clocked 11.29 a new all-time PR and then went to the Long Jump and grabbed a huge all-time PR of 23' 1 1/2" which adds about ten inches to his previous best. With the confidence rolling he then pushed the 16 lb shot ball out to another all-time PR of 41' 5 1/4". He ran into a little set-back in the High Jump with his 5' 11 1/2" clearance, but came right back in the final event of day one, the 400 to clock another all-time best of 50.83. After a good nights sleep Daniel got right back on track and powered to a new Decathlon PR in the 110 Hurdles when he skimmed the barriers to a 15.31. He came close to his best in the Discus, but was just slightly below with his 125' 9" distance. But that was momentary as he roared right back with a Decathlon best of 15' 1" in the Pole Vault. In the ninth event, the Javelin, he hurled the spear out to a new all-time best of 152' 8" and then finally finished off the competition with another all-time best as he clocked 4:45.69 for the 1500 meters. Daniels two day total of 7097 points adds over 200 points to his previous best, and moves him to #25 in the NCAA this outdoor season, and #7 all-time at UNM.





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## BRYAN CLAY INVITATIONA AT AZUSA PACIFIC UNIVERSITY WEDNESDAY - FRIDAY      APRIL 13-15, 2016

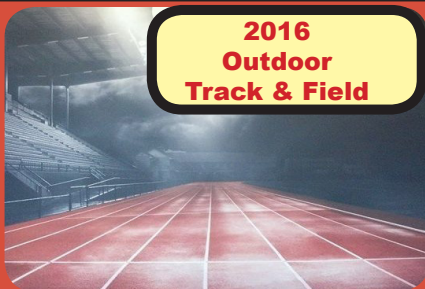
### MEN

100	Ridge Jones 10.76	Carlos Salcido 10.94 <b>PR</b>	
200	Ridge Jones 21.70 <b>PR</b>	Carlos Salcido 21.81 <b>PR</b>	Mark Haywood 22.11
	Cheyne Dorsey 22.36	Isaac Gonzales 22.47 <b>PR</b>	
400	Mark Haywood 48.24 (6th)	Isaac Gonzales 49.46	Chris Kline 49.88
800	Adam Monroe 1:54.53		
1500	Josh Kerr 3:42.09 (3rd) (7,x)	Elmar Engholm 3:42.65 (5th)	Adam Cotton 3:44.02
	Matt Bergin 3:56.01		
5000	Julian Florez 14:20.53 <b>PR</b>		
400H	Mustafa Mudada 53.22 (3rd)	Cheyne Dorsey 53.93 (7th) <b>PR</b>	
HighJ	Markus Miller 6' 10 3/4" (1st) (10,x) <b>PR</b>	Joe Kloeppe 6' 4 3/4"	
PoleV	Jason Atencio 15' 1 1/2"		
LongJ	Allan Hamilton 25' 10 1/4" (1st) (4,4) <b>PR</b>		
TripleJ	Sam Trigg 50' 4 3/4" (1st) (9,x) <b>PR</b>		
Javelin	Nike Aston 176' 11"		
Dec	Daniel Lam	100 11.29 <b>PR</b>	110H 15.31
		LongJ 23' 1/2" <b>PR</b>	Discus 125' 9"
		ShotP 41' 5 1/4" <b>PR</b>	PoleV 15' 1"
		HighJ 5' 11 1/2"	Javelin 152' 8" <b>PR</b>
		400 50.83 <b>PR</b>	1500 4:45.69 <b>PR</b>
			TOTAL 7097 (7,x) <b>PR</b>

### WOMEN

100	Haley Sanner 12.12 <b>PR</b>		
400	Hannah Riker-Urrutia 58.40	Samantha Woodman 59.57	
800	Zoe Howell (66.3) 2:12.58	Larimar Rodriguez 2:16.78	
1500	Calli Thackery 4:14.99 (1st) (2,2) <b>PR</b>	Sophie Connor 4:16.40 (2nd) (3,4) <b>PR</b>	Courtney Frerichs 4:18.92 (5th) (5,6) <b>PR</b>
	Emily Hosker-Thornhill 4:21.16 (8th) <b>PR</b>		
5000	Alice Wright 16:01.80 (1st)	Natasha Bernal 16:27.45 (2nd)	
100H	Holly VanGrinsven 13.70 (3rd)		
4x100	Haley Sanner, Holly VanGrinsven, Jannell Hadnot, Aasha Marler 46.77 (4th)		
4x400	Haley Sanner (56.0), Zoe Howell (56.1), Larimer Rodriguez (57.2) <b>PR</b> , Holly VanGrinsven (55.2) <b>PR</b>		3:45.11 (2nd) (6,x)
PoleV	Katherine Whiting 12' 4" (3rd) (9,x) <b>PR</b>	Annie Stirling 11' 10"	
LongJ	Aasha Marler 19' 8 3/4" (1st)	Jannell Hadnot 18' 4 1/4" = <b>PR</b>	
TripleJ	Jannell Hadnot 42' 9 3/4" (2nd) (3,x) <b>PR</b>	Aasha Marler 36' 6 3/4"	
Hammer	Amaris Blount 167' 8"		
Hept.	Sam Bowe	100H 14.23 <b>PR</b>	LongJ 19' 5 1/4"
		HighJ 5' 6 1/2"	Javelin 118' 2"
		ShotPut 38' 5 1/2"	800 2:29.95 <b>PR</b>
		200 25.88 <b>PR</b>	TOTAL 5349 points (4,x) <b>PR</b>
	Kyra Mohns	100H 15.16	LongJ 17' 4 3/4"
		HighJ 5' 1 3/4"	Javelin 122' 1"
		ShotP 35' 10 3/4" = <b>PR</b>	800 2:27.00
		200 25.78	TOTAL 4923 points (6,x) <b>PR</b>





## 2016 Outdoor Track & Field

University of  
New Mexico



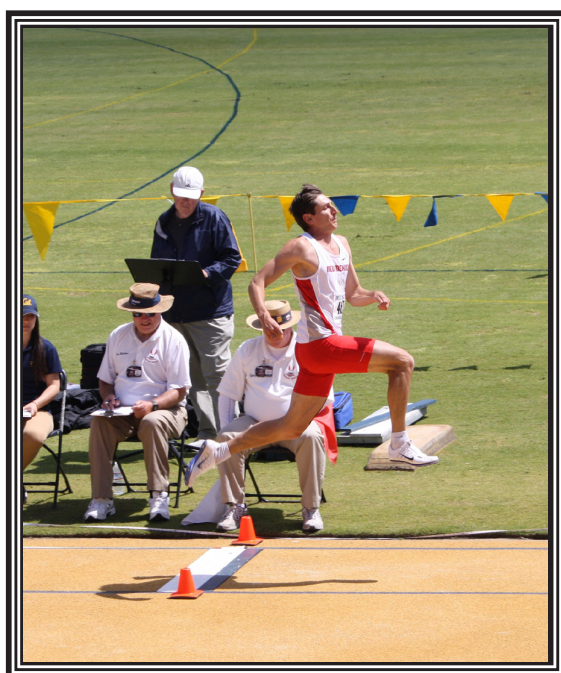
**Wolftracks  
Newsletter**



News, Views,  
Previews, Reviews



Volume 7, #130  
Friday/Saturday, April 22-23, 2016  
Brutus Hamilton Challenge  
University of California  
Berkeley, California



## Roggatz Takes Runner-Up in Long Jump

Senior **Yannick Roggatz** (Birkenau, Germany) and all the jumpers had to fight the swirling, changing winds within Edwards Stadium. On YR's first jump he had a 2.0 meter tailwind, then on his second one he had to deal with a 3.4 meter headwind. Needless to say, no one in the field jumped very far. Yannick's fifth round effort of 23' 7 1/2" fell just an inch and a half shy of the victory.

*Sr. **Aasha Marler** (Hope Christian, ABQ, NM) is shown to the right scampering to a seasonal-best effort in the 100 meters where she finished runner-up in the competition. AM clocked 12.03 running with a 3.8 meter tailwind. Just as in the Long Jump her section had a tailwind, and the other section of the 100 meters had a negative 1.2 headwind. It was just plain difficult for all runners to judge.*



## Whiting Moves to #8 All-Time in Pole Vault

Sophomore **Katherine Whiting** (Santa Cruz, CA) pictured above came into the meet with a PR of 12' 4" which she accomplished one week ago at the Bryan Clay Invitational. Opening up at 11' 5 3/4" she flew over the bar on her very first attempt, then proceeded to duplicate that at 11' 11 3/4". At 12' 5 1/2" she missed twice before correcting her technical approach, and sailing over the new PR. She went out of the competition at the next height, 12' 11 1/2". With her new PR she moves up two spots on the all-time ranking list with the next threshold of 12' 7 1/2" being the #7 all-time rank. Getting a seasonal best effort was senior **Annie Stirling** (Cimarron, NM) when she cleared 11' 11 3/4".







### **Miller Grabs Third Place in High Jump**

**Senior Markus Miller (Alamogordo, NM)** who has a seasonal best this outdoor campaign of 6' 10 3/4" opened up the competition at 6' 4" and easily scaled that bar. Then at 6' 6" he did just the same. The second ranked high jumper in the MWC this season then moved the bar to 6' 8" and was cleanly over on his first attempt. Then the bar went to 6' 9 3/4" and MM could not get his body over on this day.

### **Haywood Finishes Runner-Up in 400 Meters**

**Sophomore Mark Haywood (Alamogordo, NM)** pictured to the right is shown roaring around the final bend of the 400 meters. Mark got out well, and made a nice hard surge at about 150 meters into the race, and then continued to transition well around the second turn. When everyone came onto the homestretch Mark had a good stride for stride battle with an Academy of Art athlete all the way down right to the finish line. Mark's runner-up time was 48.64. Grabbing a new PR right behind Mark in third place was soph. **Isaac Gonzales (Taos, NM)** who clocked 49.03. Also nabbing a new PR was sophomore decathlete **Beau Clifton (Farmington, NM)** who dropped a solid second and a half off his previous best time. Beau finished in 50.99.







## Hurdlers Fight Strong Headwind

For some inexplicable reason meet officials did not turn the hurdles around so the athletes could utilize a tailwind and thus the women barrier hoppers had to fight through a very strong 3.1 meter headwind. Given the hurdles is a rhythm race with a sequenced stride pattern this affected everyone in the race significantly. Track & Field News, the accepted world experts have done research which shows a negative 3.1 meter headwind can slow down a 100 meter hurdler by at least .23 which is huge in the sprint world. Senior **Holly VanGrinsven** (Brentwood, TN) is shown to the left coming off the fifth hurdle enroute to a third place finish in 14.02.

## 200 Meter Men Have Fun Battle

Pictured to the right (from L-R) is sophomore Isaac Gonzales, senior **Chris Kline** (West Mesa, ABQ, NM), and froshie **Carlos Salcido** (Rock Springs, WY). All three were placed in the same section of the 200 meters along with Mark Haywood (not pictured) and they had a nice inter-team competition to see who was the fastest Lobo head to head.



They all got excellent starts and came around the turn trying to “feel” where their teammates were. At the halfway point of the race it looked like almost a dead heat as it was impossible to differentiate who was leading. From the halfway point to the finish line Carlos made a good push and he was the first Lobo across the finish line (second overall) in a new PR of 21.63. Mark came in next with his 22.01, then Chris in a new PR of 22.11, and Isaac in a new PR of 22.13. Carlos moves to # 7 in the MWC rankings with that performance while Mark is ranked #9.



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## BRUTUS HAMILTON CLASSIC AT UC (BERKELEY) FRIDAY & SATURDAY, APRIL 22-23, 2016

### MEN

100	Carlos Salcido 10.82 <b>PR</b>	Chris Kline 11.05 <b>PR</b>	
200	Carlos Salcido 21.63 (2nd) <b>PR</b> Isaac Gonzales 22.13 <b>PR</b>	Mark Haywood 22.01 (3rd)	Chris Kline 22.11 <b>PR</b>
400	Mark Haywood 48.64 (2nd) Daniel Lam 51.29	Isaac Gonzales 49.03 (3rd) <b>PR</b>	Beau Clifton 50.99 <b>PR</b>
110H	Beau Clifton 19.81		
400H	Cheyne Dorsey 54.87 (5th)		
Discus	Daniel Lam 125' 2"	Beau Clifton 120' 9" <b>PR</b>	
ShotP	Daniel Lam 41' 7" <b>PR</b>	Beau Clifton 39' 11 1/2"	
Javelin	Nik Aston 176' 0" (6th)		
PoleV	Jason Atencio 14' 6 1/2"		
LongJ	Yannick Roggatz 23' 11 1/2" (2nd)		
HighJ	Markus Miller 6' 8" (3rd)	Joe Kloepfel 6' 6"	

### WOMEN

100	Aasha Marler 12.03 (2nd)		
200	Kyra Mohns 25.97	Samantha Bowe 26.11	
400	Zoe Howell 56.99	Larimar Rodriguez 57.61 <b>PR</b>	
800	Hannah Riker-Urrutia 2:18.15		
100H	Holly VanGrinsen 14.02 (3rd)	Samantha Bowe 14.74	Kyra Mohns 15.20
4x100	Haley Sanner, Holly VanGrinsen, Jannell Hadnot, Aasha Marler	46.46 (3rd)	
ShotP	Samantha Bowe 39' 11 1/2"		
PoleV	Katherine Whiting 12' 5 1/2" (5th) (8,x) <b>PR</b>	Annie Stirling 11' 11 3/4"	
LongJ	Kyra Mohns 17' 9 3/4"		
HighJ	Kyra Mohns 5' 2 1/2"		





**Volume 7, #131**  
**Saturday, April 30**  
**UTEP Invitational - El Paso, Texas**

**Sunday, May 1**  
**Payton Jordan/Stanford Invitational**  
**Palo Alto, California**

photo courtesy of Michael Mulcahy

## It Only Took 50 Years!

On March 26, 1966 during a home triangular meet in old University Stadium against Texas Western College (which would become UTEP) and Wyoming the quartet of Bernie Rivers, Steve Caminiti, Ken Head, and Rene Matison sped to the fastest time in the nation when they ran 40.24. The foursome were a nationally talented group as Rene had broken the world record in the 100 yard dash (9.1) but given one of the stopwatches didn't work properly (all three watches had to read the same performance) the record wasn't ratified. Steve and Ken along with Bernie all qualified for the NCAA Championship in individual events with Steve in the 100 (9.5), Bernie in the 220 (20.6), and Ken in the 440 yard sprint (46.6). The Lobo relay ended the 1966 season as the fourth place finisher at the NCAA Championship which Indiana University hosted June 16-18. Certainly, this group was as talented as they came. Fast forward



to the Payton Jordan meet hosted by Stanford University. The current foursome of senior lead-off **Allan Hamilton (Edinburgh, Scotland)**, senior **Scott Bajere (Bristol, England)**, froshie **Carlos Salcido (Rock Springs, Wyoming)**, and senior **Ridge Jones (DeSoto, Texas)** had not quite achieved the same individual accolades as not one of them had ever competed in the NCAA Outdoor Championship! But in the sprint relay the emphasis is on great group chemistry and keeping the baton moving all the way through the exchange zones, and its actually not how fast the athletes run, but how fast the aluminum baton gets around the oval. Allan got a rocket start and picked up several meters on the two teams outside him, Long Beach State and Stanford. Clearly he got the group off to a nice start. His exchange with Scott was efficient but will get better as they are still trying to work on spacing between them. Scott did seem to get a good push out of the zone and into his sprinting rhythm quickly so that was promising. Scott ran a very solid backstretch and put another meter into the Lobos lead which had grown to maybe three meters. Scotts exchange with Carlos was smooth and Carlos put another meter onto the lead as he ran a nice turn. Carlos and Ridge (pictured above) seem to have good chemistry in the exchange zone and Ridge got the baton without any delay, and was quickly away putting several more meters onto the lead. When he flashed across the finish line the video board read 40.20 which was a real nice effort given they can run significantly faster with improved exchanges - and that is exciting. The foursome move to #2 in the MWC and #18 in the NCAA West region. With only the top 24 teams advancing to Lawrence, Kansas in late May the group has placed themselves into a good position, but if they can knock a few tenths off at the MWC Championship that would provide some breathing room.

## Frerichs Crushes Steeplechase Field

Senior transfer **Courtney Frerichs (Nix, MO)** finished runner-up in the 3000 meter Steeplechase at the 2015 NCAA Championships representing the University of Missouri (Kansas City) completing the distance in 9:31.36, which ended the year ranked #27 in the world and was the sixth fastest American. Two weeks ago she opened up her 2016 outdoor season racing a 1500 meter at Azusa Pacific, and knocking down a nice three second PR which indicated good speed. The Payton Jordan field was primarily post-collegiate professional runners and Courtney started out near the front of the race, within the top eight, but not at the lead. She ran smoothly and controlled waiting patiently for the right time to surge toward the front of the pack. At about three minutes into the race she quickly and efficiently slid forward right off the leaders pace, and then at about 3:30 took the lead, pushing the pace ever so slightly. Thirty seconds later a professional runner came up on her side right before the water jump and then ran stride for stride down the homestretch. At the 5:00 mark the pro pushed real hard taking the lead which lasted until Courtney decided to throw in a hard driving surge at the 6:45 point. Coming down the homestretch she quickly accelerated away from the group



photo courtesy of Michael Mulcahy



and opened up a ten meter lead. By eight minutes into the race her lead had grown to about 40 meters and from that point on it was simply a race to the finish line. The above picture was taken about ten meters before the finish line and shows the second place runner far in the background. When she crossed the white line the timing clock stopped at 9:29.31 which vaults her to #1 in the NCAA ranking, and #2 in the world ranking only trailing Lalita Babar from India who clocked 9:27.09 in New Delhi on April 29th. With that performance Courtney ranks #10 all-time in the U.S. and #3 collegiately....and it is a new MWC and Lobo record. Not bad for the first one of the year!!!

photo courtesy of Michael Mulcahy



## Thackery Smashes Lobo Record in 5000 Meters

Junior [Calli Thackery](#) (Yorkshire, England) pictured to the left had set a new outdoor 1500 meter PR two weeks ago when she clocked a swift 4:14.99, which currently ranks #6 in the NCAA. So everyone knew her speed development was excellent. At the Payton Jordan meet she turned her attention to the 5000 meters, a distance that in 2015 she earned All American status with her sixth place finish in Eugene, Oregon. With a PR of 15:42.57 and racing against almost all professional athletes Calli lined up with a great opportunity to run fast. As is her style, she stayed near the back of the 24 woman field and simply took her time to analyze what the field was doing. Up at the front of the pack the professional leaders were running 72 and 73 second laps with the intent to run sub-15:00 for the 12 1/2 lap race. Calli was content to run between 73-75 as that is her max right now. Once the race group started to separate and fall apart



it was every athlete for themselves and the pace never stopped being hard and driven. Calli can always finish off any race she is in with a hard, pulsating surge and in her penultimate lap she ran 79 but finished off the final one with a great 72 second lap to cross in 15:37.44. That performance gets her all the way up to #2 in the NCAA ranking and #34 in the world. It also just squeezes past the Lobo record of 15:37.49 which was established in 2012 by Sarah Waldron.

## Connor Continues on a Hot Streak – Takes Down UNM Record

On February 13th during the Don Kirby Elite Invitational senior **Sophie Connor (Hertfordshire, England)** just exploded with a masterful mile run that jumped her to the top of the national rankings, and qualified her to the NCAA Indoor Track & Field Championship. Since that date Sophie has been on fire racing at a high level in every competition she enters. Two weeks ago at the Bryan Clay Invitational she had raced to a nice 1500 meter PR of 4:16.40 which was just a prelude to the Payton Jordan meet. Racing against a mixture of professional and collegiate athletes Sophie was in a great

race situation. As the race began Sophie went toward the back of the pack and tried to stay out of the early commotion with all the pushing and shoving. She toured the first 300 meters of the race in 50 seconds and then clocked a 69 for the next 400. Trying to move up she found it not so easy as the pace of the leaders was strong. She came through the next 400 in 67 seconds and was trying to get closer to the front. She couldn't put much of a dent into the lead pack until the home straightaway when she sprinted hard all the way through the finish line to record a superb 4:14.03 clocking. Sophie's final 400 meters was run in a quick 66.0. That performance moves Sophie all the way up to #4 nationally and takes down Josephine Moultries school record by 41/100ths of a second.



photo courtesy of Michael Mulcahy



photo courtesy of Michael Mulcahy

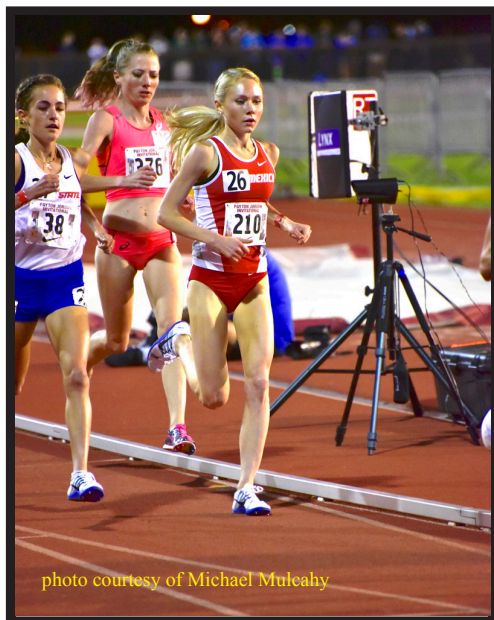
## Hosker-Thornhill Moves Into National Rankings in 1500

Senior **Emily Hosker-Thornhill (Cantebury, England)** pictured to the left started the outdoor season with a 1500 meter PR from way back in 2013 when she ran 4:24.70 at the BMC Gold Standard Race in Watford, England. Last year she only competed in one outdoor 800 race when she ran 2:13. During the 2016 indoor track season Emily cranked out a 4:44 mile PR which equates to about a 4:23 1500 meters so it was apparent she was prepared to race well outdoors. Two weeks ago at the Bryan Clay meet she popped a nice PR when she clocked 4:21.16 which pretty much assured her of qualifying for the NCAA West First-Round competition. This week at the Payton Jordan meet she took that one step further with a masterful 4:19.88 effort. After an opening 300 of 53 seconds, she clicked off a 70 second lap, then reduced that to a 69, before finishing with a flourish with a 66 second lap. Emily moves to the #8 fastest runner in UNM history, and ranks 42nd nationally, and 31st in the West region. Last year it took 4:17.04 to qualify out of the west region to the NCAA finals in Eugene, so Emily is slowly, and methodically moving toward inclusion in that process.

## Wright Hits Huge PR and moves to #4 in NCAA 10,000 Meter Race and Misses Lobo record by smallest of margins

Stanford University is renowned for producing fast 10,000 meter races and has become a distance mecca of sorts. It is truly an ideal setting for 25 laps around the oval given it is usually cool when they run the races at night, and there is little wind, plus almost anyone who is talented comes to Stanford. Just to highlight that point, in 2015 20 of the fastest 50 10k's in the world were achieved on the Stanford track. Collegiately it wasn't much different since if you didn't come to Stanford, you basically had no chance to compete in the NCAA Championship as 29 of the fastest 35 yearly performances came from Cobb Track





and Angell Field. This year even though it is early in the track racing season 35 of the fastest 50 times in the world have come from Stanford. In 2015 junior **Alice Wright (Worcester, England)** pictured to the left came to Stanford and ran a blistering 32:56.33 which at the time was the second fastest 10,000 in school history. Alice went on to qualify for the NCAA Championship where she earned All American honors. This year with another year of Friday tempo runs she arrived at Stanford much better prepared. Running in the fastest section of the race there were 35 athletes entered with 32 professionals and only three collegiate athletes. In many respects this race was one of the most important in the world given with it being an Olympic year everyone regardless of nationality needed to get a qualifying time for their own Olympic Trials and a performance that would meet the Olympic Games qualifying standard of 32:15.00. Alice made sure she didn't get sucked into too fast of an early pace and she clicked off a first mile of 5:05, then proceeded to run 5:10, 5:14, 5:17, 5:18, and 5:18 for her next five miles splits enroute to a wonderful 32:36.11 finish. That time just narrowly missed the existing UNM school record of 32:36.07 set by Sarah Waldron in 2012 at.....you guessed it.....the Stanford track. All in all there were 61 athletes who competed in the two different sections and Alice ended up with the second fastest performance by a collegiate athlete. She currently ranks #4 collegiate in the NCAA rankings, and #57 in the IAAF world rankings and she is the eighth youngest ranked athlete in that 57 number.

## Kerr Races to 5th in 1500 Meters

**Josh Kerr (Edinburgh, Scotland)** pictured to the right came into the competition ranked #18 nationally in the 1500 meters and the top ranked freshman in all the land by virtue of his 3:42.09 effort two weeks ago at the Bryan Clay Invitational. Competing against 75 other athletes spread among six sections of the Payton Jordan race with 36 collegians and and 39 professional athletes involved. Josh went out conservatively with a 45 second 300 and followed up with a 59.1 next lap which left him about one second behind the leader. With another 59.1 lap he had pulled in the leader and the tightly bunched group was ready to drive hard over the final lap. The picture shows how close it was coming down the home-stretch as Josh ran a 58.4 last lap but all the other guys did as well. Josh ended up crossing the finish line in 3:42.38 which placed fifth of all collegians. While it wasn't a new PR the racing part with all the tactics and strategy was important given that is usually how championship races are run.



## Small progress in Steeplechase

Froshie **Natasha Bernal (LaCueva, ABQ, NM)** pictured to the right who is just starting her steeplechase career made a small, but important progression at Payton Jordan. One month ago she traveled to another Stanford meet and put up a 10:21.32 clocking for the 3000 meter distance which was a good solid effort in the unique event. This week, running her second steeple she improved to 10:19.54 having the ability to close real hard over the last 600 meters of the race. Currently, Natasha is ranked #22 in the NCAA West (and is the second fastest froshie in the West) and 39th nationally and the third fastest first year athlete in all the country.







photo courtesy of Michael Mulcahy



photo courtesy of Michael Mulcahy



photo courtesy of Michael Mulcahy

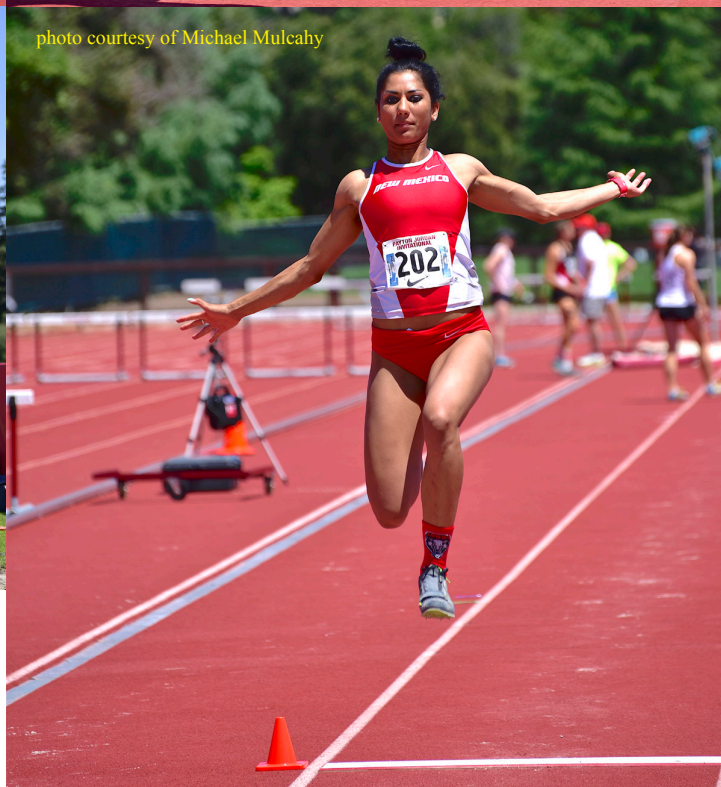


photo courtesy of Michael Mulcahy

### Lobo Jumps, Lobo Jumps, Lobo Jumps, Lobo Jumps

The four Lobo sand jumpers represented their alma mater in fine fashion as only one collegian could push past any of them. The top left picture shows junior **Jannell Hadnot (Lodi, CA)** sailing to a 42' 3/4" Triple Jump victory where she was never challenged, jumping almost one foot farther than the runner-up in the meet. Jannell made sure to put the pressure on everyone as she achieved that effort on her very first jump of the competition, which is critical given in the NCAA West First-Round competition each athlete is only given three attempts to qualify to the NCAA finals!!! Currently, Jannell is ranked #15 nationally with her seasonal best of 42' 9 3/4". The top right picture shows junior **Sam Trigg (Plymouth, England)** in phase two of the Triple Jump where he landed in the sand at 50' 1 1/4" more than one foot in front of his nearest competition. Sam is currently ranked #28 in the NCAA West region and #1 in the Mountain West Conference. The lower left picture shows senior **Allan Hamilton (Edinburgh, Scotland)** sailing to a top Long Jump by all collegians when he came down at 24' 9" which was almost one foot better than the next collegiate athlete. Allan, who currently holds down the #10 ranking in the nation with his 25' 10 1/4" effort from Bryan Clay Invitational is also leading the MWC. The lower right picture shows senior **Aasha Marler (Hope Christian, ABQ, NM)** during the Long Jump competition. AM who is ranked #36 in the NCAA sailed over 20' again and seemed to be in control of the competition as her first round distance of 20' 1/2" was holding up as the best jump of the day. Most of the jumps on the day were either with almost no wind or even a very slight headwind. But Mother Nature can be fickle as a Stanford jumper got the best aiding tailwind of the day (+3.0mps) on her sixth and final attempt, and came up with a lifetime best to just nudge past Aasha with a 20' 3 3/4" effort. As we know, we can not control Mother Nature!





## Howell Moves to #8 All-Time at UNM in 800 Meters

Senior Zoe Howell (Socorro, NM) came into the Payton Jordan meet with an existing outdoor PR of 2:12.06 from last years outdoor season. For some time she had been ready to run much faster, although it just hadn't happened yet. With confidence to go out with the leaders she stuck to them like glue as she passed the 400 meter point in 62.9 which the picture to the left shows. Not giving way she stayed with them as they surged up the backstretch getting to the 600 meter split in 1:35.9.

Around the final turn Zoe would not let go and the leaders dragged her all the way to a marvelous 2:08.34 clocking, which is a massive improvement from 2:12. With the fastest 48 times from the NCAA West qualifying to Lawrence, Kansas Zoe has now moved into 42nd spot with that performance. It also moves her to #4 in the current MWC rankings.



photo courtesy of Michael Mulcahy

## Haywood Wins 400 Meter with Late Rush

Sophomore **Mark Haywood (Alamogordo, NM)** did not get out well during the first 150 meters of the one lap race, and got himself into a deep hole as a Wolverine from Michigan built a nice seven meter cushion by the halfway point. Mark kept working hard and around the final turn coming into the homestretch had put himself into a position to at least try to make a late run at the Michigan. With 50 meters to go the above picture shows Mark still with a deficit but closing fast. With each stride Mark picked up a couple more feet and with about 25 meters to go Mark was finally in contact with the Wolverine. Mark did what all runners should do, but don't always do and ran THROUGH the finish line. When the clock popped up the times Mark had taken the victory 48.13 to 48.19. That 48.13 ties Marks existing outdoor PR. He is currently ranked #8 in the Mountain West Conference.



photo courtesy of Michael Mulcahy

## Jones Double PR's in 100 & 200

Senior **Ridge Jones (DeSoto, TX)** pictured above in addition to his anchor leg duties on the 4x100 Relay had a solid day in his two individual sprint events. To get legal sprint marks at any level of competition there must be a wind gauge used and the aiding tailwind cannot exceed 2.0 meters per second. So sprinters are constantly caught with good performances that are negated due to either no wind gauge or an over-the-allowable wind. Ridge got two legal performances as he clocked 10.56 with a +0.6 tailwind which takes down his old legal PR from high school when he clocked 10.57 with a +1.3 tailwind. He then came back later in the day to roar to a 21.59 PR with only a +0.8 tailwind. Those performances currently rank #7 (100) in the MWC and #9 (200). Ridge is probably only about .05 away from the NCAA West top 48 ranking so hopefully at the conference championship there is a legal wind that will allow him to speed down the track to that goal.





photo courtesy of Michael Mulcahy

**Thomas Drops PR in 3000 Steeplechase**  
The 64 men entered in the 3000 meter Steeplechase were divided into four sections of 16 athletes each. Senior **Graham Thomas (Dulce, NM)** pictured above ran in section three of the event. There were 41 professional athletes and 23 collegiate athletes hoping for fast times. Graham finished tenth of the 23 collegians as he improved on his all-time PR going to 8:48.07. Currently Graham is ranked #3 in the MWC and #11 in the NCAA West region and 22nd nationally.



photo courtesy of Laura Bowerman

Heptathletes Samantha Bowe and Kyra Mohns get ready for the hurdles

## UTEP REPORT

While half the team was in California competing at Payton Jordan the other half traveled to El Paso, Texas to take part in the annual UTEP Miner Invitational. There were 16 PR's achieved which sends a positive message about the teams progressions. In the Women's Pole Vault sophomore **Katherine Whiting (Santa Cruz, CA)** continued her slow, methodical upward progression. In her first outdoor meet of the season she cleared 11' 11 3/4", then she upped that at the Bryan Clay meet when she scaled 12' 4". The following week at Brutus Hamilton Challenge she went 12' 5 1/2", and finally at the UTEP meet cleared 12' 7 1/2". That clearance moves her up to #7 all-time at UNM and gets her to #8 in the conference ranking. Backing up Katherine was senior **Annie Stirling (Cimarron, NM)** who cleared 12' (12' 3 1/2") for the first time this year. Having suffered all season long with a sore back she has continued to work through that. It is always nice when outstanding athletes are able to work through injuries. In the women's Hammer both sophomore **Amaris Blount (Rio Rancho, NM)** and **Allison Mady (LaCueva, ABQ, NM)** hit PR's. Amaris improved her PR from 170' 10" to 173' 7" which keeps her solidly as the #2 ranked thrower in UNM history. AB also gets up to #12 in the MWC. For Ali she improved from 131' 4" to 142' 1" which gets her all the way up to #7 all-time at UNM. Decathlete **Daniel Lam (Amsterdam, Netherlands)** working on his events got a nice PR in the 110 Hurdles when he clocked 15.12 down from his previous best of 15.25. Just that small improvement will add an additional 15 points to his grand total during a Decathlon. He later came back to twirl the Discus out to 133' 11" up from 130' 8". That adds another 20 points! Fellow Decathlete **Beau Clifton (Farmington, NM)** got a nice PR in the 400 when he clocked 50.06 and then had a huge PR in the 110 Hurdles dropping over two and a half seconds off his

previous best. Freshman **John Harari (Loomis, CA)** with a seasonal best of only 14' 7" going into the meet and needing an improvement in his performance to qualify for the conference championship got that as he sailed over a PR of 15' 7", which moves him all the way up to #6 in the conference rankings. Heptathlete **Kyra Mohns (Eldorado, ABQ, NM)** also worked on individual events and she clocked a nice PR in the 100 Hurdles when she skimmed the barriers to a 14.86 finish.



**WHAT DO ALL THE SYMBOLS MEAN?????** In parentheses after a performance will be a 1st, 2nd, 3rd, etc. This indicates the COLLEGIATE place in the meet that athlete finished. All unattached or professional athletes are removed since we are most focused on NCAA competition. After that may be two numbers like (2,8). This stands for how the athlete ranks on the All Time Top Ten Outdoor Track & Field PERFORMER AND PERFORMANCE list. The number on the LEFT indicates how that athlete is ranked as far as individual PERFORMERS are concerned. The #2 would tell us that performer (athlete) is the second-best in New Mexico outdoor track & field history in that event. The number on the RIGHT indicates how that performance is ranked in relation to all the top performances in New Mexico history in that event. The #8 would tell us that performance is the 8th best in New Mexico history in that event. It is possible, and even probable that one athlete could have many performances which rank in the top ten during their four year career. An x on the LEFT (x,8) tells us that they have achieved a better performance before, while on x on the RIGHT (8,x) tells us it doesn't make the performance list. **PR indicates a PERSONAL RECORD** (their best ever in that event). An @ indicates the performance has been altitude adjusted based on the NCAA protocol.

#### PAYTON JORDAN/STANFORD INVITATIONAL, MAY 1, 2016

##### MEN

100	Ridge Jones 10.56 (3rd) (9,x) <b>PR</b>	Scott Bajere 10.74 (8th)
200	Ridge Jones 21.59 (4th) <b>PR</b>	
400	Mark Haywood 48.13 (1st) = <b>PR</b>	Carlos Salcido 48.65 (3rd)
400H	Cheyne Dorsey 54.04 (4th)	Isaac Gonzales 49.86 (8th)
1500	Josh Kerr 3:42.39 (5th)	Adam Cotton 3:50.24
3000SC	Graham Thomas 8:48.07 (6,x) <b>PR</b>	
5000	Dan Milechman 14:40.52	
10,000	Julian Florez 30:43.88	
4x100	Allan Hamilton, Scott Bajere, Carlos Salcido, Ridge Jones 40.20 (1st) (1,1) <b>PR</b>	<b>NEW UNM OUTDOOR SCHOOL RECORD</b>
4x400	Cheyne Dorsey (49.3), Carlos Sacido (48.7), Isaac Gonzales (48.7) = <b>PR</b> , Mark Haywood (49.2)	3:16.21
LongJ	Allan Hamilton 24' 9" (1st)	Yannick Roggatz 22' 3" (5th)
TripleJ	Sam Trigg 50' 1 1/4" (1st)	

##### WOMEN

100H	Holly Van Grinsven 13.85 (3rd)	
200	Samantha Woodman 25.31 <b>PR</b>	
400	Haley Sanner 56.09	Hanna Riker-Urrutia 57.37
		Larimar Rodriguez 57.79
		Samantha Woodman 60.17
800	Zoe Howell (62.9 - 1:35.9) 2:08.34 (8,x) <b>PR</b>	
1500	Sophie Connor 4:14.03 (3rd) (1,1) <b>PR</b>	<b>NEW UNM OUTDOOR RECORD</b>
		Emily Hosker-Thornhill 4:19.88 (8,x) <b>PR</b>
3000SC	Courtney Frerichs 9:29.31 (1st) (1,1) <b>PR</b>	<b>NEW UNM OUTDOOR RECORD</b>
		Natasha Bernal 10:19.54 (3,6) <b>PR</b>
5000	Calli Thackery 15:37.44 (1st) (1,1) <b>PR</b>	<b>NEW UNM OUTDOOR RECORD</b>
10,000	Alice Wright 32:36.11 (2nd) (2,2) <b>PR</b>	
4x100	Haley Sanner, Holly VanGrinsven, Jannell Hadnot, Aasha Marler	46.76 (5th)
4x400	Haley Sanner (57.3), Zoe Howell (56.8), Holly VanGrinsven (57.7), Hannah Riker-Urrutia (58.2)	3:50.35
LongJ	Aasha Marler 20' 1/2" (2nd)	
TripleJ	Jannell Hadnot 42' 3/4" (1st)	

#### UTEP INVITATIONAL, APRIL 30, 2016

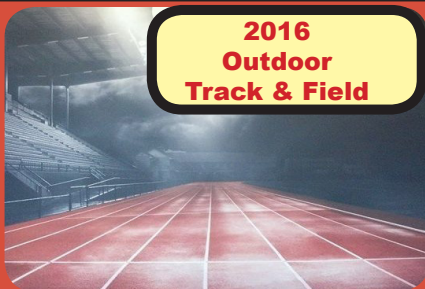
##### MEN

100	Will Carter 11.55@	
110H	Daniel Lam 15.12@ (2nd) <b>PR</b>	Parker Jones 15.18@ (3rd) <b>PR</b>
		Andris Sturans 16.41@ <b>PR</b>
		Beau Clifton 16.90@ <b>PR</b>
200	Parker Jones 22.48@	
400	Beau Clifton 50.06@ (3rd) <b>PR</b>	Andris Sturans 51.62@
800	Adam Monroe 1:53.14@ (3rd)	
1500	Chris Graham 3:59.27@ (4th)	Jared Garcia (unattached) 4:02.12@
		Tyler Valdez 4:04.03@
HighJ	Joe Kloepfel 6' 6 3/4" (1st)	Markus Miller 6' 6 3/4" (2nd)
PoleV	John Harari 15' 7" (1st) <b>PR</b>	
LongJ	Will Carter 20' 7 1/4" <b>PR</b>	Andris Sturans 19' 6"
ShotP	Beau Clifton 41' 5 1/2" (2nd)	
Discus	Daniel Lam 133' 11" (3rd) <b>PR</b>	Beau Clifton 115' 5"
		Andris Sturans 98' 1"

##### WOMEN

100	Peri Moran 12.30@ (5th)	
100H	Kyra Mohns 14.86@ <b>PR</b>	Samantha Bowe 15.20@
200	Peri Moran 26.24@	Erynn Caldwell 26.58@
		Christina Clark 27.62@
400	Christina Clark 62.29@	Erynn Caldwell 62.86@
1500	MacKenize Everett (Unattached) 4:42.88@ <b>PR</b>	Kendall Kelly 4:45.87@ = <b>PR</b>
		Reilly Kelly 4:56.25@
5000	Lindsey Andrews 18:19:36@	
PoleV	Katherine Whiting 12' 7 1/2" (1st) (7,x) <b>PR</b>	Annie Stirling 12' 3 1/2" (2nd)
		Anna Duval 11' 3 1/4"
LongJ	Kyra Mohns 17' 4"	Morgan Smith 9' 10"
ShotP	Allison Mady 39' 7 3/4" (5th)	Amaris Blount 38' 2" (6th) <b>PR</b>
		Samantha Bowe 38' 1"
Hammer	Amaris Blount 173' 7" (2nd) (2,x) <b>PR</b>	Kyra Mohns 35' 4"
Javelin	Morgan Smith 110' 3" (5th) <b>PR</b>	Allison Mady 142' 1" (6th) (7,x) <b>PR</b>





## 2016 Outdoor Track & Field

University of  
New Mexico



News, Views,  
Previews, Reviews



Volume 7, #132  
Wednesday - Saturday, May 11 - 14, 2016

Mountain West Conference Championship  
Fresno State University  
Fresno, California

### MEN FINAL TEAM SCORES

1. Air Force 202
2. Utah State 176
3. Colorado State 142
4. NEW MEXICO 133
5. Boise State 85
6. Wyoming 44
7. Fresno State 31

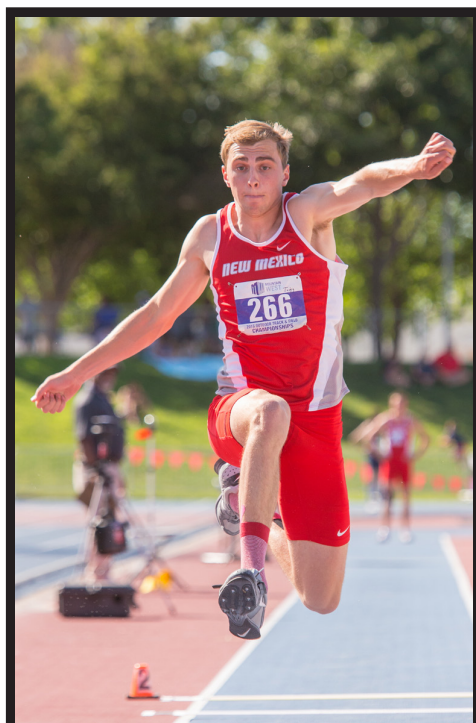
### WOMEN FINAL TEAM SCORE

1. Colorado State 165
2. San Diego State 156
3. Fresno State 96
4. NEW MEXICO 88
5. UNLV 68
6. Utah State 59
7. Nevada 42
8. Boise State 39
9. Wyoming 35
9. Air Force 35
11. San Jose State 31



### Connor Blasts 800 Meter to Victory & #4 Fastest Ever

Senior **Sophie Connor** (Hertfordshire, England) pictured above had Lobo bests of 2:08.43 indoors, and 2:09.37 outdoors coming into the MWC 800 meter Championship. Her all-time best came way back on August 7, 2013 when she ran 2:07.18 at the BMC Gold Standard Races in Watford, England. Having focused more on the 1500/1 Mile distances the 2016 championship gave her an opportunity to come into the 800 fully rested and prepared. In the preliminary round of 16 women, Sophie cruised to a comfortable 2:08.19 collegiate PR to enter the 9 woman final with the second best prelim time. In the finals Sophie got out well, then tucked in behind the yearly leader from UNLV who had run 2:06.03, and a San Diego State Aztec. At the 400 meter point it was UNLV (60.4), SDSU (61.0), UNLV (61.0), and then Sophie at 61.1. Up the backstretch Sophie started to turn it up and get herself into position but was careful given the wind was right in the athletes faces as they ran up the backstretch. With 150 meters to go, Sophie pulled to the right shoulder of the leaders and then when she hit the homestretch with 100 meters to go applied pressure to that group. Slowly she dug down and with 75 meters left was even with the leader, then with 50 meters to go as the above picture shows she took the lead for good, and pulled away from the group with each stride. She hit the finish line in a majestic 2:05.95 the fastest a Lobo has run since Regina Draminga did so in 1982 (2:05.54). That performance moves Sophie all the way up to #4 all-time in Lobo history and would be fast enough to qualify for the NCAA West First-Round Championship in two weeks. But she will now turn her attention to the 1500 meters where she has the #5 fastest time in the country.



### Trigg Bounds to #7 All-Time in Victorious Triple Jump

Junior **Sam Trigg** (Plymouth, England) pictured to the left had a legal lifetime best of 51' 7 3/4" which he did as a student while competing in the Oxford University/Cambridge/Harvard/Yale Varsity meet in June, 2015. Coming into the 2016 championship Sam was comfortably leading the MWC with his 50' 4 3/4" leap. On his first attempt Sam hopped, stepped, and jumped to a 50' 3/4" distance, which would have held up as the longest leap of the day as no one else could get over 50'. On his third round attempt he extended it out to 50' 10", then on his fifth round attempt sailed to a 51' 9" distance. Unfortunately, the aiding tailwind was at +3.4 mps, over the allowable threshold of 2.0mps, so no record consideration. But on his sixth and final attempt Sam clicked off a nice 51' 2 3/4" effort with a legal +1.6mps tailwind. That distance moves him up to #7 all-time in Lobo land, and #17 in the NCAA West rankings. Backing up Sam in his first TJ of the year was senior Allan Hamilton who finished third with his 48' 7 1/2" distance.





### Thackery Cruises to Easy Victory in 25 Laps

Junior **Calli Thackery (Yorkshire, England)** pictured above had never run a 10,000 meter track race before, but was up for the challenge based on her high-level fitness level. Based on her #2 NCAA ranking in the 5000 meter (15:37.44), and #8 ranking in the 1500 meter (4:14.99) it wasn't that she couldn't run a good one, but 25 laps is a long way. For the first mile (5:41) and through two miles (11:13) Calli ran with a Colorado State Ram, but after that decided to go on her merry way, and increase the tempo, coming through three miles in 16:40, more than six seconds ahead of the Ram. At four miles Calli was at 22:11, 24 seconds ahead of second place. She ran consistent the remainder of the time and crossed the finish line in 34:30.24, one minute in front of the second place finisher.



### Hadnot Wins Third MWC Triple Jump Title in a Row

After fourth place finishes both indoors and outdoors as a froshie, and a second place finish last year indoor (to teammate **Aasha Marler - Hope Christian, ABQ, NM**), junior **Jannell Hadnot (Lodi, CA)** pictured above took her third MWC Triple Jump championship in a row (2015 outdoor, 2016 indoor, 2016 outdoor). Jannell and Aasha were tied for the yearly MWC conference lead given both had jumped 42' 9 3/4" during the regular season, which also had them ranked #9 in the NCAA West region, and #22 nationally. All along everyone felt a Lobo athlete would stand on the top rung of the award podium, but which one was uncertain. Jannell opened up with a 41' 11" leap, and Aasha responded with a 40' 4" distance. On her second round attempt Jannell bounded out to 42' 6", and on her fifth round attempt extended that further to 42' 7", while it took Aasha until the fifth round to extend her top distance of the day to 42' 1 1/2". On her sixth and final round attempt Jannell stepped off a 13.01 meter leap (42' 8 1/4") to seal the victory. It is always great to have two Lobos standing on the top two steps of the victory platform as that gave the team a nice 18 point gift.



### Kerr Wins Tough Battle in 1500

Froshie **Josh Kerr (Edinburgh, Scotland)** pictured to the left was faced with one tough competitor in Boise State's multi-dimensional runner, David Elliott. Elliott had run 3:57 for the mile, 13:42 for 5000 meters, and 29:33 for 10,000 meters which is impressive range. Oh, and he had also sprinted to a 1:49 800 meter finish. Not many athletes in the NCAA can do all that. In the final all 12 men stuck together like glue, and there was a lot of pushing and shoving as they were inches apart from each other. The reason that happened is the pace was slow and methodical and stayed that way until there was one lap to go. At the bell lap Josh, Elliott, a Utah State Aggie, and an Air Force Falcon took off and started the long hard sprint around the track. Up the backstretch they were vying for position and with 200 meters to go it was anyone's ball game. Joining the festivities was a hard charging **Elmar Engholm (Stockholm, Sweden)** who was making a concerted effort to join the party. Around the final turn there were any one of five men who could win the race. With 50 meters to go Josh finally out-strengthened the Boise State Bronco and as the picture to the left shows the athletes were coming across the finish line in waves. Josh ran 3:50.89 for the victory, while Elmar got up for fourth place with a 3:51.71. Senior **Adam Cotton (Penkridge, England)** also got into the scoring mix when he crossed in sixth place with a 3:54.08.





Graham Thomas on the left and Elmar Engholm on the right

## Lobos Land 1-2 Punch in 3000 Steeplechase

Entering the competition sr. **Elmar Engholm (Stockholm, Sweden)** and jr. **Graham Thomas (Dulce, NM)** were ranked #1 and #3 in the conference and #6 and #19 in the NCAA West rankings. With a cautious early pace after four revolutions of the track just about all of the 13 men competing were only separated by a little more than one second, which the above picture illustrates. It stayed consistent like that until there were two laps to go, and Elmar finally threw down the gauntlet and flew away with a 65 second lap, which only two others could cover, Graham with a 67 and a Utah State Aggie, who had come into the competition as the second seeded athlete with a 66. At the bell lap Elmar was flying around the track putting distance on everyone with each succeeding stride. With one lap to go Graham was just slightly behind the Aggie, but he dug down and came up with a brilliant 63 second last lap which outdid the Aggie who could only muster a 66. Elmars winning time was 9:07.30, while Graham crossed in 9:09.92.



## Hamilton Makes it Four for Four

Senior **Allan Hamilton (Edinburgh, Scotland)** transferred to UNM as a junior last year, and in that time completed the sweep as he won his fourth straight indoor/outdoor Long Jump crown. There is an old saying in athletics which states when you enter a competition as the best athlete, you need to go out and show everyone you are the best from the onset, to make sure no one psychologically gets energized. After an opening round foul, Allan came down the runway and landed in the sand at 25' 0" which no one in the field could achieve. He ended his day in the sixth round with a slightly better 25' 1/2" leap. The story behind Allan was the massive PR by Sam Trigg, who came in with an outdoor legal best of 23' 9 1/2". On Sam's first, and only jump of the day, he crushed a 24' 2 1/4" legal (a +1.6 tailwind) effort to place third in the competition. A good sand day!



RIDGE JONES

## 4 x 100 Relay Runs to #6 Fastest Time in Lobo History

The quartet of senior Allan Hamilton, senior **Scott Bajere (Bristol, England)**, froshie **Carlos Salcido (Rock Springs, Wyoming)**, and senior **Ridge Jones (DeSoto, TX)** passed the baton around the track to a 40.38 clocking, which ended up 3rd in the competition behind Air Force, and Utah State. With their seasonal best effort of 40.20 the foursome now has to wait to see if that performance will end up ranked in the top 24 of the NCAA West region in order to extend their season two weeks more.

## 4 x 400 Relay Races to Second Place Finish

The foursome of froshie Carlos Salcido, sophomore **Isaac Gonzales (Taos, NM)**, sophomore **Mark Haywood (Alamogordo, NM)**, and senior **Cheyne Dorsey (Cleveland, Rio Rancho, NM)** certainly had their work cut out for them. Utah State and their fabulous long sprint group was ranked #24 in the country and had run significantly faster than everyone in the field. But the Lobo quartet had a simple idea - make Utah State run hard all the way and push them as hard as possible. If you lose then tip your cap to them, but make them earn it. Carlos started off the group and had a nice 48.8 leg, handing off to Isaac. Needing a PR Isaac more than





delivered as he clocked his best ever, a 48.4 split. Isaac handed off to Mark and he tore up the backstretch putting a huge dent in Utah State's lead. Everyone knew Mark was running fast, but it wasn't until he handed the baton to Cheyne that the clock read 46.9! A huge PR for Mark. Cheyne still having the Aggie in front of him just poured it on and although he could not catch the anchor leg from Utah State, when he crossed the finish line it did result in a seasonal best effort of 3:12.89. The guys effort was something to be proud of. From left to right: Carlos, Cheyne, Mark, Isaac.



**Wright Takes Runner-Up in 5000**  
Junior Alice Wright (Worcester, England) pictured above the #4 ranked runner in all of the NCAA at the 10,000 meter distance dropped down for a hard session over 5000 meters. Alice was determined to not let the race dawdle, and she took the lead and kept pressing the pace, making sure everyone kept the race honest. Her finishing time of 16:19.11 gave the Lobo team an important eight points.



Senior Courtney Frerichs #227 and Emily Hosker-Thornhill on the outside during the 1500

## Lobos Score Two in 1500 Meters

**The 14 women who comprised the 1500 meter final was somewhat split between those five who had run faster than 4:24 during the season, and then a drop off to the other eight athletes. As expected the regular season leader from Fresno State and a Falcon from Air Force jumped to the lead with senior Courtney Frerichs (Nixa, MO) and senior Emily Hosker-Thornhill (Cantebury, England) in close proximity. After a comfortable 55 second opening 300 meters most of the runners in the field were still together as the picture to the left shows. About half the field stayed together through the next 76 sec-**

**ond lap, but then things changed. Courtney increased the tempo to a 69 second lap and the field started to spread out. With one lap to go Courtney led, with the Bulldog from Fresno right off her shoulder and Emily and the Falcon working hard to stay in contact. Up the backstretch the four went hard and the Bulldog put in a very hard surge which no one could respond to. With 200 to go Emily gave it one last hard push but she just couldn't decrease the space that she was behind the first two and quickly she turned her attention to the Air Force runner. Courtney crossed the finish line for second place with a 4:25.77, while Emily raced hard all the way down the homestretch holding off the Falcon by the slightest of margins. Emily crossed in 4:26.81.**





## Lam & Clifton Finish 2nd & 6th in Decathlon

The ten-event, two day test of athleticism is always an interesting competition. So much can, and usually does change during the competition. With the high temperatures and athletes being out in the hot sun for hours and hours, it can negatively affect everything that happens. Sophomore **Daniel Lam (Amsterdam, Netherlands)** pictured to the top left had a very tight hamstring which affected his power push-off and in the 100 and Long Jump this kept him from his usual marks, but he nevertheless worked through these issues. In the third event he was able to knock out a nice PR in the Shot Put (41' 8 1/2") and finished off the day with a 3522 point total, which left him seventh. Sophomore **Beau Clifton (Farmington, NM)** pictured to the top right meanwhile started off with a bang as he sprinted to a new PR in the 100 meters (10.85) and then followed that up with another PR in the Long Jump. And he crushed a huge PR in the third event, the Shot Put when he tossed the ball to almost a 4 foot PR, getting out to 45' 1"! Beau ended day one in second place with 3752 points. On day two, Daniel used two PR's, one in the Discus, and the other in the Javelin to finish with 7047 points, about 100 points from the win. Beau also used two PR's, one in the Pole Vault, and one in the 1500 to total 6769 points, which placed sixth. He also had a great throw in the Javelin, when he plunked the spear down at 181' 2".

## Cotton Surprizes with 3rd in 800 meters

Of the 16 men competing in the 800 meters, only four were doubling back after running the 1500 meters also.

Sr. **Adam Cotton (Penkridge, England)** pictured to the right was one of those four. Entering the competition Adam was only ranked ninth in the MWC during the regular season with his 1:51.45 clocking. In the prelim he worked his way into the final as the eighth of nine qualifiers at 1:53.23. In the final Adam went out with leaders and just wouldn't let go of the front pack, passing the 400 meters in 55.0. Up the backstretch he stayed right with the group and fought all the way down the homestretch to a nice collegiate PR of 1:50.92.



## Miller Places for Third Time

Senior **Markus Miller (Alamogordo, NM)** pictured to the left placed in the High Jump as a sophomore (6th), then as a junior (7th), and this year as a redshirt senior grabbed 3rd place. MM opened up at 6' 2 3/4" and made that on his first attempt, then duplicated that at 6' 4 3/4", at 6' 6 3/4", and then finally at 6' 8 3/4". Once the bar went to 6' 9 3/4" Markus couldn't clear it. Backing up Markus was grad student **Joe Kloeppel (Bernalillo, NM)** who snagged sixth place when he cleared 6' 6 3/4".





## Bowe & Marler Achieve a First in Long Jump

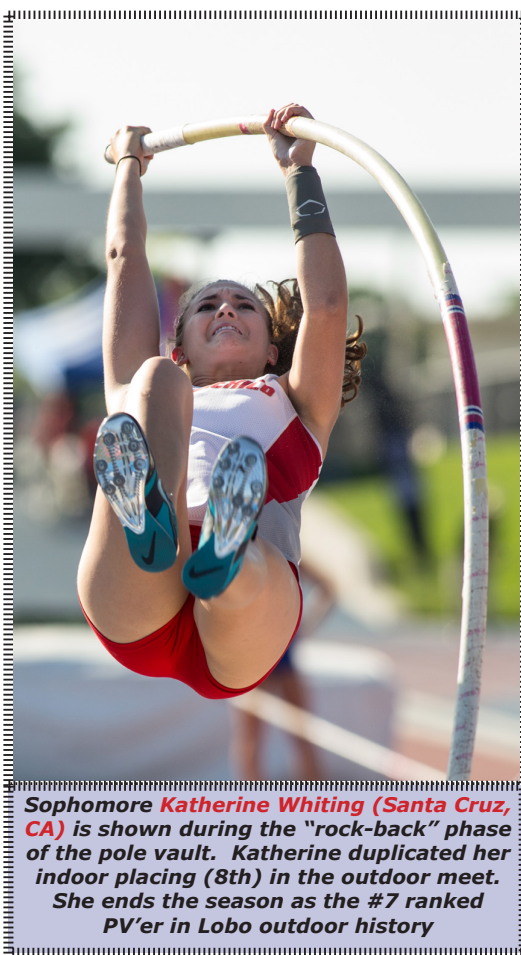
In the entire 41 year history of Lobo women's track & field there have only been eight women who have ever surpassed the 20' barrier in the Long Jump. Those eight women did it about 15 total times which is a testament to how challenging it is. And of those eight women, never before had two Lobo women in the same meet plunked down in the sand past 20'! Former All Americans Alesha Walker and Deanna Walker did it in the same year, but never the same meet. **Samantha Bowe (La Cueva, ABQ, NM)** started off with a foul, then came right back with a gigantic 20' 1 1/2" effort. It was slightly wind aided (+2.6) and therefore won't count as a record, but it was nevertheless a nice effort. That distance would hold up for third place in the competition. Senior **Aasha Marler (Hope Christian, ABQ, NM)** likewise started off with a foul, but then built throughout her six jumps and twice came down at 20' 1/4", which would hold up for fourth place. Both Sam and Aasha by virtue of their distance will now move on to the NCAA West regional where they are ranked 15th (Aasha) and 29th (Sam).



*Isaac Gonzales in the outside lane, and Mark Haywood one lane inside both made the finals of the 400 meters where they placed 6th (Mark) and 8th (Isaac).*

## Women's 100 Hurdles One of Fastest Ever in MWC

Senior **Holly Van Grinsven (Brentwood, TN)** was faced with a daunting task - take on a highly talented, and very deep field of athletes in the 100 Hurdles. Usually in a preliminary round the top seeded athletes can somewhat coast through, not racing hard, and easily qualify for the final. Not this year with the loaded field of athletes. Everyone had to dig down and race hard from the onset, for if they didn't they would be sitting in the stands watching the finals on Saturday. In the preliminary round there were two sections of eight athletes each, with the fastest nine women advancing to the final race. With a nice little tailwind in Holly's race (+2.7mps) she rocketed out and screamed down the track to finish third in her heat at 13.48. Given that she entered the season with a legal lifetime best of 13.62 (she did have a windy 13.49), and had run 14.10, 13.88, 13.70, 14.02, and 13.85 during the regular season that was just a fast race. Holly's preliminary performance seeded her fourth going into the finals. In the finals it was more of the same as every athlete in the race got out and got going, and it was just a great race, with intensity all the way to the finish line. At the finish eight of the nine women raced to a sub-14.00 clocking which had only been done twice before in the 16 year MWC championship history. Last year Holly ran 13.49 and placed third in the MWC meet. This year she clicked off a 13.42 with less of a tailwind (+2.6) and finished 5th! Looking back in that 16 year conference history Holly's time would have won the title seven times during that span. Her time of 13.42 is currently ranked #34 in the NCAA West region so she will get a chance to race in Lawrence, Kansas in two weeks.



**Sophomore Katherine Whiting (Santa Cruz, CA)** is shown during the "rock-back" phase of the pole vault. Katherine duplicated her indoor placing (8th) in the outdoor meet. She ends the season as the #7 ranked PV'er in Lobo outdoor history





### Aston Places 6th in Spear Throwing

*Jr. Nik Aston (Roswell, NM) came up a little short his freshman year when he tossed 165' and did not place in the top eight, and then the same thing his sophomore year when he chucked the spear 174' but again that did not place in the top eight. This year with better technical efficiency Nik tossed the implement out to a 181' 9" distance which stood up for sixth overall. After an opening throw of 166' 5", he popped the 181' 9" in the second round. He followed that up with a 181' 4" in the third round, but could not extend it out any further the rest of the day.*



### Milechman & Bergin Take Places in Longest Races

Seniors **Dan Milechman (Mill Valley, CA)** pictured at the top stuck right in the middle of large pack during the 5000 meters, and the bottom picture of **Matt Bergin (Bedford, England)** leading the 10,000 during the early stages of the race both earned team points. In the 10,000 meters a hard early pace cost many of the runners in the field, and Matt was able to hold on to grab 8th place with his time of 30:29.47. Two days later both Matt and Dan came back to race over the 12 1/2 lap 5000 meters. Again, Matt wasn't



afraid to push the pace and he led the 34 other men for the first ten minutes of the race before giving way. Dan surged forward at that point with a 65 second lap to make sure he did not lose contact with the lead group. Dan held on to place 4th with a PR of 14:14.57. Matt meanwhile raced hard to get 7th place with his 14:27.21. Dan who is ranked #40 in the NCAA West region 10,000 meters gets to run 25 laps all over again in two weeks.



After placing seventh during the indoor conference championship froshie John Harari (Loomis, CA) shown above moved up one slot as he finished sixth with a height of 15' 3".





**3000 Steeplechase**  
**Froshie Natasha Bernal (La Cueva, ABQ, NM)** is shown in action during the grueling 3000 meter steeplechase. Natasha, who currently ranks #28 in the NCAA West region toured the 7 1/2 laps in 10:36.33 to earn 7th place. Currently Natasha is the 6th fastest freshman in the NCAA Steeplechase with her seasonal best of 10:19.54.



**Sr. Ridge Jones (DeSoto, TX)** is shown blazing down the track in the 100 meters to a 6th place. Ridge, who had a legal PR (2.0 mps or under) of 10.56 coming into the championship clocked 10.47 but unfortunately, it was just slightly over that 2.0 threshold with a positive 2.1. Currently, Ridge sits right on the bubble as to whether his time will advance to the NCAA West region finals.



Senior **Haley Sanner (San Bernadino, CA)** (the third from the left) is shown battling down the homestretch in the 400 meter preliminary round. Haley did indeed qualify for the final where she placed 8th in the competition.



**ISN'T THIS WHAT ITS ALL ABOUT?**  
 Elmar Engholm and Graham Thomas embrace after a 1-2 finish in the Steeplechase. After running thousands of miles together in training they will always be Lobo track alums and friends.





## Seven Events of Fun

The women's Heptathlon is comprised of the 100 Hurdles, High Jump, Shot Put, 200, Long Jump, Javelin, and 800 meters. Senior **Samantha Bowe (LaCueva, ABQ, NM)** pictured above to the left, and sophomore **Kyra Mohns (Eldorado, ABQ, NM)** pictured above to the right took part in their specialty. Under hot, humid conditions they got the party started with nice PR's in the first event, the 100 Hurdles. Sam entered the meet with a 14.23 PR and she rocked a lightning fast 14.08 which moves her to #5 all-time at UNM.

Kyra, who came into the meet with a 14.86 all-time best lowered that to 14.84. Now that's the way to start off a combined event! Moving on to the High Jump both ran into some difficulty as they cleared 5' 2 1/4" not what they expected. But in a Heptathlon, there will be times when something doesn't go right, and you have to put your head down, and move to the next event. And gosh, did both of them do just that. In the Shot Put Sam had a seasonal best of 38' 1" and she tossed the 4 kilo sphere to 39' 6". Kyra, who entered the meet with an all-time best of 35' 10" slammed it out to 36' 7 3/4". Now that's the way to get back on track. The final event of the first day was the 200 meters and Sam and Kyra both clocked exactly the same time, 25.71. For Sam that lowered her all-time best from 25.88. After day 1 Sam totalled 3166 points which placed her third, while Kyra grabbed 3004 points, which had her ranked 7th. Starting off day two with the Long Jump, Sam got right to work and produced the longest leap of the day with her 18' 10 3/4". Kyra ended up with a leap of 17' 1 1/4". The sixth event on the docket, the Javelin had Sam tossing the spear out to 108' 7", while Kyra extended out to 113' 8". The final event, the 800 found Kyra clocking 2:27.31 and Sam 2:30.21. At the end of the competition Sam produced a total of 5168 points which placed 4th overall, while Kyra added up her events to 4913 points, good for 8th place.





Behind every successful team, there is an athletic trainer who spends countless hours working on the team. The entire team recognizes the outstanding effort that Sarah Bair has

done this year. Dedicated beyond expectations all our athletes have been well taken care of this year. THANK YOU SARAH!







Front Row (L-R): Courtney Frerichs, Sophie Connor, Calli Thackery, Emily Hosker-Thornhill, Matt Bergin, Samantha Bowe, Annie Stirling, Zoe Howell, Haley Sanner  
 Back Row (L-R): Markus Miller, Scott Bajere, Ridge Jones, Aasha Marler, Elmar Engholm, Allan Hamilton, Yannick Roggatz, Julian Florez, Dan Milechman, Cheyne Dorsey, Holly Van Grinsven

***Seniors in their last Mountain West Conference  
 Championship***

***Thank you for your efforts on behalf of  
 Lobo Track & Field***

***You will remain “Lobos for Life”***





**WHAT DO ALL THE SYMBOLS MEAN?????** In parentheses after a performance will be a 1st, 2nd, 3rd, etc. This indicates the COLLEGIATE place in the meet that athlete finished. All unattached or professional athletes are removed since we are most focused on NCAA competition. After that may be two numbers like (2,8). This stands for how the athlete ranks on the All Time Top Ten Outdoor Track & Field PERFORMER AND PERFORMANCE list. The number on the LEFT indicates how that athlete is ranked as far as individual PERFORMERS are concerned. The #2 would tell us that performer (athlete) is the second-best in New Mexico outdoor track & field history in that event. The number on the RIGHT indicates how that performance is ranked in relation to all the top performances in New Mexico history in that event. The #8 would tell us that performance is the 8th best in New Mexico history in that event. It is possible, and even probable that one athlete could have many performances which rank in the top ten during their four year career. An x on the LEFT (x,8) tells us that they have achieved a better performance before, while on x on the RIGHT (8,x) tells us it doesn't make the performance list. **PR indicates a PERSONAL RECORD** (their best ever in that event). An @ indicates the performance has been altitude adjusted based on the NCAA protocol.

## MOUNTAIN WEST CONFERENCE CHAMPIONSHIP AT FRESNO STATE WEDNESDAY, MAY 11 - SATURDAY, MAY 14, 2016

### MEN

100	Ridge Jones 10.61w 10.47w (6th)	Scott Bajere 10.61w 10.66w			
200	Ridge Jones 21.58w	Carlos Salcido 21.75w			
400	Mark Haywood 48.53 48.79 (6th)	Isaac Gonzales 49.48 49.53 (8th)	Chris Kline 50.10		
800	Adam Cotton (56.9) 1:53.23 (55.0) 1:50.92 (3rd) <b>PR</b>	Josh Kerr (56.2) 1:52.89 (56.2) 2:00.44			
1500	Josh Kerr 3:50.89 (1st)	Elmar Engholm 3:51.71 (4th)	Adam Cotton 3:54.08 (7th)		
3000SC	Elmar Engholm 9:07.30 (1st)	Graham Thomas 9:09.92 (2nd)			
5000	Dan Milechman 14:14.57 (4th) <b>PR</b>	Matt Bergin 14:27.21 (7th)	Julian Florez 14:35.16	Zac Castillo 14:46.34	
10,000	Matt Bergin 30:29.47 (8th)	Julian Florez 31.08.82	Dan Milechman 31:22.96	Zac Castillo 32:03.00	
400H	Cheyne Dorsey 53.41 (8th) <b>PR</b>				
4x100	Allan Hamilton, Scott Bajere, Carlos Salcido, Ridge Jones	40.38 (3rd) (6,x)			
4x400	Carlos Salcido (48.8), Isaac Gonzales (48.4) <b>PR</b> Mark Haywood (46.9) <b>PR</b> , Cheyne Dorsey (48.4)	3:12.89 (2nd)			
LongJ	Allan Hamilton 25' 1/2"w (1st)	Sam Trigg 24' 2 1/4" (3rd) <b>PR</b>	Yannick Roggatz 23' 5 1/4" (6th)		
	Daniel Lam 21' 4 1/4"				
TripleJ	Sam Trigg 51' 9"w (1st) (had a legal 51' 2 3/4" in round six of the competition) (7,x)		Allan Hamilton 48' 7 1/2" (3rd)		
HighJ	Markus Miller 6' 8 3/4" (3rd)	Joe Kloeppel 6' 6 3/4" (6th)			
PoleV	John Harari 15' 3" (6th)	Daniel Lam 14' 3 1/4" (7th)			
Javelin	Nik Aston 181' 9" (6th)	Beau Clifton 172' 6" (8th)			
Deca	Daniel Lam	100: 11.55 LongJ: 22' 1/4" ShotP: 41' 8 1/2" <b>PR</b> HighJ: 5' 11 1/4" 400: 51.48			
		110H: 15.31 Discus: 136' 6" <b>PR</b> Pole Vault: 15' 5" Javelin: 164' 8" <b>PR</b> 1500: 4:52.44			
		TOTAL: 7047 points (2nd)			
	Beau Clifton	100: 10.85 <b>PR</b> LongJ: 21' 8" <b>PR</b> ShotP: 45' 1" <b>PR</b> HighJ: 6' 1/2" <b>PR</b> 400: 51.10			
		110H: 17.13 Discus: 116' 11" Pole Vault: 12' 9 1/2" <b>PR</b> Javelin: 181' 2" 1500: 4:57.54 <b>PR</b>			
		TOTAL: 6769 points (6th) <b>PR</b>			

### WOMEN

100H	Holly Van Grinsven 13.48w 13.42w (5th)				
200	Samantha Woodman 24.87w				
400	Haley Sanner 56.23 56.53 (8th)	Samantha Woodman 59.74			
800	Sophie Connor (62.4) 2:08.19 <b>PR</b> (61.0) 2:05.95 (1st) (4,5) <b>PR</b>	Zoe Howell (64.8) 2:12.87 (61.8) 2:12.40			
1500	Courtney Frerichs 4:25.77 (2nd)	Emily Hosker-Thornhill 4:26.81 (3rd)			
3000SC	Natasha Bernal 10:36.33 (7th)				
5000	Alice Wright 16:19.11 (2nd)				
10,000	Calli Thackery 34:30.24 (1st)				
4x400	Holly VanGrinsven (56.3), Haley Sanner (57.0), Zoe Howell (56.5), Hannah Riker-Urrutia (58.1)	3:48.17 (6th)			
LongJ	Samantha Bowe 20' 1 1/2"w (3rd)	Aasha Marler 20' 1/4"w (4th)	Jannell Hadnot 18' 4 1/4"		
TripleJ	Jannell Hadnot 42' 8 1/4"w (1st)	Aasha Marler 42' 1 1/2" (2nd)			
PoleV	Katherine Whiting 11' 10 1/2" (8th)	Annie Stirling 11' 10 1/2"			
ShotP	Allison Mady 42' 7"				
Javelin	Kyra Mohns 119' 10"				
Hammer	Amaris Blount 167' 10"				
Hept	Samantha Bowe	100H: 14.08 <b>PR</b> (5,x) LongJ: 18' 10 3/4"			
		HighJ: 5' 2 1/4" Javelin: 108' 7"			
		ShotP: 39' 6" 800: 2:30.21			
		200: 25.71 <b>PR</b> TOTAL: 5168 points (4th)			
	Kyra Mohns	100H: 14.84 <b>PR</b> LongJ: 17' 1 1/4"			
		HighJ: 5' 2 1/4" Javelin: 113' 8"			
		ShotP: 36' 7 3/4" <b>PR</b> 800: 2:27.31			
		200: 25.71 TOTAL: 4913 points (8th)			





Volume 7, #133  
Thursday - Saturday May 26-28, 2016  
NCAA West First-Round Preliminary  
University of Kansas  
Lawrence, Kansas

## Ten Lobos Advance to NCAA Finals

One would have to admit placing the NCAA West Regional First-Round outdoor Qualifying meet in Lawrence, Kansas in May was a little risky. Certainly, not many institutions are willing to host this massive 2000 athlete event, and thus the NCAA has few options, but gosh, has anyone ever looked at weather reports? Sadly, the University of Kansas should be commended for working very hard to make the meet a great athlete event but even they couldn't wrestle with mother nature. The state of Kansas ranks #2 in the annual number of tornadoes (92) only trailing Texas that has on average 146. So the three day qualifying meet had to be reduced to two days since on Wednesday, the day prior to the beginning of competition, all practices had to be stopped due to lightning and possible tornadic activity. Then on Thursday, when competition was supposed to be getting started, there were a few throws and jumps taken, then the NCAA had to shut down the entire meet due to the volatile weather pattern. So the NCAA revamped the schedule which meant athletes planning on doubling, with a day inbetween events, suddenly had to race back to back. The meet was supposed to be a late afternoon and evening affair, but the weather forecasters felt early in the morning and up until early afternoon would be better, so the meet began at 8:00am.



The Pole Vault, High Jump, and Long Jumps had to be moved indoors to their indoor track facility which created another layer of issues. And then the NCAA also eliminated first-round competition (the West was to have two rounds, a first-round, then a quarterfinal)

and went straight to races against time. So this played out in an event like the 800, where the 48 athletes would have normally competed in a first-round to get down to 24 athletes, then those 24 athletes would compete in another round to get down to the final 12 who would advance to Eugene, Oregon for the NCAA Finals. Instead, the 48 800 meter runners were told to run as hard as they could, and the fastest 12 would be taken to Eugene. This entails a very different strategy. The First Round competition is in its sixth year of being used as the format to advance to the NCAA finals. It is a strange track meet in that there are no "finals" and no "champions" in the meet. The 48 athletes selected in each individual event (there are 24 relays selected) compete to winnow the field down to 12 to advance to Eugene. So there is no benefit to being #1 in the event, or #12 in the event, since they accomplish the same purpose. And this format defies everything that everyone knows about competition - there should be a winner! But given the NCAA is determined to



**ALICE WRIGHT EARLY IN THE 10,000  
CAREFULLY WATCHING THE LEADERS.**





Photo courtesy of  
Mike Muleahy

COURTNEY FRERICHS

utilize this advancement format, the athletes must not worry about it, but just compete to their best.

Finally, on Friday morning at 8:00am junior **Alice Wright (Worcester, England)** got the Lobo party started with her 25 laps around the Rock Chalk Park track. All 48 athletes are placed on the starting line in the 10,000 meters so everyone can see everything going on. The early pace was comfortable given no one wanted to put themselves out there, but stay in the group and run together. Almost everyone in the race had run a 10k two weeks prior at the conference meets, and then with another 10k looming in two weeks at the NCAA finals, the object was to place in the top 12 with the least amount of energy expended. Alice got near the front of the race, but never at the front through the early going. The leader came through the first mile in 5:40 which pales in comparison to Alice's last race at Stanford on



ELMAR ENGHOLM

Photo courtesy of Marty France,  
US Air Force

May 1st when everyone was trying to race hard and fast to meet Olympic Trials and Olympic standards. In that race she came through in 5:05 with the world-class athletes in the lead at 4:58. The pace stayed the same as the leaders from Texas A&M and Rice came through 2 miles in 11:14. At Stanford Alice came through in 10:15! Three miles were accomplished in 16:52 with the Owl from Rice still in the lead. It was after three miles, but before four miles that Alice decided to string the field out, and add some intensity to it. After running laps of around 83 seconds for three miles Alice dropped a 77 second oval and only a handful of athletes could cover that move. So in one short revolution of the track the field was reduced significantly. At 4000 meters into the race just about 36 of the 48 athletes were within two seconds of each other. After Alice's move by the four mile mark (6400 meters) less than 20 were within two seconds of her lead. Alice continued to lead with consecutive 80 second laps. At 8000 meters (about five miles) Alice came through in 27:44 with only two others in tow, an NCAA Champion Razorback from Arkansas, and a Husky from Washington. The race stayed that way through six miles (about 9600 meters) and on the final lap the Razorback had better leg speed and got to the finish line first in 34:20.35, with Alice in next at 34:21.95, and the Husky at 34:22.87. To place that race in perspective at Stanford Alice ran 32:36.11 so the race in many respects went to plan.....qualify to the NCAA finals in the easiest way possible. Over in the men's 10,000 meter race senior **Dan Milechman (Mill Valley, CA)** finished in 31:56.82 which did not advance him to the finals. The men's and women's Steeplechase found two Lobos advancing to Eugene, and one other coming up just short. In the women's race senior **Courtney Frerichs (Nixa, MO)**, the pre-race favorite, was scheduled to run in the first of three sections of 16 athletes each. Courtney was never pressed easily moving away from the rest of the pack, and winning in an eased up 9:51.48, more than 18 seconds in front of the second placer. After all three sections were finished Courtney still had the fastest qualification time by over ten seconds and will go into the NCAA finals as the #1 seed. Her 9:51.48 is the second fastest performance in Lobo history after her 9:29.31 from Stanford. In the men's steeplechase senior **Elmar Engholm (Stockholm, Sweden)** and junior **Graham**



Photo courtesy of Marty France, US Air Force

JOSH KERR MAKING A MOVE IN THE  
FINAL 200 METERS OF THE 1500



Photo courtesy of Marty France, US Air Force

EMILY  
HOSKER-  
THORNHILL  
SPEEDING TO  
THE FINISH  
LINE



**Thomas (Dulce, NM)** entered the competition ranked #6 (EE) and #19 (GT). Both Lobos were entered to compete in the first of three sections. By lap three of the seven and a half lap race things had settled down and an Arkansas Razorback led the field. Elmar was within a little more than a second of the leader with Graham about three back. Following lap four Elmar decided to take the lead, and he picked up the pace ever so slightly. Graham sensing this was “go” time ran the fastest split of the field, a 69.3. Quickly the field jumped to attention, and the real racing began. Elmar liked leading and he continued to do so through laps five and six. Graham had moved up to fifth place overall but was having trouble matching the first fours pacing. Elmar lead until the final lap when a Texas Tech Red Raider came roaring by, taking the section in 8:39.92. Elmar clocked 8:42.29 for second place, and Graham finished in 8:59.24. When the other two sections of the race finished Elmars performance was the second fastest overall advancing him to Eugene. Graham came in 16th overall, just a little short of advancement. Elmars time is the seventh fastest in Lobo school history and his second fastest as a Lobo (he has an 8:40.03).

The Long Jump found four Lobos vying for advancement, two men and two women. In the women’s Long Jump seniors **Aasha Marler (Hope Christian, ABQ, NM)** and **Samantha Bowe (La Cueva, ABQ, NM)** were seeded 16th and 27th respectively. Neither could get untracked with Sam getting off her best mark of the competition on her third and final attempt, a 18’ 11 3/4”, while Aasha did likewise, getting off an 18’ 9 1/4” effort on her final attempt. It took 19’ 8 3/4” to advance out of the round to the NCAA Finals. Over on the men’s side seniors **Allan Hamilton (Edinburgh, Scotland)** and **Yannick Roggatz (Birkenau, Germany)** came into the competition ranked #5 and #36. Yannick, jumping out of flight two sailed out to 23’ 7 1/2”, which at the end of the

day would finish 30th. Allan, jumping out of the fourth and final section opened up with a 24’ 4 1/2” effort which left him 11th after all jumpers were through with that round. On his second round effort he came down and used up every inch of the board, and came down with a good jump. But the official at the board was reviewing the jump through videotape analysis to see if his foot was over the board. It seemed like an eternity until finally he raised the white (legal) flag.....whew. The jump measured 24’ 10 1/2” which moved him right back up to sixth place overall. His final round 24’ 3 3/4” left him 8th overall and a trip to Oregon.

Photo courtesy of Marty France, US Air Force



SOPHIE CONNOR  
CONTROLLING THE PACE

The 1500 meters also had four Lobos competing, two men and two women. In the women’s 1500 meters seniors **Sophie Connor (Hertfordshire,**

**England)** and **Emily Hosker-Thornhill (Cantebury, England)** came in ranked #2 and #20. Sophie had been racing at a very high level since the indoor season, while Emily was getting better and better each week. Emily was slated to race in the first section and she was up against the 4th and 5th seeded athletes in the field. What was good about that was that the pace would be stiff from the onset, and if Emily could stay in contact they would help her with a fast time. The four sections had 12 athletes in each one with the qualification the top two in each race, and then the next four fastest overall times advance. The first 300 meters of the race went out in about 50 seconds



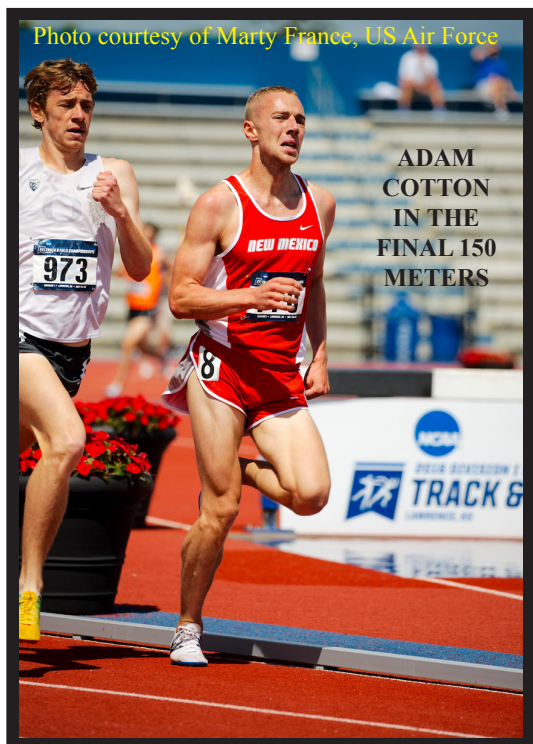
and Emily was right with the leading four, a Colorado Buffalo, a Stanford Cardinal, a Duck from Oregon, and a Golden Bear from California. One lap later, at 700 meters Emily had dropped into fifth place, just slightly behind, but still behind. Fifth place was a precarious position. Another 400 meters into the race and Emily was still laboring in fifth. It was now or never. She unveiled a vicious final 400 meters and went flying past the Cal Bear and getting to the finish line in the fastest she had ever run, a 4:18.55 dynamo. That performance moved her to #5 all-time at UNM. Now she would have to wait for the final three sections. In section #2 the winner ran 4:21.87, so Emily was still good. In section three the first two auto qualifiers ran faster (4:18.39 & 4:18.40) but the third placer ran 4:18.64, so Emily was still in the hunt. The final section of the race found Sophie. Knowing that all she had to do was finish first or second to advance Sophie took the lead right from the gun, and just cruised around, coming through the first 300 meters in 53.75 (that was great for Emily). Sophie continued through the 700 in 2:07.41 and again that was great for Emily who had crossed in 2:02. Sophie led through the 1100 meters and then with one lap left decided to turn it up, and she whisked away from the field with a relaxed but deadly 63.63 last lap to cross in first place. Sophie's time of 4:21.27 meant that Emily was going to get a plane ride to the "Big Dance" in Eugene, Oregon. In the men's 1500 meters froshie **Josh Kerr (Edinburgh, Scotland)** and senior **Adam Cotton (Penkridge, England)** came in ranked #8 and #25. With both lads scheduled to run out of section three, at least they would know what the first two sections did before they took off. After the first two sections it seemed pretty clear that it would take a 3:44.00 to qualify so everyone in the field was determined to race at that level. The first 300 meters went out in about 42 seconds and then the next lap went in almost 60 flat. Josh was right at the front pack, while Adam was just a tick back. The next 400 slowed ever so slightly as the leaders ran a 61. With one lap to go Josh was in third place with Adam in seventh, but just a couple of tenths of a second out of fourth. Josh made a concerted move and pressed real hard running a final lap of 58.97 to roll across the finish line in second place, getting an auto berth in 3:43.67. Adam worked real hard up the backstretch and for a brief moment was almost to the next group, but he couldn't sustain that intense pace, finishing 6th with a 3:45.23 clocking, running the final 400 in 59.88. Adam would end up easily beating his pre-meet ranking finishing 18th. It did indeed take 3:44.08 to qualify.



The 4x100 relay of Allan Hamilton, **Scott Bajere (Bristol, England)**, froshie **Carlos Salcido (Rock Springs, Wyoming)**, and Yannick Roggatz substituting for the injured Ridge Jones, a relay that had run two of the fastest six times in Lobo history got nabbed for an exchange out of the zone and was red-flagged. Ridge had injured his quad during the 100 meters.

Junior **Calli Thackery (Yorkshire, England)** came into the 5000 meters ranked second and what would appear to be an easy pathway to the NCAA finals. But nothing in athletics is always that easy. The 48 women were divided into two sections of 24 athletes with the





top five in each section qualifying and then the next two fastest overall times-making it. Running out of section one Calli was content to stay off the lead pace as a Texas Longhorn led the way. Coming through the first mile in roughly 5:10, Calli was right off the shoulder of the Longhorn. Right after the 2000 meter point a Baylor Bear suddenly jumped to the lead, but that was short-lived as she faded into the back of the race after that. Calli then decided to lead, and she did so for three laps running of 80, 79, and then 78. But around 3400 meters of the 5000 meters race a Stanford Cardinal, Boise State Bronco, and an Oklahoma State Cowgirl sped out front with a 77 second lap. Calli jumped to respond and pull them back in. Even though Calli lowered her pace to a 75 second quarter, the front group went 74. Calli quickly dropped to sixth place and even though she went 75-75-72 on her last three laps the front group was really getting after it going 74-72-69! Calli ended up sixth with a 16:16.15. Now she had to wait for the second section to finish before knowing if she would be traveling to Eugene. The second race was won with a 16:15.88 so Calli earned a return trip to Oregon.

Seniors **Holly Van Grinsven (Brentwood, TN)** and **Zoe Howell (Socorro, NM)** came into the meet ranked #32 in the 100 Hurdles and #46 in the 800 meters respectively. Holly, competing in her final meet clocked a 13.67 which finished 31st overall. Holly will exit UNM as the #2 ranked short hurdler all-time. Zoe, the ninth fastest 800 runner all-time at UNM clocked 2:11.67, her second fastest ever to finish a nice 37th. Zoe will also finish her career being a member of four of the ten fastest 4x400 Relays all-time. Holly was on two of those relays.



The Triple Jump found three Lobos competing, junior **Sam Trigg (Plymouth, England)** and classmate **Jannell Hadnot (Lodi, CA)** along with Aasha Marler. Jannell and Aasha came in with good positions, as they were ranked #9 and #10 while Sam was a little farther away with his 17th place ranking. Sam had a seasonal best of 51' 9" which he did at the MWC Championship and most felt it would take right around 52' to qualify. On his first attempt he bounded to a 49' 6 1/4" distance, which left him in 15th position. On his second round attempt he improved to 51' 3" which moved him up to 14th overall in the competition. With one remaining jump Sam needed to extend to a new PR. He did not get that jump off and settled for a final placing of 16th. It did indeed take 52' 0" to nab the 12th and final position. Over in the ladies Triple in the first round of three attempts 17 athletes fouled and Aasha with her 40' 11" distance, and Jannell with her 40' 9" distance were in 12th and 13th position. In the second round Aasha was able to extend her distance out to 42' 2" while Jannell fouled. That moved Aasha up to 8th overall but Jannell had moved all the way down to 23rd. Now this was getting interesting. With only one attempt left Aasha seemed to be in a good spot, but Jannell was in a deep hole looking upwards. On her third and final jump Aasha went 41' 1" so she had to sit there and hope a bunch of people didn't start jumping crazy long distances on their final attempt. For Jannell she had to control her inner self, and focus on getting a good run up and hitting the board, and then making sure she held her positions into the pit. A Rice Owl and Cal Bear both hit big jumps on their last attempts and suddenly Aasha was 10th overall.....too close for comfort. Jannell walked up to the runway, steadied herself, came down the runway, and boooooooooom. Her wonderful 43' 10" all-time PR (her previous best was 42' 9 3/4") sailed from 23rd all the way to 1st, and shocking the field. Now that is the way to place an exclamation point on a competition. And Aasha did finish 11th sending both athletes to the NCAA finals. Jannells jump moves her all the way to #2 all-time at UNM!

#### NCAA SCHEDULE (all times are Pacific Time Zone) Meet will be lived streamed on NCAA.com

##### Wednesday, June 8th

4:46pm: Men's 1500 Semifinal  
5:02pm: Men's 3000 Steeple Semifinal  
6:00pm: Men's Long Jump Final

##### Thursday, June 9th

4:46pm: Women's 1500 Semifinal  
5:02pm: Women's Steeple Semifinal  
7:08pm: Women's 10,000 Final

##### Friday, June 10th

5:42pm: Mens 1500 Final  
5:54pm: Men's Steeple Final

##### Saturday, June 11th

3:30pm: Women's Triple Jump Final  
3:41pm: Women's 1500 Final  
3:54pm: Womens Steeple Final  
5:25pm: Women's 5000 Final



**WHAT DO ALL THE SYMBOLS MEAN?????** In parentheses after a performance will be a 1st, 2nd, 3rd, etc. This indicates the COLLEGIATE place in the meet that athlete finished. All unattached or professional athletes are removed since we are most focused on NCAA competition. After that may be two numbers like (2,8). This stands for how the athlete ranks on the All Time Top Ten Outdoor Track & Field PERFORMER AND PERFORMANCE list. The number on the LEFT indicates how that athlete is ranked as far as individual PERFORMERS are concerned. The #2 would tell us that performer (athlete) is the second-best in New Mexico outdoor track & field history in that event. The number on the RIGHT indicates how that performance is ranked in relation to all the top performances in New Mexico history in that event. The #8 would tell us that performance is the 8th best in New Mexico history in that event. It is possible, and even probable that one athlete could have many performances which rank in the top ten during their four year career. An x on the LEFT (x,8) tells us that they have achieved a better performance before, while on x on the RIGHT (8,x) tells us it doesn't make the performance list. **PR indicates a PERSONAL RECORD) (their best ever in that event).** An @ indicates the performance has been altitude adjusted based on the NCAA protocol.

## NCAA WEST FIRST-ROUND QUALIFYING PRELIMINARY at KANSAS MAY 26-28, 2016

### Top 12 advance to NCAA Finals

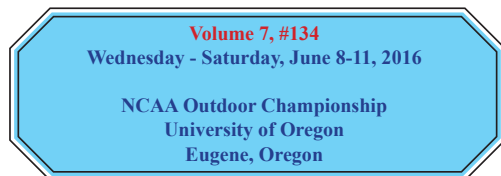
#### MEN

100	Ridge Jones 17.15	
1500	Josh Kerr 3:43.67 (7th)	Adam Cotton 3:45.23
3000sc	Elmar Engholm 8:42.29 (2nd) (x,7)	Graham Thomas 8:59.24
10,000	Dan Milechman 31:56.82	
4x100	Allan Hamilton, Scott Bajere, Carlos Salcido, Yannick Roggatz	dq
LongJ	Allan Hamilton 24' 10 1/2" (8th)	Yannick Roggatz 23' 7 1/2"
TripleJ	Sam Trigg 51' 3"	

#### WOMEN

100H	Holly Van Grinsven 13.67	
800	Zoe Howell 2:11.67	
1500	Emily Hosker-Thornhill 4:18.55 (6th) (5,7)	
	Sophie Connor 4:21.27 (11th)	
3000sc	Courtney Frerichs 9:51.48 (1st) (x,2)	
5000	Calli Thackery 16:16.15 (7th)	
10,000	Alice Wright 34:21.95 (2nd)	
LongJ	Samantha Bowe 18' 11 1/4"	Aasha Marler 18' 9 1/4"
TripleJ	Jannell Hadnot 43' 10" (1st) (2,2) <b>PR</b>	Aasha Marler 42' 2"(11th)





For the 14th time the University of Oregon played host to the NCAA Outdoor Track & Field Championship. In the 95th edition of the men's meet, and the 35th edition of the women's championship the approximately 1000 competing athletes were shown consistent support from the almost 44,000 spectators. At times the roar of the crowd was deafening, and there simply isn't any other place in the United States where fans know and respect track & field like those in Eugene. The first three days of the meet had off and on light rain, but the final day was blessed with warm sunshine. Regardless, the NCAA outdoor championship had incredible athletic achievements and each year the meet showcases that it is one of the premier track & field events from all over the world. The Olympic Games, and the US Olympic Trials are generally considered to be of a higher performance level, but then not many other meets from around the globe can match what happens during the annual championship. The Lobo women ended up finishing in 15th place the highest it has ever achieved in the outdoor meet.



Every team that competed had its school flag displayed around the track facility



Many athletes did find a pot of gold at the end of the rainbow which seemed to drop right down on the track facility.

## Frerichs Races Into NCAA History Books

The women's 3000 meter steeplechase was added as an NCAA event in 2001 and since that time there have only been eleven times that an athlete ran faster than 9:40 in the NCAA finals. By having finished second last year senior **Courtney Frerichs (Nixa, MO)** was the prohibitive favorite all year long. And after her solo 9:29.31 at the Payton Jordan meet on May 1st that was the second fastest in NCAA history most prognosticators felt the title would easily be hers for the taking. But the steeplechase is a challenging, and difficult event where an athlete must hurdle 28 immovable barriers around the track and bound over seven water jumps, so there is plenty of room for disaster. Every athlete must respect the steeplechase for all its pitfalls. In the semi-final round Courtney ran easily, and without interference as she clocked 9:55.01 to win her semi. In the final, the 12 athletes toed the starting line wondering what type of strategy Courtney would utilize. Well how about this one.....the gun went off, Courtney went to the lead, and never surrendered it all the way through the finish line. She came through the first part lap of the race in a shade under 42 seconds, then followed up with a 77 second lap, then a 74 second lap, a 75 second lap, and she was one second ahead of the Razorback from Arkansas and over six seconds ahead of the third place runner. Then Courtney threw the gauntlet down and toured the next lap





Early action in the semi-final round

in 75 which grew her lead to four seconds. She then continued on with another 75 and her lead grew to almost six seconds. And with the crowd roaring as the announcer told them she was close to NCAA record pace, Courtney got a big shot of adrenaline and blitzed a 73.99 second lap. With one lap to go she had the NCAA record of 9:25.54 established in 2009 by Jenny Barringer of Colorado in her sights, but with no one around to help, and having to do all the work on her own it wouldn't be easy. Up the backstretch the noise was deafening as the crowd was on its feet, and she seemed to pick up steam with their help. Around the final turn and over the water jump she was cat-like, coming out of the water with no problems. As she came onto the homestretch the large finish clock loomed in the distance and people were looking at her then the clock, then back to her. As she cleared the final dry land barrier with about 68 meters to go, she lifted her knees, and pumped her arms, and kept her

focus clearly on the finish line clock. With each stride the crowd got crazier and louder and when she got about ten meters from the finish line one couldn't even hear themselves think. As the picture below shows the huge homestretch crowd was jumping up and down on the wooden stands, and had arms outstretched over their heads. Courtney hit the finish line and within about five seconds the clock flashed - 9:24.41 - NEW COLLEGIATE RECORD. The crowd kept up its volume as the announcer read off where she ranked all-time. The performance moved her to the #6 fastest time EVER in the US, and the 51st fastest women steepler all-time in the world since the IAAF started keeping records for the event in 1968. She moved to #13 in the world in 2016 according to the IAAF rankings.







## Wright Runner-Up in 25 Lap Extravaganza

In championship races over 10,000 meters (6.2 miles) everyone would typically prefer to run comfortably hard, then maybe in the last two or three laps run real hard. Its just plain easier on the body and mind. Thats certainly nice, but junior **Alice Wright (Worcester, England)** was having none of that stuff. Alice believes in hard, fast, fair racing, and she is not shy about being willing to do the hard work, to make it an honest race. Maybe Alice's belief could be summed up in the thought that if someone is going to beat her, they will have to pay the price to do so. She told Coach Franklin prior to the race that she would not lead

for the first couple of laps, but if the pace was too slow, she would take the lead and press the pace the entire way.....a true racer. Well Alice got her wish. After an 84 second opening lap yawner, then another slow lap of 81, Alice said, "okay girls, lets go play" and she dropped the tempo on the third lap to a more respectable 77. She then got into the flow of running consistent 77's or 78's and was like a metronome. At the metric mile mark (1600 meters) almost every one of the 24 women was still in a big pack, and by 3200 meters (about 2 miles) 20 of the 24 athletes were still in the racing pack. Alice brought the group through in 10:35. Through three miles she kept the pace consistent going 79.1, 79.8, 79.8, 79.5, 79.0, 79.0 not letting up. By that point about half of the field had fallen off and the race was slowly whittling itself down. By the metric four mile point (6400 meters) there were still eleven in the main pack, but the ones at the tail end were not looking like

they were enjoying themselves. As the lead pack headed toward 8000 meters there were eight athletes still running up front (**picture to the left**). At 8400 meters, the multiple NCAA Champion from Arkansas who had been running in the slipstream of Alice from the beginning of the race, picked up the tempo ever so slightly. Alice, not panicking responded in kind. The Razorback ran that lap in 77, with Alice at 78. An Air Force Falcon, a Portland Pilot, a Tennessee Volunteer, a Jayhawk from Kansas, an Iona Gael, and Boise State Bronco were all that was left. At 8800 meters the Razorback threw in a 76 second 400 and Alice matched that. But so did everyone else in that group. They were racing hard and fast, and the crowd was getting into it. At 9200 meters the Razorback threw in a remarkable 68 second 400 which no one in the field could match as they all ran 76. But from 9200 meters to the finish line

Photo courtesy of Marty France, US Air Force





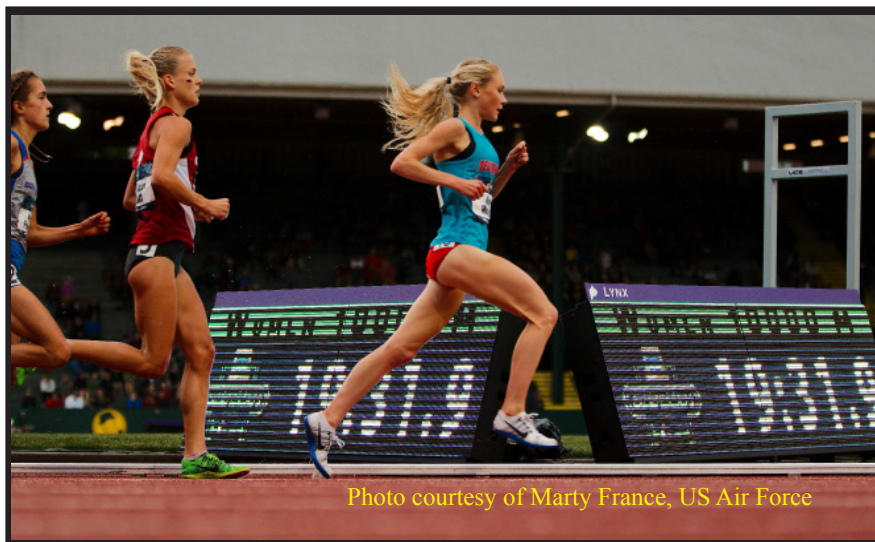


Photo courtesy of Marty France, US Air Force

19 minutes into the race and Alice still presses the pace

it was a dog eat dog, shoulder to shoulder, test of guts and glory between some great runners. With one lap to go Alice and the other six athletes were within a couple of inches of each other. Then the last lap "who wants it more" racing happened. Up the backstretch there were seven, then at the turn there were five, and at the head of the homestretch there were three (Air Force, Portland, Alice). Down the homestretch they were digging for all they had, and their facial expressions said everything there was to say. Alice running as fast as she ever had refused to let the other two past her and she held on to outlast the Falcon 32:46.99 - 32:47.25 to the Pilot at 32:47.30. What a simply great

example of tough racing. For Alice that is the third fastest time in Lobo history and she now owns five of the ten fastest 10k's in Loboland. A nice All American award!



Photo courtesy of Mike Mulcahy

Facial  
Expressions  
tell the  
entire story of the pain and discomfort  
to get to the finish line  
in a 10,000 meter race.



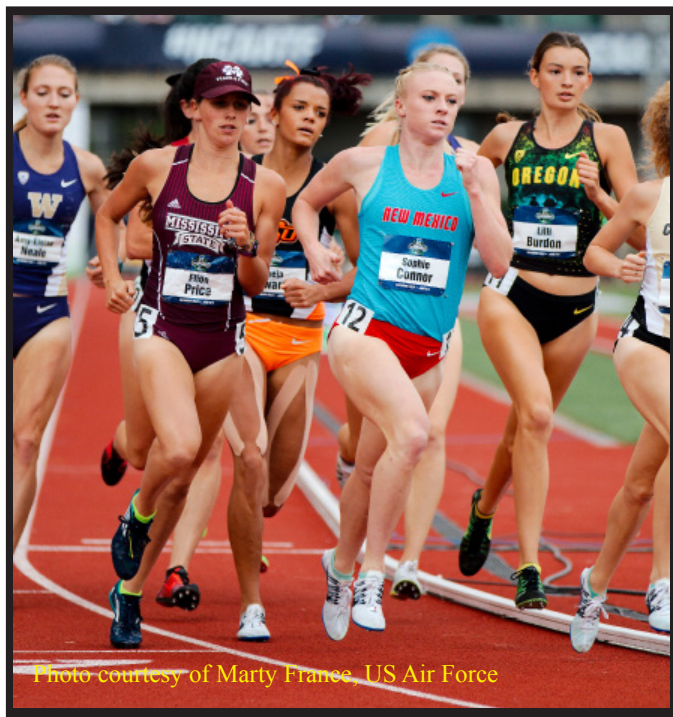


Photo courtesy of Marty France, US Air Force

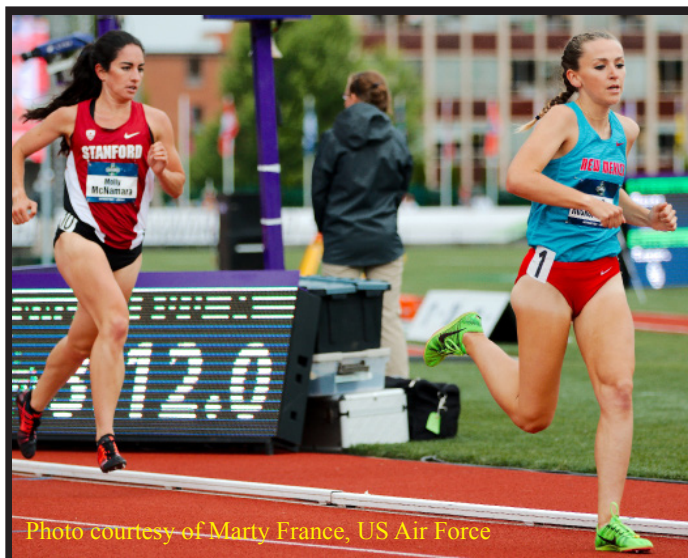


Photo courtesy of Marty France, US Air Force

## Connor & Hosker-Thornhill Both All-Time PR in 1500

One important point in competing at the NCAA Championships is to go into the meet with a good mindset, and run, jump, or throw the best that that athlete has ever done. In other words, get a PR!

If that is good enough to advance to the finals - great, but if not, then the athlete should hold their head high for achieving the best they can. In the women's 1500 meter prelims both **Sophie Connor (Hertfordshire, England)** and **Emily Hosker-Thornhill (Cantebury, England)** were scheduled to run in the same heat. The qualifying method was to take the top five finishers out each of the two heats of twelve athletes, plus the next two fastest overall performances for a twelve athlete final. During the regular season Sophie had ranked #5 in all the land, while Emily was ranked 50th. At the start the group stayed closely together running roughly 50 seconds for the first 300 meters as the above picture to the left shows. Every single athlete in the race then ran 68 seconds for the second lap and everyone was within one second of each other. The third revolution of the oval found 11 of the 12 athletes running a 69 second lap, which meant with one lap to go everyone was in the race. The front couple of athletes then picked up the tempo and sped up the backstretch, legs churning, trying to get some space. Sophie made sure that she was right in the mix, not giving way. Emily on the other hand got slightly gapped, but she was still running very well, just slightly off the pace of the first five. Around the turn and down the homestretch Sophie stayed in the race and she crossed the finish line in a smooth looking 4:13.74, her fastest time ever, and a new Lobo school record erasing her own record of 4:14.03! Emily did not let up, and crossed in 4:17.74, the fastest that she had ever run, dropping a second off her previous best. While Emily did not qualify for the final, she did move up to #5 all-time at UNM. In the twelve woman final the race began just as the prelim had with a 51 second opening 300 followed by a 68 second next lap. All 12 ladies were right together and they stayed that way for part of the next lap before five of the woman turned up the intensity to come through with a 66 second split, while the other group including Sophie hit 67/68 for that lap. Sophie ended up coming home in 11th place with a 4:17.27 clocking, which still is the 8th fastest performance all-time in Lobo land. Sophie ends the year with the 1st-2nd-6th-8th fastest performances all-time at UNM in the 1500 meters.



Sophie & Emily look at the finish results.

## Kerr Blasts Into 1500 Final with Big PR

Froshie **Josh Kerr (Edinburgh, Scotland)** came into the NCAA meet with the ninth fastest time out of the First-Round competition and a seasonal best of 3:42.09. The qualification was the same as the women, the first five finishers out of each heat, plus the next two overall fastest times advance. Josh, scheduled to race in the second heat would know what the advancement time was before he began. For some reason the first section just played around, going out in 46 and 1:55 for the first splits, and no one ran faster, with the last qualifying time for advancement being 3:49.93. Essentially the men in the first race just made sure no time qualifiers would advance from their heat. Every one in Josh's section knew that they would not do what heat one did and they went out in 43 for the first 300 and came through the next lap in 62 for a total of 1:46. Every single man was locked together and it stayed that way through the next 400 meters which came by in 58 seconds. With one lap to go only one of the twelve men had dropped off so eleven were still in contention for the seven spots. Josh ran a solid 56 second last lap to finish fifth in his heat, with a new PR of 3:41.08, #6 all-time at UNM. In the final two days later Josh was the only froshie who made it to the line. He ended up racing to a 3:50.00 clocking and finishing 10th overall, a nice finish to his first year of top level collegiate racing.





## Engholm Races to Fast 3000 Steeplechase

Senior **Elmar Engholm** (Stockholm, Sweden) had the 12th fastest seed time out of the First-Round competition, and with only 12 advancing to the finals had his work cut out for himself. EE came into the championship with a lifetime best of 8:40.03 and figured he had to run slightly faster to advance. Like all races with 24 qualifiers there would be two heats with the top five out of each heat advancing, then the next two fastest times going also. Running out of heat one Elmar did not look his normal powerful self, but was working very hard to stay in contention. He did a fine job of doing so even though he didn't have his "A" game. Elmar ran hard all the way and ended up finishing in eighth place in heat one, but when they punched up the finish times it read.....8:37.44, a huge PR and nice effort. That moves Elmar all the way up to #2 all-time at UNM. Unfortunately, that time did not advance Elmar to the finals. But when looking back in NCAA history that was the fastest time EVER to not make the NCAA final which told a story about how good this years steeplechase was. The men's steeplechase first was contested in 1948, it wasn't contested in 1949, 1950, and 1951, it was in 1952, and then not again in 1953-55, back on in 1956, then off in 1957 & 1958. But once 1959 came around the steeple has been a part of every NCAA Championship. Elmars time would have won every NCAA steeplechase title up to 1971 and then also in 1975, 1982, 1989, 1994, 1998, 1999, 2000, 2001, 2004! Yikes. And prior to 2016 the fastest time EVER to qualify for the final at the NCAA meet was 8:42.32. 2016 was a great year for the Steeplechase.



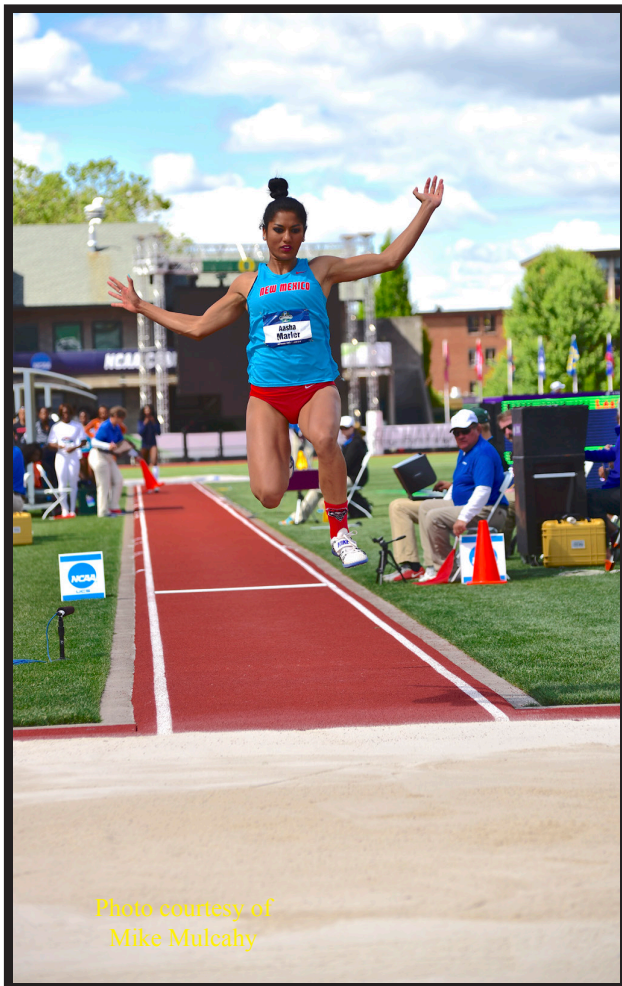


Photo courtesy of  
Mike Mulcahy

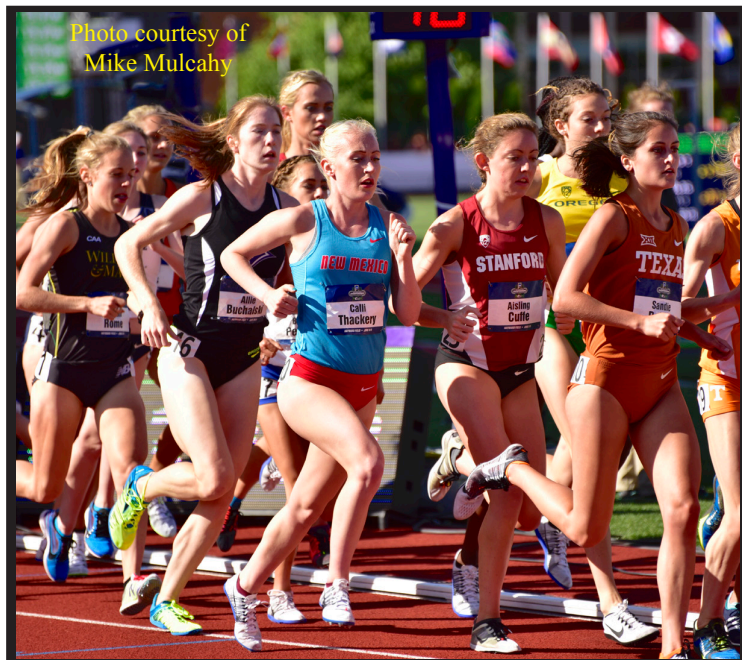


Photo courtesy of  
Mike Mulcahy

Lobos at NCAA Championship

Upper left hand picture: senior Asha Marler (Hope Christian, ABQ, NM) competes in the Triple Jump. Asha ended the season ranked #22 nationally. Upper right hand picture: junior Calli Thackery (Yorkshire, England) competing in the 5000 meters. Calli ranked #2 nationally during 2016. Lower left picture: senior Allan Hamilton (Edinburgh, Scotland) competes in the Long Jump. Allan ranked #12 nationally this year. Lower right picture: junior Jannell Hadnot (Lodi, CA) competes in the Triple Jump. Jannell ranked #22 during the regular season.

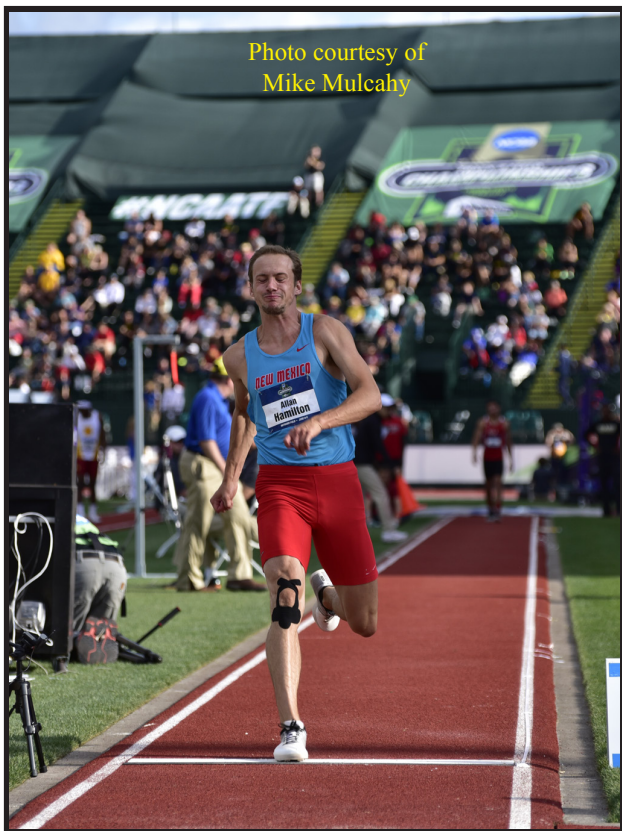


Photo courtesy of  
Mike Mulcahy



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## NCAA CHAMPIONSHIP AT UNIVERSITY OF OREGON WEDNESDAY - SATURDAY, JUNE 8-11, 2016

### MEN

1500 Josh Kerr 3:41.08 **PR** (6,x) 3:50.00 (10th)  
 3000sc Elmar Engholm 8:37.44 **PR** (2,3) (14th)  
 LongJ Allan Hamilton 23' 5 1/2"

### WOMEN

1500 Sophie Connor 4:13.74 **PR** (1,1) 4:17.27 (x,8) (11th)  
 Emily Hosker-Thornhill 4:17.74 **PR** (5,9) (15th)  
 3000sc Courtney Frerichs 9:24.41 (1st) **PR** (1,1) *New NCAA Collegiate Record*  
 5000 Calli Thackery  
 10,000 Alice Wright 32:46.99 (2nd) (x,3)  
 TripleJ Jannell Hadnot 42' 3 1/4" (17th) Aasha Marler 41' 8" (20th)



# UNIVERSITY OF NEW MEXICO OUTDOOR TRACK & FIELD

## FINAL 2016 BEST PERFORMANCES (Updated June 13, 2016)

*An @ after a performance denotes it has been adjusted based on the NCAA altitude conversion*

2016			ALL TIME BEST or PREVIOUS BEST	
<b>100 METERS (WOMEN)</b>			<b>UNM Record - Barbara Bell, 11.42, April 28, 1984 at Mt. SAC Relays</b>	
Aasha Marler	Senior	12.03 (+3.8)	Brutus Hamilton, 4/23	11.98@ (+0.7) MWC Championship, 4/16
				11.77 (+4.4) Jim Click Invitational, 4/12
Haley Sanner	Senior	12.12 (+1.5)	Bryan Clay Invt, 4/15	12.13 (+1.9) Long Beach Invt, 4/18
				11.94@ (+3.8) Texas Tech Open, 4/5
Peri Moran	Junior	12.30@ (+1.7)	UTEP Invitational, 4/30	12.01 (+1.1) Mt. Sac Relays, 4/18
Samantha Woodman	Frosh.	12.49 (+1.8)	Sun Angel Classic, 4/9	12.53@ (+0.7) Don Kirby Tailwind, 4/2
Jannell Hadnot	â	12.64@ (-1.8)	Don Kirby Tailwind, 4/2	
Erynn Caldwell	Soph.	12.92 @(-1.8)	Don Kirby Tailwind, 4/2	11.97@(+1.2) New Mexico Quad, 4/10
Zoe Howell	Senior			12.69@ (+5.6) 3/23, UTEP Springtime Invt.
<b>100 METERS (MEN)</b>			<b>UNM Record - Gabriel Okon, 10.17@, April 19, 1986 at New Mexico (10.14 raw)</b>	
Ridge Jones	Senior	10.47 (+2.1)	MWC (Fresno State), 5/14	10.56 (+0.6) Payton Jordan Invt, 5/1
Scott Bajere	Senior	10.61 (+3.2)	MWC (Fresno State), 5/13	10.51 (+0.3) MWC Champ, 5/15
Beau Clifton	Soph.	10.85 (+0.9)	MWC Decathlon, 5/11	11.12 (+2.5) MWC Decathlon, 5/13
Carlos Salcido	Frosh.	10.87 (+1.2)	Brutus Hamilton, 4/23	10.94 (+1.9) Bryan Clay Invt, 4/15
Chris Kline	Senior	11.05 (+1.2)	Brutus Hamilton, 4/23	11.16@ (+0.4) Don Kirby Tailwind, 4/2
Daniel Lam	Soph.	11.29 (+2.8)	Bryan Clay Decathlon, 4/13-14	11.38 (+0.1) Bryan Clay Decathlon, 4/15
Will Carter	Senior	11.55@ (+0.4)	Don Kirby Tailwind, 4/2	
Allan Hamilton	Senior			10.67 (+2.4) Beach Invitational, 4/18
<b>100 HURDLES (WOMEN)</b>			<b>UNM Record - Angela Whyte, 13.41@, May 17, 2000 at MWC (BYU) (13.37 raw)</b>	
Holly VanGrinsven	Senior	13.42 (+2.6)	MWC (Fresno State), 5/14	13.62 (+1.6) Triton Invitational, 4/25
Samantha Bowe	Senior	14.08 (+1.7)	MWC Heptathlon, 5/11	14.23@ (+1.0) Don Kirby Tailwind, 4/2
Kyra Mohns	Soph.	14.84 (+1.7)	MWC Heptathlon, 5/11	14.86@ (+1.7) UTEP Invitational, 4/30
Haley Sanner	Senior			15.50@ (0.0) 4/12, Air Force/N. Colorado
<b>110 HURDLES (MEN)</b>			<b>UNM Record - Fatweil Kimaiyo, 13.70, April 1977 at Texas Relays</b>	
Yannick Roggatz	Senior	14.91 (+3.9)	Sun Angel Classic, 4/9	14.84@ (+2.7) Texas Tech Open, 4/5
Daniel Lam	Soph.	15.12@ (+1.4)	UTEP Invitational, 4/30	15.25@ (+1.0) Don Kirby Tailwind, 4/2
Parker Jones	Soph.	15.18@ (+1.4)	UTEP Invitational, 4/30	15.84@ (+0.2) Don Kirby Tailwind, 4/2
Andris Sturans	Soph.	16.41@ (+1.4)	UTEP Invitational, 4/30	17.01@ (+1.0) Don Kirby Tailwind, 4/2
Beau Clifton	Soph.	16.90@ (+1.4)	UTEP Invitational, 4/30	19.51 MWC Decathlon, 5/14
<b>200 METERS (WOMEN)</b>			<b>UNM Record - Barbara Bell, 23.44h, April 28, 1984 at Mt. SAC Relays</b>	
Holly VanGrinsven	Senior	24.46@ (+1.0)	Don Kirby Tailwind, 4/2	24.42@(+0.6) UTEP Twilight, 5/1
Haley Sanner	Senior	24.81@ (+1.3)	Don Kirby Tailwind, 4/2	25.03@ (+2.1) Texas Tech Open, 4/5
Samantha Woodman	Frosh.	24.87 (+4.5)	MWC (Fresno State), 5/13	25.31 (-0.5) Payton Jordan Invt, 5/1
Kyra Mohns	Soph.	25.71 (+1.4)	MWC Heptathlon, 5/11	25.53 (+2.1) MWC Heptathlon, 3/13
Samantha Bowe	Senior	25.71 (+1.4)	MWC Heptathlon, 5/11	25.88 (+1.3) Bryan Clay Hept 4/13-14
Zoe Howell	Senior	25.93@ (+1.1)	Don Kirby Tailwind, 4/2	25.44@ (+2.6) Don Kirby Tailwind, 5/2
Faith Cobb	Senior	26.15@ (+1.1)	Don Kirby Tailwind, 4/2	25.52 (+0.3) MWC Champ, 5/15
Peri Moran	Junior	26.24@ (-0.5)	UTEP Invitational, 4/30	25.74@ (+1.1) Don Kirby Tailwind, 4/4
Erynn Caldwell	Soph.	26.58 @ (-0.5)	UTEP Invitational, 4/30	25.38@ (+1.4) Don Kirby Tailwind, 4/4
Christina Clark	Senior	27.62@ (-0.5)	UTEP Invitational, 4/30	27.26@(+5.5) 3/23, UTEP Springtime Invt.
Aasha Marler	Senior			25.73@ 3/24/12, UTEP Springtime
Hannah Riker-Urrutia	Junior			25.95@ (+2.1) Texas Tech Open, 4/5



**2016 BEST****ALL TIME BEST or PREVIOUS BEST****200 METERS (MEN)**

Ridge Jones	Senior	21.58 (+2.1)
Carlos Salcido	Frosh.	21.63 (+2.7)
Mark Haywood	Soph.	21.90@ (+1.4)
Chris Kline	Senior	22.11 (+2.7)
Isaac Gonzales	Soph.	22.13 (+2.7)
Cheyne Dorsey	Senior	22.36 (+1.2)
Parker Jones	Soph.	22.48@ (-1.1)
Yannick Roggatz	Senior	23.01@ (-0.9)
Will Carter	Senior	24.23@ (-0.9)
Allan Hamilton	Senior	
Scott Bajere	Senior	

**UNM Record - Gabriel Okon, 20.44h, 1987**

MWC (Fresno State), 5/13	21.59 (+0.8)	Payton Jordan Invt, 5/1
Brutus Hamilton, 4/23	21.81 (+1.2)	Bryan Clay Invt, 4/15
Don Kirby Tailwind, 4/2	22.31@ (+0.4)	UTEP Twilight, 5/1
Brutus Hamilton, 4/23	22.17@ (+2.9)	Don Kirby Tailwind, 4/2
Brutus Hamilton, 4/23	22.47 (+1.2)	Bryan Clay Invt, 4/15
Bryan Clay Invt, 4/15		
UTEP Invitational, 4/30		
Don Kirby Tailwind, 4/2		
Don Kirby Tailwind, 4/2	23.44@ (+0.9)	Don Kirby Tailwind, 4/4
	21.21@ (+0.4)	UTEP Twilight, 5/1
	21.61 (+1.9)	Brit Ath (Bournemouth 7/28/12)

**400 METERS (WOMEN)**

Haley Sanner	Senior	56.09
Larimar Rodriguez	Frosh.	57.46
Hanna Riker-Urrutia	Junior	57.37
Samantha Woodman	Frosh.	59.57
Christina Clark	Senior	60.69@
Faith Cobb	Senior	61.48
Erynn Caldwell	Soph.	62.86@
Holly VanGrinsven	Senior	
Zoe Howell	Senior	

**UNM Record - Ariel Burr 52.85, May 26, 2007 at NCAA Regional Championship**

Payton Jordan Invt., 5/1	55.04@	Don Kirby Tailwind, 5/2
Brutus Hamilton, 4/23	57.61@	Don Kirby Tailwind, 4/2
Payton Jordan Invt., 5/1	56.41@	Texas Tech Open, 4/5
Bryan Clay Invt, 4/15		
Don Kirby Tailwind, 4/2	60.34@	4/6, Don Kirby Tailwind
Sun Angel Classic, 4/9	57.70@	Don Kirby Tailwind, 4/4
UTEP Invitational, 4/30		
	54.79	MWC Champ, 5/16
	56.80@	4/6, Don Kirby Tailwind

**400 RELAY SPLITS (WOMEN)**

Holly Van Grinsven	Senior	55.2
Zoe Howell	Senior	55.7
Haley Sanner	Senior	56.0
Larimar Rodriguez	Frosh.	57.2
Hannah Riker-Urrutia	Junior	58.1
Kyra Mohns	Soph.	59.3
Samantha Bowe	Senior	59.5
Faith Cobb	Senior	60.0
Christina Clark	Senior	61.3
Erin Caldwell	Soph.	63.2
Samantha Woodman	Frosh.	64.1
Lindsey Andrews	Senior	65.5
Ruth Haynes	Junior	72.9
Sophie Connor	Senior	

Bryan Clay Invt, 4/15	55.5	New Mexico Quad, 4/10
Don Kirby Tailwind, 4/2	55.6	MWC Champ, 5/16
Sun Angel Classic, 4/9	55.8	Don Kirby Tailwind, 4/4
Bryan Clay Invt, 4/15	57.7	Sun Angel Classic, 4/9
MWC (Fresno State), 5/14	56.5	MWC Championship, 5/17
Don Kirby Tailwind, 4/2		
Don Kirby Tailwind, 4/2	57.0	Mt. Sac Relays, 4/17
Don Kirby Tailwind, 4/2	60.6	Don Kirby Tailwind, 5/2
Don Kirby Tailwind, 4/2		
Don Kirby Tailwind, 4/2		
Don Kirby Tailwind, 4/2		
Don Kirby Tailwind, 4/2		
Don Kirby Tailwind, 4/2	59.8	Don Kirby Tailwind, 4/4

**400 RELAY SPLITS (MEN)**

Mark Haywood	Soph.	46.9
Cheyne Dorsey	Senior	48.4
Isaac Gonzales	Soph.	48.4
Carlos Salcido	Frosh.	48.7
Mustafa Mudada	Junior	48.8
Chris Kline	Senior	49.0
Daniel Lam	Soph.	49.6
Adam Monroe	Soph.	50.0
Elmar Engholm	Senior	

MWC (Fresno State), 5/14	47.7	Don Kirby Tailwind, 4/2
MWC (Fresno State), 5/14	48.2	Don Kirby Tailwind, 4/4
MWC (Fresno State), 5/14	48.7	Payton Jordan Invt., 5/1
Payton Jordan Invt., 5/1	49.0	Don Kirby Tailwind, 4/2
Don Kirby Tailwind, 4/2	47.5	Don Kirby Tailwind, 5/2/14
Don Kirby Tailwind, 4/2	47.5	MWC Champ, 5/16
Don Kirby Tailwind, 4/2		
Don Kirby Tailwind, 4/2		
Don Kirby Tailwind, 4/2		
Don Kirby Tailwind, 4/2	50.5	Don Kirby Tailwind, 4/4

**400 METERS (MEN)**

Mark Haywood	Soph.	48.13
Carlos Salcido	Frosh.	48.65
Isaac Gonzales	Soph.	49.03
Chris Kline	Senior	49.43
Mustafa Mudada	Junior	49.63
Beau Clifton	Soph.	50.06@
Daniel Lam	Soph.	50.83

**UNM Record - Adolph Plummer, 45.14h, May 25, 1963 at WAC Champ (Arizona St.)**

Payton Jordan Invt, 5/1	48.13@	New Mexico Quad, 4/10
Payton Jordan Invt, 5/1		
Brutus Hamilton, 4/23	49.37@	Don Kirby Tailwind, 4/2
Sun Angel Classic,m 4/9	47.69@	MWC Championship, 5/17
Sun Angel Classic,m 4/9		
UTEP Invitational, 4/30	50.99	Brutus Hamilton, 4/23
Bryan Clay Decathlon, 4/13-14	51.10@	Don Kirby Tailwind, 4/4



Andris Sturans Soph. 51.62@ UTEP Invitational, 4/30  
 Cheyne Dorsey Senior

49.90@ 4/6, Don Kirby Invt.

**2016 BEST**

**ALL TIME BEST or PREVIOUS BEST**

**400 METERS HURDLES (WOMEN)** UNM Record - Shannon Vessup, 58.10@, May 12, 1984 at High Country Champ (BYU)

Haley Sanner	Senior	62.14	Beach Invitational, 4/19
Holly VanGrinsven	Senior	63.58	Brutus Hamilton Challenge, 4/26
Christina Clark	Senior	66.03@	New Mexico Quad, 4/10

**400 METERS HURDLES (MEN)** UNM Record - Fatweil Kimaiyo, 50.15, April 1978 at Texas Relays

Mustafa Mudada	Junior	53.22	Bryan Clay Invt, 4/15	52.21@	Don Kirby Tailwind, 4/4
Cheyne Dorsey	Senior	53.41	MWC (Fresno State), 5/14	53.93	Bryan Clay Invt, 4/15

**800 METERS (WOMEN)** UNM Record - Susan Vigil, 2:04.34h, 1979 at Michigan State

Sophie Connor	Senior	2:05.95	MWC (Fresno State), 5/14	2:08.60@	Don Kirby Tailwind, 4/4
Zoe Howell	Senior	2:08.34	Payton Jordan Invt., 5/1	2:12.06@	New Mexico Quad, 4/10
Larimar Rodriguez	Frosh.	2:16.78	Bryan Clay Invt, 4/15		
Hannah Riker-Urrutia	Junior	2:18.15	Brutus Hamilton, 4/23	2:16.48	Beach Invitational, 4/19
Kyra Mohns	Soph.	2:27.00	Bryan Clay Heptathlon, 4/13-14	2:25.90	MWC Heptathlon, 5/14
Samantha Bowe	Senior	2:29.95	Bryan Clay Heptathlon, 4/13-14	2:35.24	5/10/14, MWC Heptathlon
Emily Hosker-Thornhill	Senior			2:13.60@	Don Kirby Tailwind, 4/4
Calli Thackery	Junior			2:10.63	TraffordGrPr(Stretford), 7/24/12
Holly VanGrinsven	Senior			2:23.57	5/10, MWC Heptathlon

**800 METERS (MEN)** UNM Record - Sammy Kipkurgat, 1:46.02@, 1977

Josh Kerr	Frosh.	1:50.60@	Don Kirby Tailwind, 4/2		
Adam Cotton	Senior	1:50.92	MWC (Fresno State), 5/14	1:51.45@	Don Kirby Tailwind, 4/2
Adam Monroe	Soph.	1:52.96@	Don Kirby Tailwind, 4/2	1:55.40@	Don Kirby Tailwind, 4/4
Elmar Engholm	Senior			1:50.48	Long Beach Invt, 4/18
Matt Bergin	Senior			1:54.37	BritAthLeague(Derby), 6/8/13
Chris Graham	Soph.			1:56.50@	Don Kirby Tailwind, 4/4
Graham Thomas	Junior			1:55.85@	4/6, Don Kirby Tailwind

**1500 METERS (WOMEN)** UNM Record, Sophie Connor, 4:14.03; May 1, 2016 at Payton Jordan/Stanford Invt.

Sophie Connor	Senior	4:13.74	NCAA Championship, 6/9	4:14.03	Payton Jordan Invt., 5/1'
Calli Thackery	Junior	4:14.99	Bryan Clay Invt, 4/15	4:15.41	Payton Jordan/Stanford, 5/2
Emily Hosker-Thornhill	Senior	4:17.74	NCAA Championship, 6/9	4:18.55	NCAA West Regional, 5/28
Courtney Frerichs	Senior	4:18.92	Bryan Clay Invt, 4/15		
MacKenize Everett (Un)	Frosh.	4:43.12@	Don Kirby Tailwind, 4/2		
Kendall Kelly	Soph.	4:45.87@	Don Kirby Tailwind, 4/2	4:44.95@	Don Kirby Tailwind, 4/4
Reilly Kelly	Soph.	4:55.16@	Don Kirby Tailwind, 4/2		
Helene Tambet	Junior			4:50.85	Jim Click Invitational, 4/12

**1500 METERS (MEN)** UNM Record - Lee Emanuel, 3:37.25, May 2, 2009 at Stanford Invitational

Josh Kerr	Frosh.	3:41.08	NCAA Championship, 6/8	3:42.09	Bryan Clay Invt, 4/15
Elmar Engholm	Senior	3:42.65	Bryan Clay Invt, 4/15	3:42.26	Payton Jordan/Stanford, 5/2
Adam Cotton	Senior	3:44.02	Bryan Clay Invt, 4/15		
Matt Bergin	Senior	3:52.37@	Don Kirby Tailwind, 4/2	3:44.84	BMC Series (Watford), 7/16/14
Zac Castillo	Junior	3:55.82@	Don Kirby Tailwind, 4/2	3:55.80@	Don Kirby Tailwind, 4/4
Chris Graham	Soph.	3:57.19@	Don Kirby Tailwind, 4/2	4:05.20@	Don Kirby Tailwind, 5/2
Tyler Valdez	Soph.	4:00.75@	Don Kirby Tailwind, 4/2	4:07.26@	New Mexico Quad, 4/10
Alex Palm (Unattached)	Frosh.	4:04.15@	Don Kirby Tailwind, 4/2		
Jared Garcia (Unattach)	Soph.	4:05.86	UTEP Invitational, 4/30		
Daniel Lam	Soph.	4:45.69	Bryan Clay Decathlon, 4/13-14	4:50.29	Bryan Clay Decathlon, 4/16
Beau Clafton	Soph.	4:57.54	MWC Decathlon, 5/12	5:16.22	MWC Decathlon, 5/14
Julian Florez	Senior			3:56.62@	Don Kirby Tailwind, 4/4
Jesus Mendoza	Junior			3:57.78@	Don Kirby Tailwind, 4/4
Taylor Potter	Soph.			4:03.78@	Don Kirby Tailwind, 4/4
Graham Thomas	Junior			3:54.50@	4/12, Air Force/N. Colorado

**3000 METERS (MEN)**

Julian Florez	Senior	8:31.37@	Don Kirby Tailwind, 4/2
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**2016 BEST****ALL TIME BEST or PREVIOUS BEST****3000 METERS (WOMEN)**

Lindsey Andrews	Senior	10:07.96@	Don Kirby Tailwind, 4/2
Kendall Kelly	Soph.	10:41.38@	Don Kirby Tailwind, 4/2
Ruth Haynes	Junior	11:12.21@	Don Kirby Tailwind, 4/2

**3000 STEEPLE (WOMEN)**

Courtney Frerichs	Senior	9:24.41
Natasha Bernal	Frosh.	10:19.54

**UNM Record, Courtney Frerichs, 9:29.31, May 1, 2016 at Payton Jordan/Stanford Invt.**

NCAA Championship, 6/11	9:29.31	Payton Jordan Invt, 5/1
Payton Jordan Invt, 5/1	10:21.32	Stanford Invitational, 4/1

**3000 STEEPLECHASE (MEN)**

Elmar Engholm	Senior	8:37.44
Graham Thomas	Junior	8:48.07

**UNM Record - Harrison Koroso, 8:33.44h, April 2, 1977 at Texas Relays**

NCAA Championship, 6/8	8:40.03	Stanford Invitational, 4/1
Payton Jordan Invt, 5/1	8:48.15	Stanford Invitational, 4/1

**5000 METERS (WOMEN)**

Calli Thackery	Junior	15:37.44
Alice Wright	Junior	16:01.67
Natasha Bernal	Frosh.	16:27.45
Rhona Auckland	Junior	17:00.65
Lindsay Andrews	Senior	18:19.36@
Heleene Tambet	Junior	

**UNM Record - Calli Thackery, 15:37.44, May 1, 2016 at Payton Jordan/Stanford Invt.**

Payton Jordan Invt, 5/1	15:42.57	Mt. Sac Relay, 4/17
Stanford Invitational, 4/1	15:45.87	Payton Jordan/Stanford, 5/2
Bryan Clay Invt, 4/14		
Bryan Clay Invt, 4/14		
UTEP Invitational, 4/30		
	16:48.33	Payton Jordan/Stanford, 5/2

**5000 METERS (MEN)**

Dan Milechman	Senior	14:14.57
Julian Florez	Senior	14:20.53
Matt Bergin	Senior	14:27.21
Zach Castillo	Junior	14:46.34
Jesus Mendoza	Junior	
Graham Thomas	Junior	
Elmar Engholm	Senior	

**UNM Record - Luke Caldwell, 13:29.94, April 28, 2013 at Payton Jordan/Stanford Invt.**

MWC (Fresno State), 5/14	14:40.52	Payton Jordan Invt, 5/1
Bryan Clay Invt, 4/14	14:23.20	Payton Jordan/Stanford, 5/2
MWC (Fresno State), 5/14	13:54.31	Payton Jordan/Stanford, 5/2
MWC (Fresno State), 5/14	14:36.37	Bryan Clay Invt, 4/17
	15:22.96	MWC Champ, 5/16
	14:51.52@	MWC Championship, 5/17
	14:56.70@	MWC Championship, 5/17

**10,000 METERS (WOMEN)**

Alice Wright	Junior	32:36.11
Calli Thackery	Junior	34:30.24
Heleene Tambet	Senior	

**UNM Record - Sarah Waldron, 32:36.07, April 6, 2012 at Payton Jordan Invt.**

Payton Jordan Invt., 5/1	32:56.33	Stanford Invitational, 4/3
MWC (Fresno State) 5/12		
	34:32.68	Stanford Invitational, 4/3

**10,000 METERS (MEN)**

Dan Milechman	Senior	29:29.80
Matt Bergin	Senior	30:29.47
Julian Florez	Senior	30:43.88
Zac Castillo	Junior	32:03.00
Jesus Mendoza	Junior	

**UNM Record - Ibrahim Kivina, 28:05.24h, 1984**

Stanford Invitational, 4/1		
MWC (Fresno State), 5/12	29:52.23	MWC Champ, 5/15
Payton Jordan Invt., 5/1	29:33.71	Mt. Sac Relays
MWC (Fresno State), 5/12		
	30:13.80	Mt. Sac Relays

**4 x 100 RELAY (WOMEN)**

Sanner, VanGrinsven, Hadnot, Marler	46.16
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**UNM Record - Gyasi-Nmako, Whyte, McMillen, Smith, 45.26@, 2000**

Sun Angel Classic, 4/9	45.70@	Don Kirby Tailwind, 5/2
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**4 x 100 RELAY (MEN)**

Bajere, Hamilton, Salcido, Jones	40.20
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**UNM Record - Hamilton, Bajere, Salcido, Jones, 40.20, May 1, 2016 at Stanford Invt.**

Payton Jordan Invt., 5/1	40.82@	Don Kirby Tailwind, 4/2
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**4 x 400 RELAY (WOMEN)**

Sanner, Howell, Rodriguez, Van Grinsven	3:45.11
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**UNM Record - Gyasi-Nmako, Matthews, Smith, Whyte, 3:41.11@, 2000**

Bryan Clay Invt, 4/15	3:46.38	Sun Angel Classic, 4/9
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**4 x 400 RELAY (MEN)**

Dorsey, Kline, Gonzales, Haywood	3:12.89
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**UNM Record - Ongwae, Dramiga, Kipkurgat, Solomon, 3:05.74yh, May 7, 1977 at WAC (BYU)**

MWC (Fresno State), 5/14	3:14.96@	Don Kirby Tailwind, 4/2
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**4 x 1500 RELAY (WOMEN)**

Arter, Anderson, Thackery, Silva	
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17:35.25	Penn Relays, 4/25
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**4 x 1600 RELAY (MEN)**

Matheson, Shelley, Engholm, Callahan

16:22.75

Penn Relays, 4/26

**2016 BEST****ALL TIME BEST or PREVIOUS BEST****LONG JUMP (WOMEN)**

Aasha Marler	Sr.	20' 3 3/4" (+1.6)
Samantha Bowe	Sr.	20' 1 1/2" (+2.6)
Jannell Hadnot	Soph.	18' 4 1/4" (-1.7))
Kyra Mohns	Fr.	17' 9 3/4" (+1.8)
Holly VanGrinsven	Jr.	

**UNM Record - Alesha Walker, 21' 4", April 12, 2008 at UTEP**

Don Kirby Tailwind, 4/2	19' 9" (-0.6)	Don Kirby Tailwind, 5/2
MWC (Fresno State), 5/13	19' 9 1/2" (+0.3)	Don Kirby Tailwind, 4/2
Bryan Clay Invt, 4/15	18' 3 1/4" (-0.3)	Jim Click Invt., 4/12/14
Brutus Hamilton, 4/23	17' 11 3/4" (+1.6)	Long Beach Invt, 4/18
	18' 1" (+0.7)	4/6, Don Kirby Tailwind Invt.

**LONG JUMP (MEN)**

Allan Hamilton	Senior	25' 10 1/4" (+1.8)
Yannick Roggatz	Senior	24' 4 1/4" (+2.6)
Sam Trigg	Junior	24' 2 1/4" (+1.6)
Daniel Lam	Soph.	23' 1/2" (+0.3)
Scott Bajere	Senior	22' 7 1/4" (+2.3)
Beau Clafton	Soph.	21' 8" (+1.1)
Will Carter	Senior	20' 7 3/4"
Andris Sturans	Soph.	19' 6"
Markus Miller	Senior	

**UNM Record - Clarence Robinson, 26' 9 1/4", April 23, 1965 at Drake Relays**

Bryan Clay Invt, 4/15	25' 7 1/2" (+1.7)	Birmingham, 6/7/14
Don Kirby Tailwind, 4/2	24' 7" (+0.0)	Jim Click Invitational, 4/12
MWC (Fresno State), 5/13	23' 7 1/2" (+0.8)	Don Kirby Tailwind, 4/2
Bryan Clay Decathlon, 4/13-14	22' 2 1/4" (+2.1)	Bryan Clay Decathlon, 4/15
Don Kirby Tailwind, 4/2		
MWC Decathlon, 5/11	20' 1/2"	MWC Decathlon, 5/13
UTEP Invitational, 4/30	19' 11 1/2"	3/24/12, UTEP Springtime
UTEP Invitational, 4/30	21' 5 1/4" (+1.9)	Don Kirby Tailwind, 4/2
	20' 8 3/4" (-2.8)	4/12, Air Force/N. Colorado

**TRIPLE JUMP (WOMEN)**

Jannell Hadnot	Junior	43' 10" (+0.4)
Aasha Marler	Senior	42' 9 3/4" (+0.0)

**UNM Record - Deanna Young, 43' 10 1/4", March 31, 2010 at Texas Relays**

NCAA West Regional, 5/28	42' 9 3/4" (+1.3)	Bryan Clay Invt, 4/15
Don Kirby Tailwind, 4/2	40' 10 1/4"	UTEP Twilight, 5/1

**TRIPLE JUMP (MEN)**

Sam Trigg	Junior	51' 9" (+3.4)
Allan Hamilton	Senior	48' 7 1/2" (+1.1)

**UNM Record - Dwayne Rudd, 54' 8 3/4", June 1, 1984 at NCAA Championship (Oregon)**

MWC (Fresno State), 5/15	51' 7 3/4" (+1.1)	Oxford, England, 6/29/15
MWC (Fresno State), 5/15	50' 6 3/4" (+3.0)	MWC Champ, 5/16

**HIGH JUMP (WOMEN)**

Samantha Bowe	Senior	5' 6 1/2"
Kyra Mohns	Soph.	5' 2 1/2"
Holly VanGrinsven	Senior	

**UNM Record - Margaret Metcalfe, 5' 11", 1979 at New York City**

Bryan Clay Heptathlo, 4/13-14	5' 6 1/2"	Bryan Clay Heptathlon, 4/17
Brutus Hamilton, 4/23	5' 3"	New Mexico Quad, 4/10
	5' 1"	5/8, MWC Heptathlon

**HIGH JUMP (MEN)**

Markus Miller	Senior	6' 10 3/4"
Joe Kloepfel	Senior	6' 8 3/4"
Beau Clafton	Soph.	6' 1/2"
Daniel Lam	Soph.	5' 11 1/2"
Andris Sturans	Soph.	5' 10 3/4"
Yannick Roggatz	Senior	

**UNM Record - Bob Marchetti, 7' 3", May 22, 1993 at WAC (UTEP)**

Bryan Clay Invt, 4/15	6' 6 3/4"	5/10, MWC Championship
Don Kirby Tailwind, 4/2		
MWC (Fresno State), 5/14	5' 10 1/2"	MWC Decathlon, 5/13
Bryan Clay Decathlon, 4/13-14	6' 3/4"	MWC Decathlon, 5/13
Don Kirby Tailwind, 4/2		
	6' 5"	MWC Champ, 5/15

**POLE VAULT (WOMEN)**

Katherine Whiting	Soph.	12' 5 1/2"
Annie Stirling	Senior	12' 3 1/2"
Anna Duvall	Junior	11' 5 3/4"
Morgan Smith	Soph.	9' 10"

**UNM Record - Margo Tucker, 13' 3 3/4", April 8, 2011 at Texas Relays**

UTEP Invitational, 4/30	12' 5 1/2"	Brutus Hamilton, 4/23
UTEP Invitational, 4/30	12' 10 1/4"	MWC Championship, 5/16
Don Kirby Tailwind, 4/2	11' 9 3/4"	UTEP Twilight, 5/1
UTEP Invitational, 4/30	10' 2"	Don Kirby Tailwind, 4/4

**POLE VAULT (MEN)**

Daniel Lam	Soph.	15' 7"
Jason Atencio	Frosh.	15' 7"
John Harari	Frosh.	15' 7"
Beau Clafton	Soph.	12' 9 1/2"

**UNM Record - Simon Arkell, 18' 2", 1991**

Don Kirby Tailwind, 4/2	14' 11"	MWC Decathlon, 5/14
Sun Angel Classic, 4/8		
UTEP Invitational, 4/30	14' 7 1/4"	Don Kirby Tailwind, 4/2
MWC Decathlon, 5/12	11' 3 3/4"	MWC Decathlon, 5/14

**SHOT PUT (WOMEN)**

Allison Mady	Soph.	42' 7"
Samanth Bowe	Senior	39' 6"
Amaris Blount	Soph.	38' 2 1/2"

**UNM Record - Amanda Barnes, 52' 9 1/2", April 23, 2005 at UC-San Diego/Triton Invitational**

MWC (Fresno State), 5/13	42' 11 1/2"	Don Kirby Tailwind, 4/4
MWC Heptathlon, 5/11	39' 10"	Bryan Clay Heptathlon, 4/17
UTEP Invitational, 4/30	38' 0"	Don Kirby Tailwind, 4/2



Kyra Mohns	Soph.	36' 7 3/4"	MWC Heptathlon, 5/11	35' 10 3/4"	Bryan Clay Heptathlon, 4/15
Holly VanGrinsven	Senior			30' 3/4"	5/8, MWC Heptathlon

### 2016 BEST

### ALL TIME BEST or PREVIOUS BEST

#### SHOT PUT (MEN)

Beau Clifton	Soph.	45' 1"
Daniel Lam	Soph.	41' 8 1/2"

#### UNM Record - Darren Crawford, 61' 4", April 2, 1989 at UNMvs.Arizona

MWC Decathlon, 5/11	41' 7 3/4"	Don Kirby Tailwind, 4/2
MWC Decathlon, 5/11	41' 7 1/2"	Brutus Hamilton, 4/23

#### DISCUS (WOMEN)

Amaris Blount	Soph.	107' 4"
Allison Mady	Soph.	

#### UNM Record - Amanda Barnes, 166' 11", April 30, 2005 at Don Kirby/UNM Invitational

Don Kirby Tailwind, 4/2	86' 6"	UTEP Springtime Open, 3/21
	138' 9"	Don Kirby Tailwind, 4/4

#### DISCUS (MEN)

Daniel Lam	Soph.	136' 6"
Beau Clifton	Soph.	125' 2"
Ryan Chase (Unattach)	Frosh.	109' 10"
Andris Sturans	Soph.	81' 6"

#### UNM Record - Ervin Jaros, 188' 5", 1970 at Modesto Relays

MWC Decathlon, 5/12	133' 11"	UTEP Invitational, 4/30
Brutus Hamilton, 4/23	114' 7"	Don Kirby Tailwind, 4/2
Don Kirby Tailwind, 4/2		
UTEP Invitational, 4/30	81' 6"	Don Kirby Tailwind, 4/4

#### JAVELIN (WOMEN)

Kyra Mohns	Soph.	125' 11"
Samantha Bowe	Senior	118' 1"
Morgan Smith	Soph.	110' 3 1/2"
Holly VanGrinsven	Senior	

#### UNM Record - Katie Coronado, 181' 0", April 2009 at Texas Relays

Don Kirby Tailwind, 4/2	111' 8"	MWC Heptathlon, 5/14
Bryan Clay Heptathlon, 4/13-14	118' 11"	MWC Heptathlon, 5/15
UTEP Invitational, 4/30	92' 1"	Don Kirby Tailwind, 4/2
	99' 3"	5/9, MWC Heptathlon

#### JAVELIN (MEN)

Nik Aston	Junior	194' 10"
Beau Clifton	Soph.	181' 2"
Daniel Lam	Soph.	164' 8"
Marcus Simon	Junior	

#### UNM Record - Anthony Fairbanks, 225' 9", May 29, 2009 at NCAA Regional (Oklahoma)

Don Kirby Tailwind, 4/2	181' 3"	Don Kirby Tailwind, 4/4
MWC Decathlon, 5/12	203' 7"	MWC Champ, 5/16
MWC Decathlon, 5/12	152' 8"	Bryan Clay Decathlon, 4/13-14
	197' 11"	New Mexico Quad, 4/10

#### HAMMER THROW (WOMEN)

Amaris Blount	Soph.	173' 7"
Allison Mady	Soph.	142' 1"

#### UNM Record - Jamie Fishencord, 192' 6", April 30, 2005 at Don Kirby/UNM Invitational

UTEP Invitational, 4/30	170' 10"	UTEP Springtime Invt, 3/26
UTEP Invitational, 4/30	131' 4"	UTEP Springtime Invt, 3/26

#### HAMMER THROW (MEN)

#### UNM Record - Stephen Dunbar, 212' 5", May 5, 2000 at Don Kirby/UNM Invitational

#### HEPTATHLON (WOMEN)

Samantha Bowe	Sr.	5349 points
Kyra Mohns	Fr.	4923 points
Holly VanGrinsven	Jr.	

#### UNM Record - Sandy Fortner, 5723, May 12-13, 2010 at MWC Championship (UNM)

Bryan Clay Heptathlon, 4/13-14	5115 points	MWC Heptathlon, 5/13-14
Bryan Clay Heptathlon, 4/13-14	4913 points	MWC Heptathlon, 5/13-14
	4783 pts.	5/8-9, MWC Heptathlon

#### DECATHLON (MEN)

Daniel Lam	Soph.	7097 points
Beau Clifton	Soph.	6769 points

#### UNM Record - Gary Kinder, 7959, 1985 NCAA Championships at Texas

Bryan Clay Decathlon, 4/13-14	6844 points	MWC Decathlon, 5/13-14
MWC Decathlon, 5/11-12	5786 points	MWC Decathlon, 5/13-14



# University of New Mexico Men's Outdoor Track & Field

## All Time Top Ten (1971-2016) (Revised June 13, 2016)

*Please Note: These outdoor rankings are a compilation of the best performers and performances in each event. They are only as accurate as available archives and results. This is a work in progress and as new information is received, the rankings will be updated.*

### HOW TO READ THE RANKINGS

<b>PERFORMERS</b>	The left-hand column under each individual event are the Top 10 PERFORMERS (Individuals) in that event. There should be 10 different individuals under this category and no duplications.
<b>PERFORMANCES:</b>	The right-hand column under each individual event are the Top 10 PERFORMANCES (Times, Heights Distances) in that event. Over the course of their respective careers some athletes had many great performances and this category is used to capture those performances.

### NOTES

**ALTITUDE:** The NCAA converts running performances based on altitude. In the sprint races (100, 200, 400, 110H, 400H) the NCAA "adds" time due to the less resistance due to altitude. In the distance events the NCAA "subtracts" time due to the difficulty in racing with less oxygen in the air. Any performance designated by a "@" indicates the performance has been converted using NCAA protocol.

**HAND TIMING:** Any performance with an "h" after it was a hand-timed performance that has been converted using NCAA protocol which is to add .24 to correlate to a "fully automatic time".

**WIND READING:** For record purposes the NCAA does not accept any sprint/hurdle/jump performance that is in excess of 2.0mps tailwind.

**YARDS:** Starting in the 1980's metric distances became the NCAA norm as prior to that time yards were used. Any performance that was achieved in the 4x110 yard Relay, 4x440 yard Relay, 220 yard, 440 yard, 440 yard Hurdles, and 880 yard distances will be included in the similar events but designated by a "y". This is because 220 yards is actually longer than 200 meters (201 meters), 440 yards is longer than 400 meters (402 meters), and 880 yards is longer than 800 meters (804 meters). So if a relay or individual from the past can make the Top 10 rankings while competing over a longer distance they should be included in the rankings.

**RETIRED EVENTS:** Certain events are no longer contested in the NCAA and those rankings have become "retired", but I wanted to list them to show the excellence achieved by those men. Those events are: 100 yards, 1 Mile, 2 Miles, 3 Miles, 120 yard Hurdles.

**DATES OF RANKING:** Until 1998 college bests performances were allowed to count from the first collegiate meet an athlete competed in their freshman year until the end of August following their senior year. In 1998 that changed to outdoor performances are only allowed from March 1st of each year until the completion of the NCAA Outdoor Championships that same year.

### 100 METERS - INDIVIDUAL

1.	Gabriel Okon	10.17@	April 19, 1986 at New Mexico (raw 10.14)
2.	Beejay Lee	10.28	June 6, 2012 at NCAA Championship (Drake) (+1.3)
3.	Lamaar Thomas	10.36@	May 15, 2010 at MWC (New Mexico) (raw 10.33)
4.	Jermaine McQueen	10.37@	May 15, 2009 at MWC (Wyoming) (raw time of 10.31)
5.	Dwayne Rudd	10.44	May 7, 1984 at WAC Champ. (San Diego State)
6.	Scott Bajere	10.51 (+0.3)	May 15, 2015 at MWC (San Diego State)
	Kevin Evans	10.51@	1979
8.	Quincy Wright	10.53@	May 18, 2002 at MWC (Air Force)
9.	Aaron Brack	10.56@	May 12, 2006 at MWC (BYU) (raw time of 10.53)
	Ridge Jones	10.56 (+0.6)	May 1, 2016 at Payton Jordan/Stanford Invitational.

### 100 METER - PERFORMANCES

1.	Gabriel Okon	10.17@	1986
2.	Gabriel Okon	10.27	1987
3.	Beejay Lee	10.28	2012
4.	Gabriel Okon	10.34hw	1986
	Gabriel Okon	10.36	1986
5.	Lamaar Thomas	10.36@	2010
6.	Jermaine McQueen	10.37@	2009
7.	Beejay Lee	10.38	2012
8.	Lamaar Thomas	10.41	2010
	Dwayne Rudd	10.44	1984
	Gabriel Okon	10.44h	1986

### 200 METERS - INDIVIDUAL

1.	Gabriel Okon	20.44h(+1.1)	1987
2.	Tony Eziuka	20.74h	1990
	Bernie Rivers	20.74yh	March 19, 1966 at San Diego State
4.	Adolph Plummer	20.84yh	March 24, 1962 UNM vs. BYU at New Mexico
5.	Jermaine McQueen	20.95@	May 16, 2009 at MWC (Wyoming)(raw time 20.83)
	Ahmed Raji	20.95@	2003
7.	Larry Davis	20.96	May 18, 2001 at MWC (San Diego)
8.	Art Carter	21.04yh	April 3, 1965, UNM vs. USC at New Mexico
9.	Beejay Lee	21.09(+0.8)	April 20, 2012 at Mt. SAC Relays (Walnut, CA)
10.	Dick Howard	21.14yh	March 28, 1959, vs. Arizona/Wyoming at UNM

### 200 METER - PERFORMANCES

1.	Gabriel Okon	20.44h (+1.1)	1987
2.	Gabriel Okon	20.51@	1986
3.	Gabriel Okon	20.65	1986
4.	Gabriel Okon	20.73	1986
5.	Tony Eziuka	20.74h	1990
	Bernie Rivers	20.74yh	1966
6.	Gabriel Okon	20.84h	1986
	Bernie Rivers	20.84yh	1964
	Bernie Rivers	20.84yh	1964
	Adolph Plummer	20.84yh	1962

### 400 METERS - INDIVIDUAL

1.	Adolph Plummer	45.14yh	May 25, 1963 at WAC Champ. (Arizona State)
2.	Michael Solomon	45.77	1976
3.	Jarrin Solomon	45.89@	May 16, 2009 at MWC (Wyoming) (raw time 45.68)
4.	Tony Eziuka	45.97	1990
5.	Charles Dramiga	46.14	1978
6.	Jeremiah Ongwae	46.25@	1977
7.	Art Carter	46.54yh	May 1, 1965, UNM vs. BYU/ACU at New Mexico
8.	Ian Stewart	46.59	May 2, 1998 at New Mexico Don Kirby
9.	Ken Head	46.64yh	April 23, 1966, UNM vs. Arizona/Arz. St at ASU
10.	Silver Ayoo	46.66	May 10, 1980 at WAC (San Diego State)

### 400 METER - PERFORMANCES

1.	Adolph Plummer	45.14yh	1963
2.	Michael Solomon	45.77	1976
3.	Jarrin Solomon	45.89@	2009
4.	Michael Solomon	45.94h	1977
5.	Tony Eziuka	45.97	1990
6.	Michael Solomon	46.04h	1977
7.	Charles Dramiga	46.14	1978
8.	Michael Solomon	46.15	1976
9.	Michael Solomon	46.19	1976
10.	Tony Eziuka	46.20	1991



**800 METERS - INDIVIDUAL**

1.	Sammy Kipkurgat	1:46.02@	1977
2.	Jeremiah Ongwae	1:46.35	1979
3.	Pete Serna	1:48.02	May 7, 1983 at WAC (BYU)
4.	Peter Callahan	1:48.14@	April 10, 2015 at New Mexico Quad (raw 1:48.79)
5.	Richie Martinez	1:48.16	1987
6.	Mark Romero	1:48.25@	1977
7.	Jim Dupree	1:48.34yh	1960 at Stanford
8.	Alex Herring	1:48.53@	April 10, 2015 at New Mexico Quad (raw 1:49.18)
9.	Lee Emanuel	1:48.80@	May 15, 2010 at MWC (New Mexico) (raw 1:49.46)
10.	Gabe Aragon	1:49.01@	May 2, 2014 at Don Kirby Tailwind (raw-1:49.66)

**1500 METERS - INDIVIDUAL**

1.	Lee Emanuel	3:37.25	May 2, 2009 at Stanford Invitational
2.	Kip Koskei	3:38.66@	1979
3.	Peter Callahan	3:39.90	June 14, 2014 at NCAA Championship (Oregon)
4.	Sammy Kipkurgat	3:40.87@	1977
5.	Greg Keith	3:41.07@	1986
6.	Josh Kerr	3:41.08	June 8, 2016 at NCAA Championship (Oregon)
7.	David Bishop	3:41.12	April 15, 2011 at Mt. Sac Relays
8.	Ross Millington	3:42.15@	May 15, 2010 at MWC (New Mexico) (raw 3:47.48)
9.	Elmar Engholm	3:42.26	May 2, 2015 at Payton Jordan/Stanford Invt.
10.	Richie Martinez	3:42.64h	1986

**3000 STEEPLE - INDIVIDUAL**

1.	Harrison Koroso	8:33.44h	April 2, 1977 at Texas Relays
2.	Elmar Engholm	8:37.44	June 8, 2016 at NCAA Championship (Oregon)
3.	Ibrahim Hussein	8:37.77	May 31, 1983 at NCAA (Houston)
4.	Tom Glass	8:38.64h	1986
5.	Jay Miller	8:44.74h	April 4, 1975 at Texas Relays
6.	Graham Thomas	8:48.07	May 1, 2016 at Payton Jordan/Stanford Invt.
7.	Adrian DeWindt	8:50.24h	1968
8.	Web Loudat	8:50.43@	1967
9.	Alex Willis	8:59.84	May 1, 2011 at Payton Jordan/Stanford Invt.
10.	Adam Kedge	9:00.73@	1988

**5000 METERS - INDIVIDUAL**

1.	Luke Caldwell	13:29.94	April 28, 2013 at Payton Jordan/Stanford Invt.
2.	Lee Emanuel	13:31.56	April 16, 2010 at Mt. Sac Relays
3.	Matt Gonzales	13:35.59	May 30, 2004 at Payton Jordan/Stanford Open
4.	Chris Barnicle	13:36.02	April 16, 2010 at Mt. Sac Relays
5.	Ross Millington	13:36.39	May 28, 2011 @ NCAA West Regional (Oregon)
6.	Rory Fraser	13:39.37	April 14, 2011 at Mt. Sac Relays
7.	Ibrahim Kivina	13:39.45	1984
8.	Nicholas Kipruto	13:41.90	May 28, 2011 @ NCAA West Regional (Oregon)
9.	Bill Mangan	13:44.24h	March 20, 1986 at Cal St LA
10.	Ibrahim Hussien	13:45.84h	1984

**10000 METERS - INDIVIDUAL**

1.	Ibrahim Kivina	28:05.24h	1984
2.	Kip Koskei	28:06.24h	1979
3.	Ibrahim Hussein	28:10.24h	1984
4.	Chris Barnicle	28:10.59	May 1, 2010 at Payton Jordan/Stanford Invitational
5.	Matt Gonzales	28:17.46	May 1, 2005 at Stanford
6.	Keith Gerrard	28:27.03	May 1, 2011 at Payton Jordan/Stanford Invitational
7.	Jeremy Johnson	28:33.08	May 4, 2008 at Stanford
8.	Rory Fraser	28:41.01	May 1, 2011 at Payton Jordan/Stanford Invitational
9.	Adam Bitchell	28:50.43	April 4, 2014 at Stanford Invitational
10.	Matt Ashton	28:50.93	May 2, 2009 at Stanford

**110 HURDLES - INDIVIDUAL**

1.	Fatweil Kimaiyo	13.68	June 1, 1978 at NCAA Championships
2.	Willie Goldsmith	13.80	1985
3.	Shawn Taylor	14.07@	1987
4.	Kwane Stewart	14.18@	May 1, 1993 at UNM (Don Kirby) (14.14 raw)
5.	Chris Barela	14.25@	May 12, 1988 at New Mexico (14.22 raw)
6.	De'Vron Walker	14.32(-1.2)	April 20, 2012 at Mt. SAC Relays (Walnut, CA)
7.	Marlon Gates	14.42@	1975
8.	Chris Garofola	14.48	May 12, 2004 at MWC (UNLV)
9.	Brian Wilson	14.55@	May 12, 2011 @ MWC Decathlon (CSU) (14.51 raw)
10.	Trini Avila	14.56@	1988

**800 METER - PERFORMANCES**

1.	Sammy Kipkurgat	1:46.02@	1977
2.	Jeremiah Ongwae	1:46.35	1979
3.	Sammy Kipkurgat	1:46.54h	1977
4.	Sammy Kipkurgat	1:46.56	1977
5.	Sammy Kipkurgat	1:46.64	1978
6.	Sammy Kipkurgat	1:47.83	1977
7.	Sammy Kipkurgat	1:47.97	1978
8.	Pete Serna	1:48.02	1983
9.	Peter Callahan	1:48.14@	2015
10.	Mark Romero	1:48.25@	1977

**1500 METER - PERFORMANCES**

1.	Lee Emanuel	3:37.25	2009
2.	Lee Emanuel	3:37.99	2009
3.	Kip Koskei	3:38.66@	1979
4.	Lee Emanuel	3:38.79	2010
5.	Lee Emanuel	3:38.81	2010
6.	Lee Emanuel	3:39.66	2009
7.	Lee Emanuel	3:39.66@	2010
8.	Peter Callahan	3:39.90	2014
9.	Lee Emanuel	3:39.91	2009
10.	Kip Koskei	3:39.94h	1979

**3000 STEEPLE - PERFORMANCES**

1.	Harrison Koroso	8:33.44h	1977
2.	Harrison Koroso	8:33.84h	1978
3.	Elmar Engholm	8:37.44	2016
4.	Ibrahim Hussein	8:37.77	1983
5.	Ibrahim Hussein	8:38.05	1983
6.	Tom Glass	8:38.64h	1986
7.	Elmar Engholm	8:40.03	2016
8.	Elmar Engholm	8:42.29	2016
9.	Harrison Koroso	8:42.45	1978
10.	Jay Miller	8:44.74h	1975

**5000 METER - PERFORMANCES**

1.	Luke Caldwell	13:29.94	2013
2.	Lee Emanuel	13:31.56	2010
3.	Luke Caldwell	13:33.28	2014
4.	Matt Gonzales	13:35.59	2004
5.	Chris Barnicle	13:36.02	2010
6.	Ross Millington	13:36.39	2011
7.	Rory Fraser	13:39.37	2011
8.	Rory Fraser	13:39.40	2011
9.	Ibrahim Kivina	13:39.45	1984
10.	Rory Fraser	13:39.85	2009

**10000 METER - PERFORMANCES**

1.	Ibrahim Kivina	28:05.24h	1984
2.	Kip Koskei	28:06.24h	1979
3.	Ibrahim Hussein	28:10.24h	1984
4.	Chris Barnicle	28:10.59	2010
5.	Matt Gonzales	28:17.46	2005
6.	Matt Gonzales	28:22.77	2004
7.	Matt Gonzales	28:26.88	2003
8.	Keith Gerrard	28:27.03	2011
9.	Jeremy Johnson	28:33.08	2008
10.	Keith Gerrard	28:36.33	2011

**110 HURDLES - PERFORMANCES**

1.	Fatweil Kimaiyo	13.68	1978
2.	Fatweil Kimaiyo	13.70	1977
3.	Willie Goldsmith	13.80	1985
4.	Shawn Taylor	14.07@	1987
5.	Kwane Stewart	14.18@	1993
6.	Shawn Taylor	14.20	1988
7.	Shawn Taylor	14.21	1988
8.	Chris Barela	14.25@	1988
9.	Kwane Stewart	14.27	1992
10.	Kwane Stewart	14.29	1993



**400 HURDLES - INDIVIDUAL**

1.	Fatweil Kimaiyo	50.15	April, 1978 at Texas Relays
2.	Chaz Lewis	50.55	May 30, 2014 @ NCAA Regionals (Arkansas)
3.	Mel Powers	50.57	May 8, 1976 at WAC Championship
4.	Dick Howard	50.64yh	April 18, 1959 at Kansas Relays
5.	David Lloyd	50.75@	March 30, 2002 at UTEP
6.	Silver Ayoo	51.17	1980 at Texas Relays
7.	Bobby Lewis	51.34h	1985
8.	Ken Ohman	51.44yh	April 7, 1972 at Texas Relays
9.	Daniel Dramiga	51.94h	1985
10.	Fred Knight	51.94yh	May 7, 1966 quad meet at UNM

**4 x 100 RELAY**

1.	Allan Hamilton, Scott Bajere, Carlos Salcido, Ridge Jones	40.20	May 1, 2016 at Payton Jordan/Stanford Invitational.
2.	Bernie Rivers, Steve Caminiti, Ken Head, Rene Matison	40.24yh	March 26, 1966 at Albuquerque triangular (Texas Western/Wyo)
3.	Thomas Trujillo, Jarrin Solomon, Phil Reid, Jermaine McQueen	40.30@	May 16, 2009 at MWC (Wyoming) (raw time 40.06)
4.	Allan Hamilton, Ridge Jones, Carlos Wiggins, Scott Bajere	40.34	March 21, 2015 at Arizona State Baldy Castillo Invt.
5.	Thomas Trujillo, Derek Montoya, De'Vron Walker, Lamaar Thomas	40.35	May 29, 2010 at NCAA Regional (Texas)
6.	Allan Hamilton, Scott Bajere, Carlos Salcido, Ridge Jones	40.38	May 14, 2016 at Mountain West Championship (Fresno State)
7.	Allan Hamilton, Ridge Jones, Carlos Wiggins, Scott Bajere	40.45	May 30, 2015 @ NCAA Regional (Texas)
8.	Chris Garofola, David Lloyd, Rashawn Jackson, Ahmed Raji	40.47	May 30, 2003 at NCAA Regional (Nebraska)
9.	Allan Hamilton, Ridge Jones, Carlos Wiggins, Scott Bajere	40.52@	May 1, 2015 @ UTEP Twilight
10.	Harvey Blair, Walter Little, Ed Lloyd, Bernie Rivers	40.54yh	May 9, 1964 at New Mexico vs. Southern Cal Striders

**4 x 400 RELAY**

1.	Jeremiah Ongwae, Charles Dramiga, Sammy Kipkurgat, Michael Solomon	3:05.74yh	May 7, 1977 at WAC (BYU)
2.	Art Carter, Rene Matison, Bernie Rivers, Ken Head	3:06.84yh	May 7, 1966 at UNM vs. Houston/ACU/Texas Western
3.	Art Carter, Joe Garcia, Ed Lloyd, Adolph Plummer	3:08.34yh	May, 1963 at UCLA
4.	David Lloyd, Nick Lott, Chris Garofola, Ahmed Raji	3:10.63	April 12, 2003 at LSU
5.	Fred James, Matt Henry, Reid Cole, Keith Ohman	3:10.64yh	May 13, 1973 at WAC
6.	Taylor Siemen, Kurt Henry, Jarrin Solomon, Randle McCain	3:10.72	March 31, 2007 at Arizona
7.	Chris Kline, Mustafa Mudada, Chaz Lewis, Gabe Aragon	3:11.24@	May 17, 2014 at MWC Champ. (Wyoming)
8.	Bernie Rivers, Walter Little, Ed Lloyd, Art Carter	3:11.44yh	April 11, 1964 at Abilene Christian
9.	Lott, Larry Davis, Ian Stewart, Matt Bishop	3:11.80	2001
10.	TEAM MEMBERS NAMES UNKNOWN	3:11.87@	1987

**LONG JUMP - INDIVIDUAL**

1.	Clarence Robinson	26' 9 1/4"	April 23, 1965 at Drake Relays
2.	Kendall Spencer	26' 8 1/4"	April 7, 2012 at UNM Tailwind Invt (wind +0.8)
3.	Fidelis Ndyabagye	26' 1 3/4"	1985
4.	Allan Hamilton	25' 10 1/4"	April 15, 2016 at Bryan Clay Invt., (Azusa Pacific)
5.	Dwayne Rudd	25' 10"	1984
6.	Skip Peterson	25' 9 1/2"	1975
7.	Del Blanks	25' 7"	May 27, 1961 at Skyline Championship (BYU)
8.	Ken Medley	25' 5 3/4"	1962
9.	Ira Robinson	25' 5 1/4"	May, 1966 at New Mexico (AAU Championship)
10.	Bob Nance	25' 3 3/4"	April 13, 1974 at Texas Relays

**LONG JUMP - PERFORMANCES**

1.	Clarence Robinson	26' 9 1/4"	1965
2.	Kendall Spencer	26' 9 1/4"	2012
3.	Fidelis Ndyabagye	26' 1 3/4"	1985
4.	Allan Hamilton	25' 10 1/4"	2016
5.	Dwayne Rudd	25' 10"	1984
6.	Clarence Robinson	25' 10"	1965
7.	Skip Peterson	25' 9 1/2"	1975
8.	Clarence Robinson	25' 7 1/2"	1965
9.	Fidelis Ndyabagye	25' 7"	1985
10.	Del Blanks	25' 7"	1961

**TRIPLE JUMP - INDIVIDUAL**

1.	Dwayne Rudd	54' 8 3/4"	June 1, 1984 at NCAA (Oregon)
2.	Floyd Ross	54' 6"	June 8, 2012 at NCAA (Drake)
3.	Mikael Bernhardt	53' 1"	1975
4.	Chuck Steffes	53' 0"	June 2, 1972 at NCAA (Oregon)
5.	Clarence Robinson	52' 8 1/4"	May 22, 1965 at UNM (WAC)
6.	Art Baxter	52' 8"	May 19, 1967 at UNM (WAC)
7.	Sam Trigg	51' 2 3/4"	May 14, 2016 at MWC (Fresno State)
8.	Warrick Campbell	51' 1 3/4"	May 31, 2014 @ NCAA Regionals (Arkansas)
9.	Ty Kirk	50' 11"	May 2, 2009 at UNM (Don Kirby Invt.)
10.	Neal Aphane	50' 2 3/4"	May 17, 2014 at MWC Champ (Wyoming)

**TRIPLE JUMP - PERFORMANCES**

1.	Dwayne Rudd	54' 8 3/4"	1984
2.	Floyd Ross	54' 6"	2012
3.	Dwayne Rudd	54' 4"	1984
4.	Dwayne Rudd	53' 8"	1984
5.	Mikael Bernhardt	53' 1"	1975
6.	Chuck Steffes	53' 0"	1972
7.	Floyd Ross	52' 11"	2013
8.	Dwayne Rudd	52' 10"	1984
9.	Chuck Steffes	52' 9"	1972
10.	Clarence Robinson	52' 8 1/4"	1965

**HIGH JUMP - INDIVIDUAL**

1.	Bob Marchetti	7' 3"	May 22, 1993 at WAC (UTEP)
2.	David Llamas	7' 2"	March 15, 1997 at New Mexico
3.	Ivar Hella	7' 1 3/4"	1992
4.	Django Lovett	7' 1 3/4"	May 13, 2011 @ MWC Championship (ColoradoSt)
5.	Mike Foster	7' 1 1/2"	1985
6.	Ingemar Nyman	7' 1"	March 25, 1972 at New Mexico vs. Colorado
7.	Kimani Harper	7' 1/2"	May 18, 1994 at WAC (Fresno State)
8.	Vic Del Frate	6' 11 1/2"	1988
9.	Hank Baskett	6' 11"	May 14, 2004 at MWC (UNLV)
10.	Josh Cosio	6' 10 3/4"	March 25, 2006 at Arizona
	Alfred Neale	6' 10 3/4"	April 2, 2005 at UTEP
	Markus Miller	6' 10 3/4"	April 15, 2016 at Bryan Clay Invt., (Azusa Pacific)

**HIGH JUMP - PERFORMANCES**

1.	Bob Marchetti	7' 3"	1993
2.	David Llamas	7' 2"	1997
3.	Ivar Hella	7' 1 3/4"	1992
4.	Ivar Hella	7' 1 3/4"	1992
	Django Lovett	7' 1 3/4"	2011
5.	Ivar Hella	7' 1 1/2"	1989
	Mike Foster	7' 1 1/2"	1985
	Django Lovett	7' 1 1/2"	2012
6.	Ingemar Nyman	7' 1"	1972
	Django Lovett	7' 1"	2013

**POLE VAULT - INDIVIDUAL**

1.	Simon Arkell	18' 2"	1991
2.	Derek Mackel	18' 1"	May 28, 2006 at NCAA Regionals (Texas)
	Robert Caldwell	18' 1"	May 14, 2008 at MWC (TCU)
4.	Logan Pflibsen	17' 8 1/2"	June 10, 2015 at NCAA (Oregon)
5.	Kyle Walker	17' 4 1/2"	May 15, 2010 at MWC (New Mexico)
6.	Ingemar Jernberg	17' 3/4"	1972 at Karlstad, Sweden
7.	Rob Warensjo	16' 8 3/4"	May 11, 2013 at MWC Championship (UNLV)
8.	Randy Bryant	16' 8"	1988
9.	Marty Niebauer	16' 6"	1982
10.	John Mattinson	16' 5 1/2"	May 7, 1988 at WAC (BYU)

**POLE VAULT - PERFORMANCES**

1.	Simon Arkell	18' 2"	1991
2.	Derek Mackel	18' 1"	2006
	Robert Caldwell	18' 1"	2008
3.	Simon Arkell	18' 1/2"	1990
	Simon Arkell	18' 1/2"	1991
4.	Simon Arkell	17' 10 1/4"	1989
5.	Simon Arkell	17' 9"	1989
6.	Derek Mackel	17' 8 3/4"	2005
7.	Logan Pflibsen	17' 8 1/2"	2015
8.	Simon Arkell	17' 7"	1990

**SHOT PUT - INDIVIDUAL**

1.	Darren Crawford	61' 4"	April 2, 1989 at UNM vs. Arizona
2.	Larry Kennedy	58' 10"	April 3, 1965 at UNM vs. USC
3.	Randy Withrow	57' 6"	April 12, 1975 at Arizona State
4.	Greg Reese	57' 2 1/4"	1990
5.	Darrell Rich	57' 0"	May 7, 1966 at UNM vs. Houston/Abilene Christian
6.	Ervin Jaros	56' 10 1/4"	April 11, 1970 at UNM vs. Arizona
7.	Jason Barkemeyer	56' 9 1/2"	March 27, 2004 at UTEP
	Burt Marks	56' 9 1/2"	1966
9.	Henry Stephens	55' 4 1/4"	May 15, 2000 at MWC (BYU)
10.	Jordan Parker	55' 3"	March 18, 2005 at Arizona

**SHOT PUT - PERFORMANCES**

1.	Darren Crawford	61' 4"	1989
2.	Darren Crawford	61' 2"	1990
3.	Darren Crawford	60' 6"	1989
4.	Darren Crawford	60' 5"	1989
5.	Darren Crawford	59' 10 1/2"	1986
6.	Darren Crawford	59' 9 3/4"	1989
7.	Darren Crawford	59' 5"	1989
8.	Darren Crawford	59' 4 1/2"	1987
9.	Darren Crawford	59' 4"	1986
10.	Darren Crawford	59' 1 1/2"	1990

**DISCUS - INDIVIDUAL**

1.	Ervin Jaros	188' 5"	1970 at Modesto, CA
2.	Larry Kennedy	185' 2 1/2"	1964 NCAA Championships
3.	Steve Dunbar	183' 2"	April 12, 1997 at New Mexico (Don Kirby)
4.	Mike Jeffery	176' 7"	April 13, 1968 at Oklahoma Relays
5.	Steve Dudley	176' 4"	1987
6.	Greg Rees	175' 1"	May 18, 1991 at WAC (San Diego State)
7.	Jason Barkemeyer	173' 2"	March 31, 2004 at Texas Relays
8.	Lennart Andersen	172' 6 1/2"	April 28, 1973 at Utah
9.	Burt Marks	171' 10"	1965
10.	Jordan Parker	171' 0"	April 30, 2005 at UNM (Don Kirby)

**DISCUS - PERFORMANCES**

1.	Ervin Jaros	188' 5"	1970
2.	Ervin Jaros	185' 9"	1968
3.	Larry Kennedy	185' 2 1/2"	1964
4.	Ervin Jaros	184' 8 1/4"	1970
5.	Larry Kennedy	183' 5 1/2"	1964
6.	Steve Dunbar	183' 2"	1997
7.	Ervin Jaros	182' 11 1/2"	1970
8.	Ervin Jaros	180' 1/2"	1969
9.	Ervin Jaros	179' 0"	1970
10.	Ervin Jaros	178' 7 1/2"	1970

**JAVELIN (NEW - FROM 1986 TO THE PRESENT) - INDIVIDUAL**

1.	Anthony Fairbanks	225' 9"	May 29, 2009 at NCAA Regional (Oklahoma)
2.	Donnie Lujan	225' 4"	May 17, 1991 at WAC (San Diego State)
3.	Matt Keeran	218' 8"	March 25, 2006 at Arizona
4.	Richard York	215' 4"	May 30, 2014 @ NCAA Regionals (Arkansas)
5.	Robbie Gallegos	211' 8"	1988
6.	Jon Vigil	211' 0"	May 6, 1989 at UTEP
7.	Adrian Romero	205' 5"	May 1, 1993 at UNM
	Mike Ellis	205' 5"	April 25, 2015 at UC-San Diego Triton Invitational
9.	H.R. McAdams	205' 1"	1987
10.	Jimmy Minner	204' 0"	May 3, 2003 at UTEP Twilight

**JAVELIN (NEW) - PERFORMANCES**

1.	Anthony Fairbanks	225' 9"	2009
2.	Donnie Lujan	225' 4"	1991
3.	Anthony Fairbanks	224' 11"	2008
4.	Anthony Fairbanks	223' 7"	2009
5.	Anthony Fairbanks	220' 11"	2008
6.	Anthony Fairbanks	219' 1"	2009
7.	Matt Keeran	218' 8"	2006
8.	Anthony Fairbanks	218' 4"	2009
9.	Anthony Fairbanks	217' 9"	2007
10.	Anthony Fairbanks	216' 9"	2008

**HAMMER - INDIVIDUAL**

1.	Stephen Dunbar	212' 5"	May 5, 2000 at New Mexico (Don Kirby)
2.	Greg Farmer	205' 8"	1978
3.	Ted Crouch	201' 1"	1985
4.	Leo Archer	193' 4"	May 6, 1989 at UTEP
5.	Matthew Henry-Marshall	186' 9"	April 30, 2011 at Steve Scott/Cal-Irvine Invitational
6.	Darren Crawford	184' 3"	1989
7.	Willie McKee	183' 3"	1987
8.	Tom Ferrier	176' 1"	1985
9.	Josh Parra	175' 7"	May 1, 2004 at UNM (Don Kirby)
10.	Andre Meurer	166' 11"	1990

**HAMMER - PERFORMANCES**

1.	Stephen Dunbar	212' 5"	2000
2.	Stephen Dunbar	208' 4"	1998
3.	Greg Farmer	205' 8"	1978
4.	Stephen Dunbar	202' 0"	1998
5.	Stephen Dunbar	201' 6"	2000
6.	Stephen Dunbar	201' 1"	2000
	Ted Crouch	201' 1"	1985
7.	Ted Crouch	198' 0"	1985
8.	Ted Crouch	196' 8"	1985
9.	Stephen Dunbar	196' 4"	1997

**DECATHLON - INDIVIDUAL**

1.	Gary Kinder	7959	1985 NCAA at Texas (11.22w-22' 3" - 49' 10 1/2" - 6' 6 3/4" -51.04 - 15.1w - 162' 6" - 15' 9" - 222' 9" - 4:52.01)
2.	Marty Niebauer	7572	June 2-3, 1982 at NCAA (BYU) (11.22-21' 7 1/4"-41' 9"-6' 3 1/4"-49.29-15.74-118' 0"-15' 8 3/4"-214' 3 3/4"-4:27.36)
3.	Chris Warner	7525	1987 WAC Championship (UTEP)
4.	Richard York	7513	May 9-10, 2012 at MWC (AF) (11.01-23' 4 1/2"-40' 1 1/4"-6' 5"-49.33-15.27-123' 0"-14' 11"-185' 10"-4:39.02)
5.	Mark Johnson	7325	May 13, 2004 at MWC (UNLV) (11.22 - 22' 7 3/4" - 41' 8" - 6' 7" - 50.47 - ??????????????)
6.	Dan Feltman	7278	April 14, 2005 at Mt. Sac Relays (11.33-22' 5 3/4"-45' 10 1/2"-5' 10 3/4"-50.24-15.50-125' 4"-15' 1"-189' 6"-4:46.29)
7.	Daniel Lam	7097	April 13-14, 2016 at Bryan Clay Inv. (Azusa Pacific) (11.29-23' 1/2"-41' 5 1/4"-5' 11 1/2"-50.83-15.31-125' 9"-15' 1"-152' 8"-4:45.69)
8.	H.R. McAdams	6922	March 19, 1988 at Occidental
9.	Frank Joseph	6837	1974
10.	Sam Potter	6831	May 9-10, 2012 at MWC (AF) (11.35-21' 11 3/4"-36' 1 1/2"-5' 11 1/4"-50.38-15.09-114' 6"-15' 3"-160' 1"-5:01.66)



## RETIRED EVENTS (NCAA EVENTS THAT ARE NO LONGER CONTESTED)

### 100 YARDS - INDIVIDUAL

1.	Rene Matison	9.4	March 19, 1966 at San Diego State
	Bernie Rivers	9.4	April 18, 1964 at San Jose State
	Steve Caminiti	9.4	April 15, 1967 at UNM vs. Texas A&M & Kansas
	Walter Henderson	9.4	March 23, 1974 at UTEP
5.	Jim Whitfield	9.5	May 20, 1961 at Skyline Conference East (Denver)
	Jesse Johnson	9.5	March 31, 1970, at Abilene Christian
7.	Ed Lloyd	9.6	April 3, 1965 at New Mexio vs. USC
	Dick Howard	9.6	March 21, 1959 at New Mexico vs. BYU
9.	Ivory Moore	9.7	March 29, 1969 at Colorado
	Don Hanosh	9.7	April 12, 1969 at Arizona
	Adolph Plummer	9.7	March 26, 1960 at Texas Tech
	George Heard	9.7	May 20, 1961 at Skyline Conference East (Denver)
	George Gardner	9.7	April 20, 1963 at Abilene Christian

### 100 YARDS - PERFORMANCES

1.	Rene Matison	9.4	1966
	Bernie Rivers	9.4	1964
	Steve Caminiti	9.4	1967
	Walter Henderson	9.4	1974
	Rene Matison	9.4	1965
	Bernie Rivers	9.4	1965
	Bernie Rivers	9.4	1964
	Rene Matison	9.4	1968
	Rene Matison	9.4	1968
2.	Jim Whitfield	9.5	1961
	Jesse Johnson	9.5	1970
	Rene Matison	9.5	1965
	Rene Matison	9.5	1966
	Rene Matison	9.5	1966
	Rene Matison	9.5	1966
	Rene Matison	9.5	1967
	Rene Matison	9.5	1967
	Steve Caminit	9.5	1966
	Walter Henderson	9.5	1971

### 1 MILE - INDIVIDUAL

1.	Dave Roberts	4:02.5	1971 at Fresno
2.	Kip Koskei	4:03.28	April 28, 1979 at Drake Relays
3.	Web Loudat	4:04.1	April 24, 1969
4.	Mike Thornton	4:04.4	April 9, 1966 at Abilene Christian
5.	John Baker	4:05.4	April 23, 1966 at Arizona State
6.	Ron Eller	4:06.0	March 16, 1968 at Arizona State
7.	Sammy Kipkurgat	4:06.2	April 9, 1977 at New Mexico Inv.
8.	John Allison	4:07.34	April 15, 1972 at Arizona State
9.	Chuck Schuch	4:09.5	March 1, 1969 at Houston
10.	Lionel Ortega	4:10.76	1976

### 1 MILE - PERFORMANCES

1.	Dave Roberts	4:02.5	1971
2.	Kip Koskei	4:03.28	1979
3.	Web Loudat	4:04.1	1969
4.	Mike Thornton	4:04.4	1966
5.	John Baker	4:05.4	1966
6.	John Baker	4:05.8	1966
7.	Dave Roberts	4:06.8	1971
8.	Web Loudat	4:06.8	1966
9.	Mike Thornton	4:07.0	1966
10.	John Baker	4:07.4	1966

### 2 MILES - INDIVIDUAL

1.	George Scott	8:51.1	April 29, 1967 at Drake Relays
2.	Web Loudat	9:00.7	April 5, 1969 at Oklahoma Relays
3.	Chuck Schuch	9:03.5	April 5, 1969 at Oklahoma Relays
4.	Ron Eller	9:03.6	March 12, 1966 at New Mexico
5.	Ed Coleman	9:09.2	March 20, 1965, NM vs Wyoming & Adams State
6.	Lloyd Burson	9:23.8	April 2, 1964
7.	Faustino Salazar	9:26.4	March 31, 1973 at Arizona
8.	John Allison	9:26.9	March 31, 1973 at Arizona
9.	Lloyd Goff	9:30.6	May 25, 1963 at WAC Championship (Arizona St.)
10.	Dean Johnson	9:39.2	April 14, 1962 at Abilene Christian

### 3 MILES - INDIVIDUAL

1.	Lionel Ortega	13:33.9	1976 at Texas Relays
2.	Chuck Schuch	13:34.6	April, 1970
3.	Ron Eller	13:46.2	1968
4.	Blair Johnson	13:49.2	April 12, 1975 at Arizona State with Cal
5.	George Scott	13:51.7	April 9, 1966 at Abilene Christian
6.	Web Loudat	14:02.4	March 1, 1969 at Houston

### 6 MILES - INDIVIDUAL

1.	Ibrahim Kivina	28:06.00	June 1, 1984 at NCAA (Oregon)
2.	Lionel Ortega	28:37.0h	1976
3.	Blair Johnson	29:35.8h	April 19, 1974 at Kansas Relays
4.	Matt Segura	29:53.6h	1976
5.	Faustino Salazar	31:14.9	May 11, 1973 at BYU

**120 YARD HURDLES - INDIVIDUAL**

1.	Melvin Powers	13.9	March 29, 1975 at Arizona
	Fred Knight	13.9	April 3, 1965 at New Mexico vs. USC
3.	Roosevelt Williams	14.0	May 10, 1969 at West Coast Relays
4.	Marlon Gates	14.1	March 29, 1975 at Arizona
	Rich Mauck	14.1	April 17, 1971 at New Mexico
	Harold Bailey	14.1	May 7, 1966 at New Mexico
7.	Dick Howard	14.2	April 16, 1960 at Abilene Christian
8.	George Loughridge	14.5	May 22, 1965 at WAC Championship (UNM)
9.	Bob Little	14.6	May 24, 1963 at WAC Championship (Arizona St.)
10.	Del Blank	14.7	April 15, 1961 at Colorado

**120 YARD HURDLES - PERFORMANCES**

1.	Melvin Powers	13.9	1975
	Fred Knight	13.9	1965
2.	Roosevelt Williams	14.0	1969
	Roosevelt Williams	14.0	1969
	Roosevelt Williams	14.0	1969
	Roosevelt Williams	14.0	1969
	Roosevelt Williams	14.0	1969
	Roosevelt Williams	14.0	1969
3.	Marlon Gates	14.1	1975
	Rich Mauck	14.1	1971
	Harold Bailey	14.1	1966
	Roosevelt Williams	14.1	1969
	Roosevelt Williams	14.1	1969

**JAVELIN (OLD - THROWN UP TO 1985) - INDIVIDUAL**

1.	Ake Nilsson	284' 11"	1968 at Modesto, CA
2.	Per Eric Smiding	264' 7"	1972
3.	Ulf Johansson	256' 4"	March 7, 1970 at UNM vs. Eastern New Mexico
4.	Frank Burgasser	245' 9 1/2"	April 3, 1965 at New Mexico (UNM vs. USC)
5.	Buster Quist	244' 9"	July 9, 1959 at Philadelphia (USA vs. USSR)
6.	Gary Kinder	241' 9"	March 4, 1985 at Arizona
7.	Dave Benyak	234' 8"	April 9, 1977 at New Mexico
8.	Don Brodus	231' 2"	April 20, 1963 at Abilene Christian
9.	John McMahon	225' 7"	May 26, 1962 at Denver (Mountain State Conf.)
10.	Eric Christianson	219' 7 1/2"	1965

**JAVELIN (OLD) - PERFORMANCES**

1.	Ake Nilsson	284' 11"	1968
2.	Ake Nilsson	274' 11"	1971
3.	Ake Nilsson	273' 1"	1971
4.	Ake Nilsson	269' 9 1/2"	1971
5.	Ake Nilsson	264' 11 1/2"	1971
6.	Per Eric Smiding	264' 7"	1972
7.	Ake Nilsson	261' 7 1/2"	1971
8.	Per Eric Smiding	260' 6 1/2"	1973
9.	Per Eric Smiding	260' 0"	1972
10.	Ake Nilsson	257' 4 1/2"	1968

**220 YD LOW HURDLES - INDIVIDUAL**

1.	Dick Howard	22.8	March 26, 1959 at New Mexico vs. Minnesota
2.	George Heard	23.4	May 27, 1961 at Skyline Championship (BYU)
3.	Jim Blair	23.8	May 11, 1962 at New Mexico vs. ACU
4.	Bob Schnurr	24.5	March 31, 1958 at New Mexico vs. Wyoming
5.	Fred Knight	24.5	March 2, 1963
6.	John Ramsey	25.5	

**330 YD HURDLES - INDIVIDUAL**

1.	Fred Knight	36.8	May 23, 1964 at WAC Championship
2.	Steve Caminiti	37.8	March 20, 1965 at UNM vs. Wyoming/Adams St.
3.	Wayne Vandenberg	38.0	May 10, 1963 at New Mexico vs. Abilene Christian
4.	Bob Little	38.9	March 16, 1963 at New Mexico vs. Arizona State
5.	Ed Lloyd	38.9	March 14, 1964 at Arizona State
6.	Ken Medley	39.5	May 16, 1964 at New Mexico vs. Abilene Christian



# University of New Mexico Women's Outdoor Track & Field

## All Time Top Ten (1971-2016) (Revised June 13, 2016)

Please Note: These outdoor rankings are a compilation of the best performers and performances in each event. They are only as accurate as available archives and results. This is a work in progress and as new information is received, the rankings will be updated.

### HOW TO READ THE RANKINGS

<b>PERFORMERS</b>	The left-hand column under each individual event are the Top 10 PERFORMERS (Individuals) in that event. There should be 10 different individuals under this category and no duplications.
<b>PERFORMANCES:</b>	The right-hand column under each individual event are the Top 10 PERFORMANCES (Times, Heights Distances) in that event. Over the course of their respective careers some athletes had many great performances and this category is used to capture those performances.

### NOTES

**ALTITUDE:** The NCAA converts running performances based on altitude. In the sprint races (100, 200, 400, 110H, 400H) the NCAA "adds" time on due to the less resistance due to altitude. In the distance events the NCAA "subtracts" time due to the difficulty in racing with less oxygen in the air. Any performance designated by a "@" indicates the performance has been converted using NCAA protocol.

**HAND TIMING:** Any performance with an "h" after it was a hand-timed performance that has been converted using NCAA protocol which is to add .24 to correlate to a "fully automatic time".

**WIND READING:** For record purposes the NCAA does not accept any sprint/hurdle/jump performance in excess of +2.0mps tailwind.

**YARDS:** Starting in the 1980's metric distances became the NCAA norm as prior to that time yards were used. Any performance that was achieved in the 4x110 yard Relay, 4x440 yard Relay, 220 yard, 440 yard, 440 yard Hurdles, and 880 yard distances will be included in the similar events but designated by a "y". This is because 220 yards is actually longer than 200 meters (201 meters), 440 yards is longer than 400 meters (402 meters), and 880 yards is longer than 800 meters (804 meters). So if a relay or individual from the past can make the Top 10 rankings while competing over a longer distance they should be included in the rankings.

**DATES OF RANKING:** Until 1998 college bests performances were allowed to count from the first collegiate meet an athlete competed in their freshman year until the end of August following their senior year. In 1998 that changed to outdoor performances are only allowed from March 1st of each year until the completion of the NCAA Outdoor Championships that same year.

#### 100 METERS - INDIVIDUAL

1.	Barbara Bell	11.42	April 28, 1984 at Mt. Sac Relays
2.	Michelle Matthias	11.48	April 5, 1981 at Texas Relays
3.	Pam Posey	11.53@	1985
4.	Amanda Fields	11.54h	May 2, 1981 at Kansas State
5.	Natanya Jones	11.63@	May 18, 1990 at WAC (Colorado State)(11.61 raw)
6.	Nicole Oates-Lee	11.69@	April 11, 1998 at New Mexico Twilight (11.66 raw)
7.	Terrian Florence	11.71@	May 18, 1990 at WAC (Colorado State)(11.69 raw)
8.	Kristian Matison	11.79@	May 13, 2006 at MWC (BYU) (11.76 raw)
9.	Dayna McMillen	11.81@	2001
	Adwoa Gyasi-Nmako	11.81@	May 5, 2000 at New Mexico (Don Kirby)

#### 200 METERS - INDIVIDUAL

1.	Barbara Bell	23.44h	April 28, 1984 at Mt. Sac Relays
2.	Michelle Matthias	23.62	May 7, 1981 at AIAW Regionals (Utah)
	Adwoa Gyasi-Nmako	23.62@	May 17, 2000 at MWC (BYU)
4.	Ariel Burr	23.73@	April 28, 2007 at UNM (Don Kirby)(raw 23.66)
5.	Terrian Florence	23.77@	May 19, 1990 at WAC (Colorado State)(raw 23.70)
6.	Arlene Smith	23.85	May 18m 2001 at MWC (San Diego)
7.	Natanya Jones	23.95@	May 16, 1990 at WAC (Colorado State)(raw 23.88)
8.	Tabitha Shaw	24.03@	2006
9.	Angela Whyte	24.05	May 5, 2000 at New Mexico (Don Kirby)
10.	Kayla Fisher-Taylor	24.06	May 10, 2013 at MWC Championship (UNLV)

#### 400 METERS - INDIVIDUAL

1.	Ariel Burr	52.85	May 26, 2007 at NCAA Regionals.
2.	Arlene Smith	54.24	May 19, 2001 at MWC (San Diego)
3.	Shirley Pitts	54.49@	May 12, 2012 at MWC (Air Force)(raw 54.28)
4.	Adwoa Gyasi-Nmako	54.60@	April 1, 2000 at UTEP
5.	Shannon Vessup	54.75@	1983
6.	Holly Van Grinsven	54.79	May 15, 2015 at MWC (San Diego State)
7.	LeiAnna Matthews	54.88	May 17, 2000 at MWC (BYU)
8.	Tecia Chemabawi	55.03@	1977
9.	Haley Sanner	55.04@	May 2, 2014 at Don Kirby Tailwind (UNM)(54.93)
10.	Barbara Bell	55.06@	March 31, 1984 at Texas Tech (54.95 raw)

#### 100 METER - PERFORMANCES

1.	Barbara Bell	11.42	1984
2.	Michelle Matthias	11.48	1981
3.	Barbara Bell	11.49	1983
4.	Barbara Bell	11.52	1984
5.	Pam Posey	11.53@	1985
6.	Amanda Fields	11.54h	1981
	Barbara Bell	11.54h	1984
7.	Michelle Matthias	11.55	1981
8.	Barbara Bell	11.57	1983
9.	Barbara Bell	11.58	1985

#### 200 METER - PERFORMANCES

1.	Barbara Bell	23.44h	1984
2.	Barbara Bell	23.59	1983
3.	Michelle Matthias	23.62	1981
	Adwoa Gyasi-Nmako	23.62@	2000
4.	Michelle Matthias	23.64h	1981
5.	Michelle Matthias	23.73	1981
	Ariel Burr	23.73@	2007
6.	Michelle Matthias	23.77	1981
	Terrian Florence	23.77@	1990
7.	Barbara Bell	23.82	1983

#### 400 METER - PERFORMANCES

1.	Ariel Burr	52.85	2007
2.	Ariel Burr	52.93	2006
3.	Ariel Burr	53.04@	2006
4.	Ariel Burr	53.17	2007
5.	Ariel Burr	53.36	2006
6.	Ariel Burr	53.47@	2006
7.	Ariel Burr	53.48	2006
8.	Ariel Burr	53.98	2008
9.	Ariel Burr	54.00	2005
10.	Ariel Burr	54.02	2008

Susan Vigil 2:03.84h June 8, 1978 at AAU Championship (UCLA)

**800 METERS - INDIVIDUAL**

1.	Susan Vigil	2:04.34h	1979 at Michigan State
2.	Tecia Chemabawi	2:05.04h	1977
3.	Regina Dramiga	2:05.54h	1982
4.	Sophie Connor	2:05.95	May 14, 2016 at MWC Championship (Fresno St).
5.	Margaret Metcalf	2:07.49	1982
6.	Josephine Moultrie	2:07.54	May 11, 2013 at MWC Championship (UNLV)
7.	Cindy Ashby	2:07.84h	1978
8.	Chloe Anderson	2:08.08	March 30, 2013 at Stanford
9.	Zoe Howell	2:08.34	May 1, 2016 at Payton Jordan/Stanford Invt.
10.	Suzie Boast	2:08.56@	May 17, 2014 at MWC Championship (Wyoming)

**1500 METERS - INDIVIDUAL**

1.	Sophie Connor	4:13.74	June 9 2016 at NCAA Championship (Oregon)
2.	Josephine Moultrie	4:14.44	April 28, 2013 at Payton Jordan/Stanford Invt.
3.	Calli Thackery	4:14.99	Bryan Clay Invt., April 15, 2016
4.	Charlotte Arter	4:16.94	April 19, 2013 at Mt. Sac Relays
5.	Emily Hosker-Thornhill	4:17.74	June 9 2016 at NCAA Championship (Oregon)
6.	Courtney Frerichs	4:18.92	Bryan Clay Invt., April 15, 2016
7.	Sammy Silva	4:19.80	May 31, 2014 @ NCAA Regionals (Arkansas)
8.	Chloe Anderson	4:19.82	June 6, 2013 at NCAA Championship (Oregon)
9.	Suzie Boast	4:20.06	May 31, 2014 @ NCAA Regionals (Arkansas)
10.	Kristi Leonard	4:20.38	1985

**3000 STEEPLE - INDIVIDUAL**

1.	Courtney Frerichs	9:24.41	June 11, 2016 at NCAA Championship (Oregon)
2.	Ruth Senior	10:09.14	May 1, 2010 at Payton Jordan/Stanford Invt.
3.	Natasha Bernal	10:19.54	May 1, 2016 at Payton Jordan/Stanford Invt.
4.	Nicola Hood	10:25.10	May 29, 2015 at NCAA West Preliminary
5.	Imogen Ainsworth	10:27.13	April 28, 2013 at Payton Jordan/Stanford Invt.
6.	Amber Zimmerman	10:30.11	May 15, 2015 at MWC (San Diego State)
7.	Nicole Roberts	10:30.52	May 4, 2014 at Payton Jordan/Stanford Invt.
8.	Alex Darling	10:35.69@	May 13, 2011 @ MWC (Colorado St) (raw 10:52.41)
9.	Kara Henry	10:38.20	April 25, 2008 at Oregon Relays
10.	Emma Reed	10:52.54	May 1, 2011 at Steve Scott/Cal-Irvine Invitational

**5000 METERS - INDIVIDUAL**

1.	Calli Thackery	15:37.44	May 1, 2016 at Payton Jordan/Stanford Invt.
2.	Sarah Waldron	15:37.49	April 29, 2012 at Payton Jordan/Stanford Invt.
3.	Alice Wright	15:45.87	May 2, 2015 at Payton Jordan/Stanford Invt.
4.	Ruth Senior	15:48.29	May 1, 2011 at Payton Jordan/Stanford Invitational
5.	Natalie Gray	15:52.73	April 14, 2011 at Mt. Sac Relays
6.	Josephine Moultrie	15:57.17	April 19, 2013 at Mt. Sac Relays
7.	Kathy Pfiefer	16:17.14h	1984
8.	Charlotte Arter	16:20.57	April 28, 2013 at Payton Jordan/Stanford Invt.
9.	Timmie Murphy	16:25.21@	May 25, 2007 at NCAA Regional
10.	Imogen Ainsworth	16:27.01	March 29, 2013 at Stanford

**10000 METERS - INDIVIDUAL**

1.	Sarah Waldron	32:36.07	April 6, 2012 at Stanford Invitational
2.	Alice Wright	32:36.11	May 1, 2016 at Payton Jordan/Stanford Invitational
3.	Natalie Gray	33:20.31	May 1, 2011 at Payton Jordan/Stanford Invitational
4.	Nicky Archer	33:32.83	March 26, 2010 at Stanford Invitational
5.	Ruth Senior	33:33.23	May 26, 2011 at NCAA West Regional (Oregon)
6.	Tangi Galloway	34:07.01	May 29, 1996 at NCAA (Oregon)
7.	Kathy Pfiefer	34:07.04h	1984
8.	Michelle Corrigan	34:12.30	April 10, 2009 at Mt. Sac Relays
9.	Timmie Murphy	34:17.47	April 13, 2007 at Mt. Sac Relays
10.	Lacey Oeding	34:27.53	April 19, 2012 at Mt. SAC Relays (Walnut, CA)

**100 HURDLES - INDIVIDUAL**

1.	Angela Whyte	13.41@	May 17, 2000 at MWC (BYU) (13.37 raw)
2.	Holly Van Grinsven	13.62 (+1.6)	April 25, 2015 at UC-San Diego Triton Invitational
3.	Precious Selmon	13.66@	April 2, 2011 at New Mexico Tailwind Invt. (13.62)
4.	Monica Crittenden	13.88	April 20, 1996 at Baylor/Dr. Pepper Invt.
5.	Samantha Bowe	14.08 (+1.7)	May 11, 2016 MWC Heptathlon at Fresno State
6.	Tonia Thompson	14.08@	April 14, 1985 at New Mexico
7.	Sandy Fortner	14.09	June 9, 2010 at NCAA Heptathlon (Oregon)
8.	Lisa Teasdale Coleman	14.16@	March 15, 1997 at New Mexico (14.12 raw)
9.	Keren Sari-Bentzur	14.32	2002
10.	Jackie Bailey	14.34	May 10, 1985 at High Country Conference (UNM)
	Darcy Ahner	14.34	April 28, 1990 at Cal Irvine

**800 METER - PERFORMANCES**

1.	Susan Vigil	2:04.34h	1979
2.	Susan Vigil	2:04.64h	1979
3.	Tecia Chemabawi	2:05.04h	1977
4.	Regina Dramiga	2:05.54h	1982
5.	Sophie Connor	2:05.95	2016
6.	Susan Vigil	2:07.14h	1977
7.	Susan Vigil	2:07.44h	1978
8.	Margaret Metcalf	2:07.49	1982
9.	Josephine Moultrie	2:07.54	2013
10.	Josephine Moultrie	2:07.55	2012

**1500 METER - PERFORMANCES**

1.	Sophie Connor	4:13.74	2016
2.	Sophie Connor	4:14.03	2016
3.	Josephine Moultrie	4:14.44	2013
4.	Calli Thackery	4:14.99	2016
5.	Calli Thackery	4:15.41	2015
6.	Sophie Connor	4:16.40	2016
7.	Charlotte Arter	4:16.94	2013
8.	Emily Hosker-Thornhill	4:17.74	2016
9.	Emily Hosker-Thornhill	4:18.55	2016
10.	Charlotte Arter	4:18.56	2014

**3000 STEEPLE - PERFORMANCES**

1.	Courtney Frerichs	9:24.41	2016
2.	Courtney Frerichs	9:29.31	2016
3.	Courtney Frerichs	9:51.48	2016
4.	Ruth Senior	10:09.14	2010
5.	Ruth Senior	10:13.48	2012
6.	Ruth Senior	10:15.46	2010
7.	Ruth Senior	10:18.24@	2011
8.	Natasha Bernal	10:19.54	2016
9.	Ruth Senior	10:20.45	2010
10.	Natasha Bernal	10:21.32	2016

**5000 METER - PERFORMANCES**

1.	Calli Thackery	15:37.44	2016
2.	Sarah Waldron	15:37.49	2012
3.	Calli Thackery	15:42.57	2015
4.	Alice Wright	15:45.87	2015
5.	Calli Thackery	15:47.15	2015
6.	Ruth Senior	15:48.29	2011
7.	Natalie Gray	15:52.73	2011
8.	Calli Thackery	15:53.26	2015
9.	Josephine Moultrie	15:57.17	2013
10.	Ruth Senior	15:57.32	2010

**10000 METER - PERFORMANCES**

1.	Sarah Waldron	32:36.07	2012
2.	Alice Wright	32:36.11	2016
3.	Alice Wright	32:46.99	2016
4.	Alice Wright	32:56.33	2015
5.	Sarah Waldron	32:58.84	2012
6.	Alice Wright	33:18.25	2015
7.	Natalie Gray	33:20.31	2011
8.	Nicky Archer	33:32.83	2010
9.	Ruth Senior	33:33.23	2011
10.	Alice Wright	33:41.86	2015

**100 HURDLES - PERFORMANCES**

1.	Angela Whyte	13.41@	2000
2.	Angela Whyte	13.42	2000
3.	Angela Whyte	13.43	2000
	Angela Whyte	13.43	1999
4.	Angela Whyte	13.58	2000
5.	Holly Van Grinsven	13.62 (+1.6)	2015
6.	Precious Selmon	13.66@	2011
7.	Angela Whyte	13.67	1999
	Holly Van Grinsven	13.67 (+0.2)	2016
9.	Precious Selmon	13.68@	2011
	Holly Van Grinsven	13.68@ (0.0)	2015



**400 HURDLES - INDIVIDUAL**

1.	Shannon Vessup	58.10@	May 12, 1984 at High Country Conf. (BYU)(57.99 raw)
2.	Catherine McKinney	59.79	1986
3.	Kim Perkins	59.88	April 25, 2009 at Cal/Brutus Hamilton Invt.
4.	Regina Dramiga	60.23@	1980 (60.06 raw)
5.	Lisa Teasdale Coleman	60.49	May 19, 2001 at MWC (San Diego)
6.	Michelle Richardson	60.69	April 20, 1986 at UTEP
7.	Natanya Jones	60.89@	May 20, 1989 at New Mexico (60.78 raw)
8.	Kisha Smith	61.54	May 18, 2001 at MWC (San Diego)
9.	Felicia DeVargas	61.68@	May 17, 2000 at MWC (BYU)
10.	Ashley Miknis	61.80@	May 15, 2010 at MWC (New Mexico) (raw 61.69)

**400 HURDLES - PERFORMANCES**

1.	Shannon Vessup	58.10@	1984
2.	Shannon Vessup	58.94	1983
3.	Catherine McKinney	59.79	1986
4.	Kim Perkins	59.88	2009
5.	Catherine McKinney	60.14h	1990
6.	Regina Dramiga	60.23@	1980
7.	Catherine McKinney	60.26	1988
8.	Regina Dramiga	60.34	1980
	Catherine McKinney	60.34	1990
9.	Shannon Vessup	60.46	1984

**4 x 100 RELAY**

1.	Adwoa Gyasi-Nmako, Anglea Whyte, Dayna McMillen, Arline Smith	45.26@	2000
2.	Amanda Fields, Michelle Matthias, Peggy Mallory, Charlotte Zepherin	45.49@	1981
3.	Brittany Myricks, Peri Moran, Haley Sanner, Aasha Marler	45.70@	May 2, 2014 @ Don Kirby Tailwind (UNM)(raw 45.58)
	Sandy Fortner, Alesha Walker, Ariel Burr, Kristan Matison	45.70@	May 3, 2008 at New Mexico (Don Kirby)
5.	Pam Posey, Barbara Bell, Shannon Vessup, Patty Mack	45.71@	May 12, 1984 at High Country Conf. (BYU)(45.59 raw)
6.	Amanda Fields, Michelle Matthias, Pam Gutierrez, Charlotte Zepherin	45.74@	1981
7.	Kayla Fisher-Taylor, Yeshemabet Turner, Casey Dowling, Aasha Marler	45.80	May 11, 2013 at MWC Championship (UNLV)
8.	Pam Posey, Tonia Thompson, Jackie Bailey, Barbara Bell	46.04	1985
9.	NAMES OF TEAM MEMBERS UNKNOWN	46.05@	May 22, 1999 at WAC (Colorado State)
10.	Kristan Matison, Ariel Burr, Tabitha Shaw, Shakira Williams	46.09@	April 29, 2006 at New Mexico (Don Kirby)

**4 x 400 RELAY**

1.	Adwoa Gyasi-Nmako, LeiAnn Matthews, Arline Smith, Angela Whyte	3:41.11@	2000
2.	Tawsha Brazley, Jasmin McCray, Zoe Howell, Shirley Pitts	3:41.43	May 11, 2013 at MWC Championship (UNLV)
3.	Morine Laughlin, Natanya Jones, Terrian Florence, Catherine McKinney	3:44.14@	1990
4.	NAMES OF TEAM MEMBERS UNKNOWN	3:44.79@	1985
5.	Tina Hodge, Michelle Richardson, Terrian Florence, Catherine McKinney	3:45.05@	1988
6.	Haley Sanner, Zoe Howell, Larimar Rodriguez, Holly VanGrinsven	3:45.11	April 15, 2016 at Bryan Clay Invt (Azusa Pacific)
7.	Haley Sanner, Zoe Howell, Faith Cobb, Holly VanGrinsven	3:45.29	April 17, 2015 at Mt. Sac Relays
8.	Ariel Burr, Sandy Fortner, KC Pritchard, Christine Zarrella	3:45.40@	May 12, 2007 at MWC
9.	Tawsha Brazley, Jasmin McCray, Zoe Howell, Shirley Pitts	3:45.48	April 20, 2013 at Long Beach Invitational
10.	Ariel Burr, Kristan Matison, Sandy Fortner, Christine Zarrella	3:45.71@	April 28, 2007 at New Mexico (Don Kirby)

**LONG JUMP - INDIVIDUAL**

1.	Alesha Walker	21' 4"	April 12, 2008 at UTEP
2.	Lavern Clarke	20' 11 3/4"	April 14, 1990 at New Mexico
3.	Deanna Young	20' 6 1/4"	March 29, 2008 at UTEP
4.	Sandy Fortner	20' 4 1/2"	April 1, 2010 at Texas Relays Heptathlon
5.	Aasha Marler	20' 3 3/4" (+1.6)	April 2, 2016 at Don Kirby Tailwind Invt. (UNM)
6.	Keren Sari-Bentzur	20' 3"	April 21, 2001 at Baylor
7.	Yeshemabet Turner	20' 2 1/2"	May 10, 2013 at MWC Championship (UNLV)
8.	Jackie Davis	19' 11 3/4"	1980
9.	Precious Selmon	19' 11" (+1.1)	April 2, 2011 at New Mexico Tailwind Invt.
10.	Samantha Bowe	19' 9 1/2" (+0.3)	April 2, 2016 at Don Kirby Tailwind Invt. (UNM)

**LONG JUMP - PERFORMANCES**

1.	Alesha Walker	21' 4"	2008
2.	Alesha Walker	21' 0"	2008
3.	Lavern Clarke	20' 11 3/4"	1990
	Alesha Walker	20' 11 3/4"	2009
4.	Alesha Walker	20' 6 1/2"	2008
5.	Alesha Walker	20' 6 1/4"	2009
	Deanna Young	20' 6 1/4"	2008
6.	Lavern Clarke	20' 5 1/4"	1990
7.	Alesha Walker	20' 5"	2008
8.	Sandy Fortner	20' 4 1/2"	2010

**TRIPLE JUMP - INDIVIDUAL**

1.	Deanna Young	43' 10 3/4"	April 3, 2010 at Texas Relays
2.	Jannell Hadnot	43' 10" (+0.4)	May 28, 2016 at NCAA Regional (Kansas)
3.	Lavern Clarke	43' 1 1/2"	April 14, 1990 at New Mexico
4.	Aasha Marler	42' 9 3/4" (+0.0)	April 2, 2016 at Don Kirby Tailwind Invt. (UNM)
5.	Monique Harris	42' 2"	April 6, 2001 at Texas Relays
6.	Yeshemabet Turner	41' 11 1/4"	May 11, 2013 at MWC Championship (UNLV)
7.	Annette DiLorenzo	40' 11 1/2"	May 20, 1989 at High Country Conf. (New Mexico)
8.	Hagit Salamon	40' 1 1/2"	April 28, 2007 at New Mexico (Don Kirby)
9.	Casey Dowling	40' 0"	May 11, 2013 at MWC Championship (UNLV)
10.	Susanna Oravainen	38' 11 1/2"	March 30, 1996 at New Mexico (Don Kirby)

**TRIPLE JUMP - PERFORMANCES**

1.	Deanna Young	43' 10 3/4"	2010
2.	Jannell Hadnot	43' 10" (+0.4)	2016
3.	Deanna Young	43' 7 3/4"	2010
4.	Deanna Young	43' 4 1/2"	2010
5.	Deanna Young	43' 4 1/4"	2010
6.	Deanna Young	43' 3 1/4"	2010
	Deanna Young	43' 3 1/4"	2010
8.	Deanna Young	43' 3"	2010
9.	Lavern Clarke	43' 1 1/2"	1990
10.	Deanna Young	43' 1/4"	2010

**HIGH JUMP - INDIVIDUAL**

1.	Margaret Metcalf	5' 11"	1979 at New York City
2.	Kelli Myers	5' 10 3/4"	May 4, 2002 at UTEP Twilight
	Heidi Anderson	5' 10 3/4"	May 7, 1990 at New Mexico
	Darcy Ahner	5' 10 3/4"	April 13, 1989 at Lobo Heptathlon
5.	Tiyana Peters	5' 10 1/2"	May 31, 2008 at NCAA Regional
6.	Kim Werner	5' 9 1/4"	1987
7.	Aura Cook	5' 8 3/4"	1992
8.	Anita Marsland	5' 8"	1979
9.	Sandy Fortner	5' 7 3/4"	June 9, 2010 at NCAA Heptathlon (Oregon)
10.	Marin Schweigert	5' 7 1/4"	May 12, 2012 at MWC (Air Force)

**HIGH JUMP - PERFORMANCES**

1.	Margaret Metcalf	5' 11"	1979
2.	Kelli Myers	5' 10 3/4"	2002
	Heidi Anderson	5' 10 3/4"	1990
	Darcy Ahner	5' 10 3/4"	1989
3.	Tiyana Peters	5' 10 1/2"	2008
4.	Darcy Ahner	5' 10"	1989
	Tiyana Peters	5' 10"	2007
5.	Heidi Anderson	5' 9 3/4"	1989
6.	Kim Werner	5' 9 1/4"	1987
7.	Kim Werner	5' 9"	1986
	Kim Werner	5' 8 3/4"	1985
	Kim Werner	5' 8 3/4"	1986

**POLE VAULT - INDIVIDUAL**

1.	Margo Tucker	13' 3 3/4"	April 8, 2011 at Texas Relays
2.	Amber Menke	13' 3 1/2"	May 10, 2013 at MWC Championship (UNLV)
3.	Whitney Johnson	13' 1/4"	April 29, 2006 at New Mexico (Don Kirby)
4.	Bridgid Isworth	12' 11 3/4"	May 16, 2003 at MWC (New Mexico)
5.	Annie Stirling	12' 10 1/4"	May 16, 2014 at MWC (Wyoming)
6.	Kelly Fortner	12' 9 1/2"	May 14, 2010 at MWC (New Mexico)
7.	Nathalie Busk	12' 7 1/2"	May 11, 2012 at MWC (Air Force)
	Katherine Whiting	12' 7 1/2"	April 30, 2016 at UTEP Invitational
9.	Emily Heisler	12' 4 1/2"	April 12, 2014 at Jim Click Invitational
10.	Krissy Owen	12' 4"	1999

**SHOT PUT - INDIVIDUAL**

1.	Amanda Barnes	52' 9 1/2"	April 23, 2005 at UC San Diego Triton Invt.
2.	Myra Smith	47' 5"	1994
3.	Terry Helleck	47' 2 1/4"	1982
4.	Sandy Fortner	46' 0"	May 14, 2008 at MWC Heptathlon
5.	Bobbi Hall	45' 7 3/4"	May 17, 2002 at MWC (Air Force)
6.	Briana Paxton	44' 11 1/2"	April 28, 2007 at New Mexico (Don Kirby)
7.	Misty Wyant	44' 2 1/2"	May 21, 1992 at WAC (Air Force)
8.	Chelsea Stephens	43' 4 1/2"	1996
9.	Sarah Swartwood	42' 9 3/4"	April 21, 2007 at UC San Diego Triton Invt.
10.	Lisa Longerot	42' 7"	March 26, 1988 at New Mexico
	Allison Mady	42' 7"	May 13, 2016 at MWC Championship (Fresno St)

**DISCUS - INDIVIDUAL**

1.	Amanda Barnes	166' 11"	April 30, 2005 at New Mexico (Don Kirby)
2.	Briana Paxton	158' 10"	April 10, 2010 at UTEP
3.	Jamie Fishencord	152' 10"	April 30, 2005 at New Mexico (Don Kirby)
4.	Myra Smith	147' 4"	March 19, 1994 at New Mexico
5.	Sue Qualls	144' 8"	1983
6.	Lisa Longerot	144' 7"	April 9, 1988 at New Mexico
7.	Misty Wyant	144' 4"	1991
8.	Barbara Butler	142' 5"	1971 AIAW National Championship
9.	Bobbi Hall	142' 4"	March 23, 2002 at New Mexico (Lobo Open)
10.	Amy Ottinger	140' 10"	1992

**JAVELIN - INDIVIDUAL (NCAA began competition with "new" javelin in 2000)**

1.	Katie Coronado	181' 0"	April, 2009 at Texas Relays
2.	Veronica Gonzales	152' 1"	May 1, 2004 at New Mexico (Don Kirby)
3.	Jessica McIntyre	144' 10"	March 18, 2005 at Arizona State
4.	Kayla Brown	142' 5"	March 19, 2004 at Arizona State
	Vanessa Strobbe	142' 5"	March 31, 2007 at Arizona
	Lexi Ross	142' 5"	April 6, 2013 at Don Kirby Tailwind Invitational
7.	Sandy Fortner	133' 7"	May 14, 2008 at MWC Heptathlon
8.	Jessica McCall	127' 0"	April 15, 2005 at Mesa Track Classic
9.	Kyra Mohns	125' 11"	April 2, 2016 at Don Kirby Tailwind Invt.
10.	Greer Crabtree	124' 6"	March 24, 2012 at UTEP Springtime Invitational

**HAMMER - INDIVIDUAL**

1.	Jamie Fishencord	192' 6"	April 30, 2005 at New Mexico (Don Kirby)
2.	Amaris Blount	173' 7"	April 30, 2016 at UTEP Invitational
3.	Sarah Swartwood	160' 10"	May 14, 2010 at MWC (New Mexico)
4.	Amanda Barnes	155' 3"	April 9, 2004 at Mesa Track Classic
5.	Tami Williams	150' 11"	April 23, 2010 at Brutus Hamilton (Cal-Berekley)
6.	Chelsea Stephens	149' 11"	1997
7.	Allison Mady	142' 1"	April 30, 2016 at UTEP Invitational
8.	Briana Paxton	137' 7"	April 29, 2006 at New Mexico (Don Kirby)
9.	Nicole Manning	132' 0"	April 14, 2007 at UTEP
10.	Angelica Bernaert	119' 0"	March 24, 2001 at New Mexico (Don Kirby)

**HEPTATHLON - INDIVIDUAL**

1.	Sandy Fortner	5723	May 13, 2010 at MWC (New Mexico)
2.	Darcy Ahner	5419	April 19, 1990 at Cal Irvine
3.	Keren Sari-Bentzur	5371	April 19, 2002 at Mt. Sac Relays
4.	Samantha Bowe	5349	April 13-14 at Bryan Clay Heptathlon
5.	Heidi Anderson	4955	May 15, 1990 at WAC (Colorado State)
6.	Kyra Mohns	4923	April 13-14 at Bryan Clay Heptathlon
7.	Susanna Oravainen	4861	March 15, 1997 at Lobo Multi
8.	Holly VanGrinsven	4783	May 8-9, 2013 at MWC (UNLV)
9.	Kitrian Martin	4753	May 15, 1990 at WAC (Colorado State)
10.	Melissa Guanella	4481	May 16, 2000 at MWC (BYU)

**POLE VAULT - PERFORMANCES**

1.	Margo Tucker	13' 3 3/4"	2011
2.	Amber Menke	13' 3 1/2"	2013
3.	Amber Menke	13' 1 3/4"	2013
4.	Amber Menke	13' 1 1/2"	2013
5.	Amber Menke	13' 3/4"	2011
	Amber Menke	13' 3/4"	2011
	Margo Tucker	13' 3/4"	2011
	Margo Tucker	13' 3 3/4"	2014
6.	Whitney Johnson	13' 1/4"	2006
	Amber Menke	13' 1/4"	2013
7.	Bridgid Isworth	12' 11 3/4"	2003
	Margo Tucker	12' 11 3/4"	2011
	Amber Menke	12' 11 3/4"	2011

**SHOT PUT - PERFORMANCES**

1.	Amanda Barnes	52' 9 1/2"	2005
2.	Amanda Barnes	52' 1 1/4"	2005
3.	Amanda Barnes	51' 11 1/4"	2005
4.	Amanda Barnes	51' 7 3/4"	2005
5.	Amanda Barnes	51' 1 1/2"	2005
6.	Amanda Barnes	50' 11"	2004
7.	Amanda Barnes	49' 5"	2004
8.	Amanda Barnes	48' 10 3/4"	2004
9.	Amanda Barnes	48' 6 1/4"	2003
10.	Amanda Barnes	48' 1 1/4"	2003

**DISCUS - PERFORMANCES**

1.	Amanda Barnes	166' 11"	2005
2.	Briana Paxton	158' 10"	2010
3.	Briana Paxton	157' 4"	2010
4.	Jamie Fishencord	152' 10"	2005
5.	Jamie Fishencord	151' 9"	2004
6.	Amanda Barnes	151' 8"	2004
7.	Briana Paxton	151' 3"	2010
8.	Amanda Barnes	149' 8"	2005
9.	Jamie Fishencord	149' 5"	2005
10.	Briana Paxton	149' 4"	2010

**JAVELIN (NEW) - PERFORMANCES**

1.	Katie Coronado	181' 0"	2009
2.	Katie Coronado	179' 9"	2009
3.	Katie Coronado	179' 6"	2008
4.	Katie Coronado	178' 11"	2008
5.	Katie Coronado	178' 7"	2008
6.	Katie Coronado	177' 6"	2008
7.	Katie Coronado	176' 1"	2008
8.	Katie Coronado	174' 6"	2009
9.	Katie Coronado	171' 5"	2008
10.	Katie Coronado	169' 10"	2007

**HAMMER - PERFORMANCES**

1.	Jamie Fishencord	192' 6"	2005
2.	Jamie Fishencord	184' 0"	2006
3.	Jamie Fishencord	183' 9"	2005
4.	Jamie Fishencord	180' 10"	2005
5.	Jamie Fishencord	180' 5"	2005
6.	Jamie Fishencord	179' 4"	2004
7.	Jamie Fishencord	179' 2"	2004
8.	Jamie Fishencord	178' 11"	2004
9.	Jamie Fishencord	178' 6"	2006
10.	Jamie Fishencord	177' 8"	2006

(14.19-5' 7"-44' 2 3/4"-24.97-20' 6 1/4"-124' 9"-2:28.59)

(14.43-5' 7 1/4"-35' 5 3/4"-26.95-18' 1 3/4"-153' 0"-2:21.09)

(14.23 - 5' 6 1/2" - 38' 5 1/2" - 25.88 - 19' 5 1/4" - 118' 2" - 2:29.95)

(15.33-5' 8 1/2"-33' 3 1/2"-26.29"-17' 5 1/2"-95' 3"-2:19.32)

(15.16 - 5' 1 3/4" - 35' 10 3/4" - 25.78 - 17' 4 3/4" - 122' 1" - 2:27.00)

(14.95-5' 1"-30' 3/4"-25.59-17' 11 1/2"-99' 3"-2:23.57)

(14.99 - 5' 5" - 30' 0" - 26.65 - 18' 6" - 97' 2" - 2:30.34)



# UNIVERSITY OF NEW MEXICO MEN'S DECATHLON LIST (1958 - 2016)

*This listing is of all Decathlon meet results that could be found.*

	SCORE	100	LONG J	SHOT	HIGH J	400	110H	DISCUS	POLE V	JAVELIN	1500
Gary Kinder, 1985 at NCAA Championship (Texas)	7959	11.22w	22' 3"	49' 10 1/2"	6' 6 3/4"	51.04	15.1w	162' 6"	15' 9"	222' 9"	4:52.01
Gary Kinder, 3/1-2/84 at UNLV	7691	11.40	23' 0"	46' 11 3/4"	6' 7 1/2"	51.30	15.61	137' 2"	15' 9 1/2"	221' 3"	4:56.71
Marty Niebauer, 1982	7572	11.22	21' 7 1/4"	41' 9"	6' 3 1/4"	49.29	15.74	118' 0"	15' 8 3/4"	214' 3 3/4"	4:27.36
Chris Warner, 1987 at WAC (UTEP)	7525	10.96	22' 2 1/4"	39' 10 1/2"	6' 7 1/2"	48.67	14.82	139' 11"	13' 11 1/4"	178' 8"	4:46.92
Richard York, May 9-10, 2012 at MWC (Air Force)	7513	11.01	23' 4 1/2"	40' 1 1/4"	6' 5"	49.33	15.27	123' 0"	14' 11"	185' 10"	4:39.02
Gary Kinder, May 9-10, 1985 at HCAC (New Mexico)	7429	11.29	21' 4 3/4"	48' 2 3/4"	6' 6 3/4"	51.3	15.0	153' 9"	15' 1 1/4"	207' 2"	5:28.4
Richard York, April 6-7, 2011 at Texas Relays	7389	10.85 (+4.4)	23' 3 1/2"	38' 1/4"	6' 2 3/4"	49.50	15.62	119' 5"	14' 9"	186' 3"	4:36.06
Mark Johnson, May 13, 2004 at MWC (UNLV)	7325	11.22	22' 7 3/4"	41' 8"	6' 7"	50.47	?	?	?	?	?
Chris Warner, 1987 at NCAA Championship	7293	11.12	21' 11 3/4"	40' 11 1/2"	6' 8"	49.49	14.76	130' 11"	12' 5 1/2"	170' 9"	4:38.79
Richard York, May 12-13, 2010 at MWC (New Mexico)	7292	10.98	22' 3 1/4"	37' 5"	6' 4 1/4"	48.98	15.55	108' 11"	14' 5 1/4"	195' 0"	4:35.52
Dan Felman, April 14, 2005 at Mt. Sac Relays	7278	11.33	22' 5 3/4"	45' 10 1/2"	5' 10 3/4"	50.24	15.50	125' 4"	15' 1"	189' 6"	4:46.29
Mark Johnson, June 12, 2004 at NCAA Champ (Sacramento St.)	7277	11.13	21' 9 1/2"	40' 7 3/4"	6' 2"	50.20	14.89	126' 11"	15' 9"	143' 8"	4:31.02

	SCORE	100	LONG J	SHOT	HIGH J	400	110H	DISCUS	POLE V	JAVELIN	1500
Dan Feltman, May 11, 2005 at MWC (UTEP)	7250	11.07	21' 5 1/2"	44' 1 1/4"	6' 1/2"	49.94	15.30	138' 7"	14' 9"	180' 11"	4:57.09
Richard York, June 8-9, 2011 at NCAA Championships (Drake)	7229	10.99	22' 3"	37' 1 1/4"	6' 4"	40.20	15.95	119' 5"	13' 1 1/2"	201' 1"	4:31.07
Richard York, May 11-12, 2011 at MWC (Colorado State)	7212	10.88	22' 10 3/4"	35' 4 1/2"	6' 5"	50.78	15.27	97' 8"	15' 1 3/4"	193' 10"	4:46.58
Mark Johnson, April 1, 2004 at Texas Relays	7141	11.30	22' 5 1/4"	37' 6 1/2"	6' 3 1/2"	51.36	15.32	127' 1"	16' 4 3/4"	144' 4"	4:44.46
Daniel Lam, April 13-14, 2016 at Mt. Sac Relays	7097	11.29	23' 1/2"	41' 5 1/4"	5' 11 1/2"	50.83	15.31	125' 9"	15' 1"	152' 8"	4:45.69
Marty Niebauer, 5/4-5/83 at WAC (BYU)	7086	11.30	21' 5 1/2"	42' 8 3/4"	6' 5"	51.0	15.9	122' 7"	12' 11 3/4"	187' 10"	4:49.6
Daniel Lam, May 11-12, 2016 at MWC (Fresno State)	7047	11.55	22' 1/4"	41' 8 1/2"	5' 11 1/4"	51.48	15.31	136' 6"	15' 5"	164' 8"	4:52.44
Dan Feltman, May 13, 2004 at MWC (UNLV)	7022	11.38	22' 3 1/2"	43' 2 1/2"	6' 1 1/4"	49.94	?	?	?	?	?
Chris Warner, May 7-8, 1986 at WAC (BYU)	6934	11.14	20' 6 1/2"	43' 5"	6' 4"	51.05	15.31	129' 11"	13' 3 1/2"	175' 9"	5:04.99
HR McAdams, March 19-20, 1988 at Occidental College Inv't.	6922	11.68	21' 1/2"	38' 9"	6' 2 3/4"	51.01	15.76	134' 8"	13' 1 1/2"	202' 9"	4:49.05
Daniel Lam, May 13-14, 2015 MWC (San Diego State)	6844	11.39	22' 1 3/4"	40' 6"	6' 3/4"	51.96	15.90	130' 8"	14' 11"	149' 8"	4:55.41
Frank Joseph, 5/10-11/1974 at WAC (New Mexico)	6837	10.9	22' 5 3/4"	40' 0"	6' 6"	52.7	15.0	122' 0"	10' 6"	179' 9"	5:16.8
Sam Potter, 5/9-10/2012 at MWC (Air Force)	6831	11.35	21' 11 3/4"	36' 1 1/2"	5' 11 1/4"	50.38	15.09	114' 6"	15' 3"	160' 1"	5:01.66



	SCORE	100	LONG J	SHOT	HIGH J	400	110H	DISCUS	POLE V	JAVELIN	1500
HR McAdams, April 20-21, 1988 at Kansas Relays	6827	11.3	23' 3/4"	42' 0"	6' 4"	51.04	15.78	123' 1"	13' 1"	191' 9"	5:29.84
Mark Johnson, April 22, 2004 at BYU	6799	11.41	22' 4 1/2"	36' 5"	6' 1 1/4"	50.46	15.48	126' 0"	15' 1"	134' 2"	4:59.15
Dan Feltnan, June 11, 2005 at NCAA Champ (Sacramento St.)	6794	11.55	21' 5"	44' 0"	5' 9 1/4"	51.80	15.90	130' 0"	13' 9 1/4"	188' 5"	5:00.67
Mark Johnson, May 15, 2002 at MWC (Air Force)	6773	11.48	21' 10 3/4"	37' 8 1/2"	6' 2 1/4"	50.72	15.16	121' 5"	14' 5 1/4"	141' 2"	4:58.70
Brian Wilson, May 11-12, 2011 at MWC (Colorado State)	6770	11.25	20' 6 1/2"	36' 3"	6' 1 1/2"	52.32	14.51	123' 9"	14' 2"	182' 0"	5:16.84
Beau Clifton, May 11-12, 2016 at MWC (Fresno State)	6769	10.85	21' 8"	45' 1"	6 1/2"	51.10	17.13	116' 11"	12' 9 1/2"	181' 2"	4:57.54
Brian Wilson, May 12-13, 2010 at MWC (New Mexico)	6762	11.39	21' 2 14"	38' 11"	6' 2"	51.25	14.79	117' 5"	13' 9 1/4"	172' 2"	5:11.87
Scott Steffan, May 5, 1988 at WAC (BYU)	6705	11.13	22' 3 1/2"	39' 7 3/4"	6' 3 1/2"	51.81	15.39	116' 9"	12' 3 1/2"	172' 11"	5:14.88
Joe Powdrell, 5/25-26/68 at New Mexico AAU (UNM)	6623	Powdrell scored 3384 the first day - only results available					15.3	16' 1/4"	177' 7"		
Daniel Lam, 4/15-16/2015 at Mt. Sac Relays	6598	11.38	22' 2 1/4"	40' 4 3/4"	5' 8 1/2"	51.42	16.07	117' 1"	14' 9"	128' 10"	4:50.29
Derek McDonald, May 12, 2005 at MWC (UTEP)	6580	11.19	22' 8 1/2"	27' 6"	6' 5"	52.70	15.22	104' 3"	141' 4 1/4"	146' 10"	4:56.50
Richard York, May 14-15, 2014 at MWC (Wyoming)	6569	10.92	22' 4 1/2"	40' 7"	6' 5 1/2"	51.56	DQ	131' 7"	14' 1 1/4"	203' 2"	4:47.38
Mark Johnson, May 15, 2003 at MWC (New Mexico)	6525	11.36	22' 2 1/2"	36' 10"	6' 4"	51.78	15.51	111' 3"	13' 9 1/4"	136' 8"	5:14.05

	SCORE	100	LONG J	SHOT	HIGH J	400	110H	DISCUS	POLE V	JAVELIN	1500
Ryan Voge, May 15, 2003 at MWC (New Mexico)	6448	11.35	22' 2 1/2"	36' 11 1/2"	6' 7 1/2"	51.70	16.46	99' 5"	12' 9 1/2"	149' 5"	5:07.63
Ryan Voge, April 17, 2003 at Cal/Brutus Hamilton	6399										
Scott Steffan, April 20-21, 1988 at Kansas Relays	6376	11.5	21' 11 3/4"	36' 5 1/2"	6' 2 3/4"	52.28	16.21	117' 2"	13' 9"	165' 4"	5:30.34
H.R. McAdams, 3/11-12/84	6358										
Brian Wilson, April 1, 2010 at Texas Relays	6347	11.38	19' 5 1/2"	36' 9 1/2"	6' 1/2"	52.96	15.44	127' 1"	12' 1 1/2"	168' 7"	5:07.99
H.R. McAdams, May 5, 1988 at WAC (BYU)	6306	11.47	22' 3"	38' 11 1/2"	6' 6"	51.39	15.79	137' 5"	NH	189' 0"	5:13.32
Richard York, April 1, 2010 at Texas Relays	6224	10.85	21' 8"	35' 8 3/4"	6' 4"	50.11	16.34	100' 9"	NH	173' 11"	4:34.55
Brian Wilson, May 13, 2009 at MWC (Wyoming)	6189	11.53	20' 5 1/4"	34' 4 1/4"	6' 2 1/4"	54.13	15.23	106' 4"	12' 7 1/2"	163' 9"	5:19.42
Steve Pace, 1982	6014										
Dan Feltnan, April 22, 2004 at BYU	6006	11.47	22' 5 3/4"	41' 11 1/4"	6' 0"	51.93	15.54	NM	13' 1 1/2"	174' 0"	5:30.36
Scott Steffan, March 17, 1991 at Occidental College	5997	12.0	20' 10"	38' 3 1/2"	6' 3/4"	55.8	15.8	122' 3"	12' 7 1/2"	156' 3"	5:21.2
Richard York, 4/18-19/2012 at Mt. SAC Decathlon	5970	10.99	22' 1/4"	40' 9"	6' 4 1/4"	50.20	15.44	120' 8"	NM	205' 7"	NM
Jeremy Lee, May 12-13, 2010 at MWC (New Mexico)	5920	11.81	19' 1 1/2"	35' 4"	5' 11 1/2"	52.38	16.18	111' 3"	12' 1 1/2"	133' 7"	5:01.04
Dan Feltnan, May 15, 2003 at MWC (New Mexico)	5912	11.23	22' 1"	45' 4"	5' 11 1/4"	50.47	16.40	NM	12' 5 1/2"	177' 3"	5:50.84



	SCORE	100	LONG J	SHOT	HIGH J	400	110H	DISCUS	POLE V	JAVELIN	1500
Ryan Voge, March 20, 2003 at New Mexico Multi	5898										
Ryan Voge, March 21, 2002	5898	11.34	22' 6"	37' 2"	6' 3 1/2"	51.90	16.3	110' 0"	NH	151' 7"	4:59.10
Jason Bigott, May 11, 2005 at MWC (UTEP)	5897	11.66	19' 11"	31' 7 1/4"	5' 6 1/2"	53.66	16.05	101' 6"	11' 5 3/4"	171' 8"	4:51.22
Beau Clifton, 5-13/14, 2015 MWC (San Diego State)	5786	11.12	20' 1/2"	36' 7"	5' 10 1/2"	52.32	19.51	98' 4"	11' 3 3/4"	180' 11"	5:16.22
Jim Parker, May 8, 1986 at WAC (BYU)	5735										
Adam Frangos, March 21, 2002	5672	11.68	18' 6"	39' 4"	5' 7 1/4"	51.80	17.8	118' 11"	10' 3 1/2"	128' 3"	4:49.40
Robert Gunn, ??? at MWC	5662	11.24	21' 2 1/2"	33' 5 1/4"	6' 2 3/4"	51.13	16.91	64' 6"	11' 1 3/4"	150' 3"	5:47.79
Robert Gunn, March 21, 2002	5610	11.31	22' 3"	30' 1"	6' 1 1/4"	52.66	17.0	74' 10"	11' 3 1/2"	131' 10"	5:28.80
Sam Potter, May 11-12, 2011 at MWC (Colorado State)	5436	11.12	21' 11 3/4"	34' 11"	6' 1 1/2"	52.19	16.02	88' 7"	15' 1 3/4"	NM	NM
Scott Steffan, May 18, 1991 at WAC (San Diego State)	4830	12.04	17' 9 1/4"	39' 10"	5' 11 1/2"	58.57	17.10	121' 6"	NM	152' 5"	6:04.71

## University of New Mexico Women's Outdoor Track & Field Heptathlon Summary 1977 - 2016

*The following list indicates all Heptathlon results can be found.*

	SCORE	100H	HIGH JUMP	SHOT PUT	200	LONG JUMP	JAVELIN	800
Sandy Fortner, May 12-13, 2010 at MWC (New Mexico)	<b>5723</b>	14.19	5' 7"	44' 2 3/4"	24.97	20' 6"	124' 9"	2:28.59
Sandy Fortner, 4/1/2010 at Texas Relays	<b>5657</b>	14.33 +3.7	5' 5"	43' 9 1/4"	24.89 +3.5	20' 4 1/4"	126' 9"	2:27.27
Sandy Fortner, May 14, 2008 at MWC	<b>5641</b>	14.37	5' 5 1/4"	46' 0"	25.24	18' 11 3/4"	133' 7"	2:22.96
Darcy Ahner, April 19, 1990 at Cal Irvine Invt.	<b>5419</b>	14.43	5' 7 1/4"	36' 5 3/4"	26.95	18' 1 3/4"	153' 0"	2:21.09
Darcy Ahner, May 17, 1990 at WAC (Colorado State)	<b>5410</b>							
Darcy Ahner, May 17, 1989 at High Country Conf (UNM)	<b>5373</b>	14.44	5' 10 3/4"	33' 11 1/2"	26.41	17' 11 3/4"	133' 4"	2:22.51
Keren Sari, April 18, 2002 at Mt. Sac Relays	<b>5371</b>	14.32	5' 7"	36' 4 1/2"	25.53	20' 2"	99' 10"	2:24.57
Samantha Bowe, April 13-14, 2016 at M. Sac Relays	<b>5349</b>	14.23	5' 6 1/2"	38' 5 1/2"	25.88	19' 5 1/4"	118' 2"	2:29.95
Sandy Fortner, April 2, 2008 at Texas Relays	<b>5343</b>	14.52	5' 6 1/2"	43' 1/4"	25.37	18' 11 3/4"	96' 9"	2:24.96
Sandy Fortner, April 25, 2008 at Colorado State	<b>5291</b>	14.69	5' 2 1/2"	44' 6 1/4"	25.43	18' 7"	122' 1"	2:28.66
Keren Sari, May 30, 2002 at NCAA (LSU)	<b>5285</b>	14.64	5' 7"	36' 5 3/4"	25.84	19' 6 1/4"	106' 0"	2:23.81
Darcy Ahner, March 29, 1989 at Cal Irvine Invt.	<b>5272</b>	14.52	5' 9 3/4"	34' 8 3/4"	26.88	17' 6 1/2"	138' 1"	2:23.97
Darcy Ahner, April 14, 1989 at New Mexico Multi	<b>5271</b>	14.67	5' 10 3/4"	33' 3 1/4"	26.80	18' 8 1/4"	129' 9"	2:25.93
Keren Sari-Bentzur, April 17, 2003 at Mt. Sac Relays	<b>5236</b>	14.68	5' 6 1/2"	38' 10 1/2"	25.78	19' 2 1/4"	96' 7"	2:24.09
Sandy Fortner, May 10, 2006 at MWC	<b>5190</b>	15.00	5' 5 3/4"	37' 1"	25.21	18' 4 1/2"	108' 8"	2:23.12
Darcy Ahner, June 1, 1989 at NCAA (BYU)	<b>5189</b>	14.79	5' 8"	31' 5"	26.59	17' 9 1/4"	137' 1"	2:21.60
Keren Sari, March 21, 2002 at New Mexico Multi	<b>5170</b>	14.61	5' 6 1/2"	39' 2 1/2"	25.99	18' 8 3/4"	95' 2"	2:24.86
Keren Sari-Bentzur, May 15, 2003 at MWC	<b>5170</b>	14.74	5' 4 1/2"	37' 10"	25.33	19' 6 1/4"	101' 2"	2:29.67



	SCORE	100H	HIGH JUMP	SHOT PUT	200	LONG JUMP	JAVELIN	800
Samantha Bowe, May 11-12, 2016 at MWC (Fresno State)	<b>5168</b>	14.08	5' 2 1/4"	39' 6"	25.71	18' 10 3/4"	108' 7"	2:30.12
Keren Sari, April 4, 2001 at Texas Relays	<b>5128</b>	14.76	5' 5 3/4"	35' 3 1/4"	26.02	19' 9 1/4"	94' 8"	2:27.93
Samantha Bowe, May 13-14, 2015 at MWC (San Diego State)	<b>5115</b>	14.26	5' 5 3/4"	39' 3"	26.09	19' 3 1/4"	109' 11"	2:41.54
Sandy Fortner, April 13, 2006 at Mt. Sac Relays	<b>5088</b>	14.93	5' 6"	36' 7 1/2"	25.25	17' 8 3/4"	113' 0"	2:29.07
Sandy Fortner, May 9, 2007 at MWC	<b>5087</b>	14.48	5' 3 1/4"	38' 5 1/2"	25.64	17' 9 1/2"	102' 7"	2:23.32
Darcy Ahner, April 1, 1990 at Arizona Heptathlon	<b>5019</b>	15.01	5' 8 1/2"	31' 11 1/2"	27.11	17' 4 1/2"	133' 9"	2:26.58
Sandy Fortner, March 23, 2006 at Arizona Invt.	<b>5017</b>	14.88	5' 3 3/4"	37' 1 1/4"	25.45	17' 9 3/4"	112' 10"	2:29.59
Keren Sari, March 15, 2002 at Texas A&M	<b>5013</b>	14.53	5' 5"	33' 1 3/4"	25.54	18' 7"	94' 3"	2:26.37
Sandy Fortner, April 12, 2007 at Mt. Sac Relays	<b>5011</b>	15.02	5' 4 1/4"	40' 5"	25.77	18' 1 1/2"	89' 1"	2:23.74
Samantha Bowe, May 8-9, 2013 at MWC (UNLV)	<b>5004</b>	14.60	5' 5 3/4"	37' 7 3/4"	25.94	18' 7 1/4"	99' 8"	2:35.24
Samantha Bowe, May 14-15, 2014 at MWC (Wyoming)	<b>4988</b>	14.69	5' 5 3/4"	38' 6"	26.45	18' 9"	118' 11"	2:44.03
Heidi Anderson, May 17, 1990 at WAC (Colorado State)	<b>4955</b>	15.33	5' 8 1/2"	33' 3 1/2"	26.29	17' 5 1/2"	95' 3"	2:19.32
Keren Sari, May 16, 2002 at MWC	<b>4944</b>	16.72	5' 7"	36' 10 1/2"	25.39	19' 9 1/2"	84' 4"	2:25.80
Kyra Mohns, April 13-14, 2016 at Mt. Sac Relays	<b>4923</b>	15.16	5' 1 3/4"	35' 10 3/4"	25.78	17' 4 3/4"	122' 1"	2:27.00
Kyra Mohns, May 13-14, 2015 at MWC (San Diego State)	<b>4913</b>	14.93	5' 2 1/4"	34' 0"	25.53	17' 7"	111' 8"	2:25.90
Kyra Mohns, May 11-12, 2016 at MWC (Fresno State)	<b>4913</b>	14.84	5' 2 1/4"	36' 7 3/4"	25.71	17' 1 1/4"	113' 8"	2:27.31
Heidi Anderson, April 19, 1990 at Cal Irvine Invt.	<b>4897</b>	15.33	5' 7"	32' 5 1/4"	26.24	18' 1/2"	77' 6"	2:15.33
Heidi Anderson, May 17, 1989 at High Country Confr. (UNM)	<b>4892</b>	15.55	5' 8 1/2"	30' 2 1/4"	26.34	18' 3 1/4"	88' 1"	2:19.47
Keren Sari-Bentzur, June 14, 2003 at NCAA (Sacramento State)	<b>4887</b>	14.84	5' 2 1/4"	34' 10 1/4"	26' 11"	18' 3 1/4"	100' 1"	2:26.60
Darcy Ahner, April 15, 1988 at New Mexico Multi	<b>4882</b>	14.5	5' 5"	32' 6 1/4"	26.8	17' 1"	125' 8"	2:27.2
Kyra Mohns, April 15-16, 2015	<b>4873</b>	15.27	5' 2 1/2"	35' 10 3/4"	25.66	17' 11 3/4"	101' 4"	2:26.54

at Mt. Sac Relays

	SCORE	100H	HIGH JUMP	SHOT PUT	200	LONG JUMP	JAVELIN	800
Darcy Ahner May 5, 1988 at High Country Conf (BYU)	<b>4871</b>	14.69	5' 4 1/2"	29' 6 3/4"	26.64	17' 1 1/4"	123' 1"	2:24.90
Susanne Oravainen, March 15, 1997 at New Mexico Multi	<b>4861</b>							
Heidi Anderson, April 1, 1990 at Arizona Heptathlon	<b>4807</b>	15.32	5' 7 1/4"	32' 5 1/4"	26.39	16' 10"	90' 9"	2:19.88
Heidi Anderson, April 14, 1989 at New Mexico Multi	<b>4791</b>	15.42	5' 9 3/4"	28' 8 1/4"	26.0	17' 7 3/4"	82' 0"	2:21.74
Holly VanGrinsven, May 8-9, 2013 at MWC (UNLV)	<b>4783</b>	14.95	5' 1"	30' 3/4"	25.59	17' 11 1/2"	99' 3"	2:23.57
Kitrian Martin, May 17, 1990 at WAC (Colorado State)	<b>4753</b>	14.99	5' 5"	30' 0"	26.65	18' 6"	97' 2"	2:30.34
Holly VanGrinsven, May 14-15, 2014 MWC (Wyoming)	<b>4742</b>	14.27	4' 11 3/4"	28' 11 3/4"	25.61	17' 6 3/4"	99' 1"	2:26.75
Darcy Ahner, March 25, 1988 at Arizona Multi	<b>4738</b>	15.57	5' 7 3/4"	28' 11 3/4"	27.74	16' 11 1/2"	132' 6"	2:28.99
Darcy Ahner, 1988	<b>4737</b>							
Susanne Oravainen, April 19, 1996 at Cal	<b>4704</b>	15.28	5' 3"	34' 5"	27.06	17' 1"	80' 0"	2:24.22
Susanne Oravainen, May 17, 1996 at WAC	<b>4672</b>	15.70	5' 5"	34' 6 3/4"	26.85	16' 8"	115' 10"	2:31.27
Sandy Fortner, June 11, 2008 at NCAA (Drake)	<b>4649</b>	14.34	5' 5 1/4"	42' 3 1/2"	25.56	18' 11 3/4"	115' 1"	NM
Susanne Oravainen, March 28, 1996 at Arizona State	<b>4631</b>	15.76	5' 3"	35' 1"	26.84	16' 7"	110' 7"	2:27.32
Kitrian Martin, April 19, 1990 at Cal Irvine Invt.	<b>4573</b>	15.35	5' 5"	29' 0"	27.17	17' 2 1/4"	84' 11"	2:21.39
Susanne Oravainen, May 21, 1997 at WAC (San Diego State)	<b>4568</b>	15.82	5' 2 1/2"	31' 5 1/4"	26.89	16' 10 1/2"	111' 10"	2:26.85
Darcy Ahner, May 7, 1987 High Country Conf. Champ.	<b>4563</b>							
Kitrian Martin, April 1, 1990 at Arizona Heptathlon	<b>4553</b>	15.40	5' 5"	30' 5"	27.45	17' 6 1/4"	98' 7"	2:31.00
Susanne Oravainen, April 18, 1999 at Azusa Pacific Invt.	<b>4535</b>	15.49	5' 2 1/2"	34' 9"	27.37	16' 3 1/2"	112' 4"	2:31.14
Susanne Oravainen, May 20, 1999 at WAC (Colorado State)	<b>4521</b>							
Melissa Guanella, May 16, 2000 at MWC (BYU))	<b>4481</b>	15.33	4' 10 1/2"	32' 11 1/4"	26.93	16' 10"	108' 7"	2:29.32
Susanne Oravainen, May 16, 2000	<b>4474</b>	15.40	5' 1/2"	34' 9"	27.32	15' 7"	117' 1"	2:30.47



at MWC (BYU)

	<b>SCORE</b>	<b>100H</b>	<b>HIGH JUMP</b>	<b>SHOT PUT</b>	<b>200</b>	<b>LONG JUMP</b>	<b>JAVELIN</b>	<b>800</b>
Susan Setliff, May 13, 2004 at MWC (UNLV)	<b>4433</b>	15.68	5' 4 1/2"	29' 2 3/4"	27.79	17' 2 1/4"	99' 2"	2:30.88
Melissa Guanella, April 14, 2000	<b>4416</b>	15.99	5' 1"	33' 7 1/4"	27.04	16' 8 1/4"	103' 4"	2:30.95
Melissa Guanella, March 13, 1998 at New Mexico Multi	<b>4396</b>							
Lynn Schreyer, 1984	<b>4355</b>							
Bridgid Isworth, May 13, 2004 at MWC (UNLV)	<b>4298</b>	15.62	5' 4 1/2"	29' 1 3/4"	26.15	17' 8 3/4"	73' 10"	2:45.84
Darcy Ahner, May 27, 1988 Cal State LA	<b>4253</b>	14.5	5' 8 1/2"	32' 11 1/4"	27.3	NM	109' 0"	2:26.7
Susanne Oravainen, March 16, 2000 at New Mexico Multi	<b>4198</b>	15.84	4' 11 1/2"	33' 4"	27.94	15' 9"	109' 8"	2:38.03
Susan Setliff, May 12, 2005 at MWC	<b>3986</b>	15.81	4' 11"	27' 10 3/4"	27.85	15' 5 1/2"	101' 8"	2:39.85
Susanne Oravainen, March 11, 1999 at New Mexico Multi	<b>3944</b>	15.37	5' 1 3/4"	34' 2 1/4"	27.34	?	?	?
Amber Nolte, May 15, 2003 at MWC	<b>3840</b>	16.10	4' 10 1/2"	28' 3"	26.63	16' 9"	54' 6"	2:43.69
Amber Nolte, May 16, 2002 at MWC	<b>3692</b>	16.97	4' 10 1/2"	26' 4 1/2"	27.19	16' 1"	65' 2"	2:40.50
Suzanne Nguyen, May 15, 2003 at MWC	<b>3640</b>	17.30	5' 2 1/4"	22' 6"	26.67	15' 9"	76' 4"	2:49.01
Suzanne Nguyen, March 21, 2002 at New Mexico Multi	<b>3493</b>	18.12	4' 11 1/2"	22' 4"	28.21	16' 1 3/4"	66' 2"	2:36.29
Joni Dobbins, March 25, 1994 at Arizona State	<b>3464</b>							
Sara NicholSEN, March 25, 1994 at Arizona State	<b>3363</b>							



**Alice Wright - 2016 NCAA Outdoor All American in 10,000 meters**



**Calli Thackery - 2016 NCAA Indoor All American in 3000 meters**



**Sophie Connor - 2016 NCAA Indoor All American in 1 Mile**



**Josh Kerr - 2016 MWC Champion & NCAA Finalist in 1500 meters**