



University of New Mexico

Wolf "tracks" Newsletter



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News, Views,
Previews, Reviews



**BRYAN CLAY INVITATIONAL
AZUSA PACIFIC UNIVERSITY
AZUSA, CALIFORNIA**

WEDNESDAY - FRIDAY, APRIL 12-14, 2017

Kerr.....#1 in the World in 1500 Meters!!!!

Not many times in an athletes career can they say to family and friends that they are ranked #1 in the entire world of 7.5 billion people but sophomore **Josh Kerr (Edinburgh, Scotland)** can do that right now. After Josh won the NCAA Indoor mile championship at Texas A&M in March defeating pre-meet favorite Edward Cheserek from Oregon he went back into Coach

Franklin's consistent and patterned training program in order to rebuild his foundational base for what hopefully will be a long period of competing in June, July, and August. The Bryan Clay Invitational was a chance for Josh to simply get back out on the track for the first time in a month, and see where his training was at. Oh, and Cheserek was scheduled to compete so the race was being hyped as a chance for the Oregon Duck to get revenge on Josh. On the day of the race the Duck pulled out of the competition, so Josh was left to just go out and race and see what happened. Anyone who has ever watched the Tour de France bike race has listened to the announcers speak about different riders and their "wattage" or power output. In basic terms this is the ability to put out power when needed, and the top riders are able to harness, and then utilize a higher wattage than others. One of the best bike "sprinters" in the world over the years has been Mark Cavendish and he is able to output a higher maximum wattage at the end of a race than others, thus he is always able to outsprint others to the finish line. In the NCAA Indoor race, Josh showed that he has the capability of harnessing an incredible level of wattage (power) over the final stages of a race as he covered the final 800 of the mile in an amazing 1:51. The Bryan Clay 1500 had several world-class professional runners from Nike's Bowerman Track Club, along with other top collegiate runners so it had all the makings of a great race. Several pacesetters were enlisted to run at the front of the race to make sure the tempo of the race was fast. Right from the gun everyone could tell it was going to be a fast race as the entire field of 14 athletes took off up the backstretch with gusto. Sometimes pacesetters get too excited and instead of the 58 second split at 400 meters that was requested, the split read a super fast 55 seconds. Josh was content to lay back and run in fifth place so his split was more reasonable and nearer to 58. By the time the field got to the 800 meter point (in about 1:56) they had collapsed and gotten much more in contact with each other and Josh was near the front, but not at the front, and looking relaxed and comfortable. Coming off the turn and into the homestretch for the bell lap, Josh made a concerted effort to get to the front, and by the bell he had taken the lead at about 2:41. Rounding the turn and passing the 1200 meter point Josh was only a few meters ahead, but as he had done at the NCAA Indoor meet, he suddenly and gracefully increased his tempo, and boom.....he was five, then ten meters ahead of the pack. Rounding the final turn and getting to the homestretch Josh was in full flight, and leaving the entire field behind him. He was up tall and pushing hard, gritting his teeth and driving hard to the finish line showing a huge power output. When he got to the line he leaned hard and the entire crowd jumped up and down for they all knew it was a spectacular time. What they didn't know until the announcer boomed out was that Josh has just run 3:35.99 which was the 6th fastest time in NCAA collegiate history. But no one at the time seemed to realize that Josh's performance had eclipsed Brazilian Andre' Thiago's 3:37.39 done on March 12th in Sao Bernadrdo do Campo Arena which had been the world leader. Josh's performance also established a new University of New Mexico record taking down former NCAA Champion Lee Emanuel's 3:37.25 done on May 2, 2009 at Stanford University. Josh, also set a new under-20 Scottish national record, taking down the old standard which had lasted since October 17, 1979 when Graham Williamson ran 3:36.6 in Oslo, Norway. Quite an evening for the affable Scot and this performance shows the training program is right on schedule, and providing Josh with both the training base, and ability to run fast when needed. Wow, what an evening in Azusa, California.



Trigg & Hadnot Move Into Top in Country

Seniors **Sam Trigg (Plymouth, England)** and **Jannell Hadnot (Oakland, CA)** started to make their presence known nationally in their specialty, the Triple Jump. Sam, who last year finished the NCAA regular season ranked #39 nationally, and Jannell, who ended at #22 both were the top collegians in the Bryan Clay Invitational section of the hop, step, and jump. Sam had professional athlete Christian Taylor, the reigning Olympic and World champion to contend with, while Jannell had pro athlete Shara Proctor an Anguillan born jumper who competes for Great Britian. She is the national record holder of both countries and has earned a world championship silver med-



JANNELL HADNOT

al. So it is safe to say that both Lobo athletes had a full cup of competition on their hands.....but great competition brings out the best in top level athletes. Jannell opened up at 42' 8 1/4" then extended to 42' 10 1/4" on her second leap, then matched that on her third attempt. The 42' 10 1/4" distance would be her best on the day which was third overall, but the top collegiate mark. Sam leaped 51' 6 1/2" on his first attempt, followed up with three consecutive close fouls, before ending the competition with a 51' 9 1/4". Like Jannell, Sam finished third overall but was four inches better than the nearest collegian. Jannell is ranked #14 nationally, while Sam is ranked #22 nationally.

Mohns Hits Six Outright PRs

Junior **Kyra Mohns (Eldorado, ABQ, NM)** competed in both the seven event Heptathlon, and 400 Hurdles, and nailed six total PR's and one equal PR in the process. Kyra, who had been in an intense foundational base training scheme for the last month exhibited good fitness throughout the competition which allowed her to maintain a high level throughout. In the Heptathlon, Kyra entered the competition with an all-time best of 4923 points, which she accomplished one year ago at this same meet. Kyra started off the competition with a nice, solid 14.80 in the 100 Hurdles taking down her old best of 14.84. She then moved on to the High Jump and scaled 5' 4 1/4" which took down her old all-time outdoor best of 5' 3" and her former Heptathlon best of 5' 2 1/2". She then moved on to the Shot Put where her all-time best had been 36' 7 3/4" and Kyra blew that away with a fine 38' 1 1/4" distance. The final event of the first day, the 200 found her matching her all-time best as she clocked 25.53. The second day found Kyra leaping 17' 5 1/2" in the Long Jump, and then tossing the Javelin 114' 3" before dumping her old 800 best of 2:25.90 with a nice 2:22.37. Knocking more than three seconds off a PR in the 800 signals really good things. All of that effort added up to 5125 points and a 202 point improvement. In Hept-speak, scoring more than 5000 points is nice bragging rights!!! That score should place Kyra around the top 40 in the country. After the two day Heptathlon, Kyra then came back on the third day to run the 400 Hurdles, an event she is still getting adjusted to. Even though her stride pattern was not what she wanted she still led her section of the race from start to finish, clocking 62.27. She will get a chance to run the race fresh at Stanford in the next week which should allow her to see significant improvement. The picture to the right shows Kyra going over the ninth hurdle leading the race.



SAM TRIGG





Long Sprint Relay Runs Fastest Time in 40 Years

For several weeks in training, the long sprinters had been doing good things and it was just a matter of time until those good things paid dividends. In the open 400 meters both **Carlos Salcido (Rock Springs, WY)** pictured to the top left, and **Mark Haywood (Alamogordo, NM)** pictured to the top right rocked big PR's to win their sections of the race. Both used early surges to pull ahead by the 200 meter point, and then hold off their competitors all the way to the finish line. After all 64 guys got through racing Mark ended up fourth overall with a nice 47.66, dropping his PR from 48.13. Carlos was right behind in fifth place overall with his new PR of 47.76, cutting his old best from 48.65. Later in the evening, the 4x400 lined up with the group running **Cheyne Dorsey (Cleveland, Rio Rancho, NM)** leading off, **Isaac Gonzales (Taos, NM)** running second, Mark third, and then Carlos anchoring. The quartet was trying to run sub 3:10, as that is the mark needed to be placed into some consideration for an NCAA West First-Round qualifying slot. Going into the competition the Lobos group was ranked second so there would be someone to race against. When the top seeded team dropped out, it caused concern, but thankfully Northern Arizona University was primed just like UNM was, so they were going to give all they had. Cheyne led off and came down the homestretch stride for stride with the Lumberjack athlete to his inside, and CD handed off to Isaac with his PR run of 48.1. Isaac, who hadn't run at Arizona State the week before due to a sore hamstring, didn't seem at all affected by the one week downtime as he screamed around the bend and slid into second place. Isaac stayed patient, and simply got up on the NAU runners right shoulder, and then when the two athletes came off the final turn, they both dug down to try to get an advantage. They stayed stride for stride and Isaac handed off to Mark with his fastest time ever, a 47.2. Mark got the baton and tried to go around the NAU athlete on the turn, but was held off, and up the backstretch the two men went stride for stride, side by side. Neither could pull away from the other and they ran the entire race virtually side by side. The problem was that Mark was caught on the outside and therefore had to run a little farther. When Mark handed to Carlos he had split 47.3. The baton exchange between Mark and Carlos wasn't smooth, so Carlos had to put forth a great effort to fly around the turn to grab the lead. Up the backstretch Carlos held maybe a 3-4 meter lead, and once they got to the final turn, the NAU athlete, who had been stalking him, tried to come up on his shoulder. Carlos, running fearlessly simply looked over, and denied the NAU athletes attempt, and rebuilt the 3-4 meter lead coming down the homestretch. When Carlos hit the finish line in a huge PR split of 46.5, the quartets total time was 3:09.58, their fastest by a long shot. That is the level of performance they needed, and it will be right on the cut line for NCAA's. But the lads can still run faster this season under the right circumstances. The 3:09.58 clocking is the fastest by any Lobo long sprint relay since May 7, 1977 when a UNM relay actually ran the school record of 3:05.00 at the WAC (Western Athletic Conference) championship at BYU.

5000 Meter Highlights

In section two of the men's 5000 junior **Alex Palm (Norrkoping, Sweden)** and froshie **Emil Danielsson (Dala-Jarna, Sweden)** were making their Lobo debut in the 12 1/2 lap funfest. The 29 men who started the race in section two stuck together like glue, and there was a lot of bumping and contact as they guys who were stuck in lane two, tried hard to get inside to the curb. Both Alex and Emil were content to stay towards the back of the pack through the first 5-6 minutes before making a concerted effort to move up. Alex was near the top eight, but running in lane two, while Emil was boxed in and couldn't do much. By the 9:00 point of the race, it had broken up slightly and Alex was able to run more cleanly and move up to second, while Emil had slid forward and attached himself to the back of the lead pack of about 12 runners. At around 11:00 into the fourteen minute race, Alex was running smoothly off the shoulder of the leader while Emil, who had been losing contact with the lead pack made a hard, hard move forward to reattach himself to the lead group. That was a very good move on his part. With two laps to go the pace quickened as the lead pack had shrunk to nine runners. Alex, was still running in second or third place, and Emil was working hard as the previous surge had made life challenging for him. Going into the final lap one runner took off, and Alex covered his move and fought hard to stay near him. Going up the backstretch of the final lap Alex was gritting his teeth and there were three men all trying hard to get to the finish line. All three crossed in 14:11, with Alex given third in 14:11.88, a very good time for him. Emil, staying the course and fighting hard crossed in 14:16.79, also a fine performance. In section two of the women's 5000 both Lobos were also making their 5000 entry. Junior **Kendall Kelly (Bosque, ABQ, NM)** and froshie **Sophie Eckel (Adelaide, Australia)**. Just like the previous men's race there were 25 athletes and the early going was like bumper cars with everyone trying to get to the same running lane. Both Kendall and Sophie were content to stay near the back and attempt to stay out of trouble. It wasn't until about 7:00 into the 16:00 race that some athletes fell off and the four Michigan Wolverines leading picked up the tempo. By 9:00 into the race Kendall had made a nice



Alex Palm

move forward into the top 5-6 spots in the race, while Sophie was still trying to move forward. There were still 20 athletes running together at the front. Nearing 11:00 Sophie made a huge move flying by everyone in the race and fracturing the lead pack, which very quickly fell to about 10 runners. As the runners crossed the finish line Sophie threw in another hard surge and suddenly she was away by about 10 meters, with Kendall moving hard into third place. The next lap around Sophie had built up a huge lead on second place which just so happened to be Kendall, who had a nice cushion on third place. They continued to race away from the rest of the pack and with one lap to go Sophie was probably about 40 meters ahead, but Kendall was not giving in. With about 200 meters to go in the race Kendall made a huge surge and raced hard toward Sophie. Coming down the homestretch to the finish line it appeared that Kendall might just get up to her teammate, but at the finish line Sophie crossed in 16:34.26 while Kendall came in second in 16:36.20. Both fine efforts. In section one of the women's 5000 All American **Alice Wright (Worcester, England)** and sophomore **Natasha Bernal (La Cueva, ABQ, NM)** were in with the other 24 athletes. Very quickly the race split as Alice loves a hard driving pace and by 5:00 there were six athletes in the front part, a string of another five runners, and then huge gaps back to other smaller groups. Alice followed the pacesetter for 6:00 and then she took over the lead with a Michigan Wolverine and Razorback from Arkansas on her back. By 8:00 that trio was joined by a post-collegiate athlete. Alice pushed hard and the foursome had about 30 meters on the next duo, who then had about 50 meters on the next pack of four. At the 10:00 mark the Wolverine took over lead duties with the Razorback second and Alice third. All three of them hammered away the rest of the time and Alice re-took the lead again at 14:00 and tried to turn up the intensity one more time. Alice ended up crossing the finish line in third at 15:53.28, the ninth fastest performance in Lobo history, and just slightly off her all time PR of 15:45.87. Natasha would cross the finish line in 16:28.34, just missing her PR from last year.



Alice Wright



Battikha Sails Over 24' in Long Jump

Froshie **Tanner Battikha (San Diego, CA)** came into the Bryan Clay Invitational ranked #2 in the MWC with a seasonal-best of 23' 10 1/4". Competing in the top seeded flight of the Long Jump with twelve other athletes TB sailed 23' 1 3/4" on his first attempt, and then came back with a 22' 10" in the second round. Getting accustomed to the runway Tanner came down the runway and as the picture to the left shows extended every bit he could to come down in the sand at 24' 1 3/4". That would end up finishing 3rd out of the 63 jumpers entered in the meet. Currently Tanner is tied for second in the conference and the 24' 1 3/4" distance is right around what has qualified for the NCAA First-Round competition in the last several years.



Mudada Lowers Seasonal Best in 400 Hurdles

Senior **Mustafa Mudada (Highland, ABQ, NM)** came into the meet ranked #4 in the MWC but by virtue of his seasonal best 52.68 moved up one slot. Mustafa got out very hard over the first five hurdles and as the athletes rounded the final turn he could see all the people he needed to beat. The picture to the left shows the athletes approaching the ninth hurdle. He came off the hurdle in good shape, but then had to change stride for the final hurdle which caused a momentary hesitation and the guys around him got a slight break. Mustafa's all time best is 52.21 and he is fast approaching surpassing that performance.

Sleeter Moves Up to 5th in MWC in 800

Froshie **Gavin Sleeter (Eldorado, ABQ, NM)** pictured to the right ran a nice opening 800 meters as he clocked 1:51.61, which currently has him as the top rookie in the conference. He went out controlled and made a nice move up the backstretch and stayed in contact the entire race. Classmate **Kristian Uldbjerg Hansen (Aalborg, Denmark)** also ran a solid opening season 800 as he clocked 1:52.24. That marks has him ranked #8 in the conference.



Double PR's in 800

Sophomore Larimar Rodriguez (Rio Rancho, NM) and senior **Hannah Riker-Urrutia (Valley, ABQ, NM)** both came into the Bryan Clay meet with PR's in the 2:16 range. Using a great competitive situation they both ran to excellent improvements. The picture to the left shows Larimar slightly ahead of Hannah as they approach the finish line. Larimar got there first in a nice PR of 2:14.72, while Hannah was just a few ticks behind in 2:14.99. For their first 800 of the season it was a good start to what hopefully will lead to movement up the MWC rankings. Next they race at Stanford.



Mady Throws Big Outdoor PR

Junior **Ally Mady (La Cueva, ABQ, NM)** came into the Bryan Clay meet with an outdoor PR of 42' 11 1/2" from 2016. On her first throw she hurled it out to 44' 6 1/4", then followed with a 43' 7" throw. On her final throw of the prelims she extended her PR out to 44' 8 3/4", which was good enough to make the finals. In the finals she fouled twice before ending her day with a 44' 7 1/2" effort. That is a great series when an athlete can have four throws beyond a previous PR. Ally moves up to #7 all-time at New Mexico.



Froshie **Nathan Burnett (Del Norte, ABQ, NM)** is shown getting ready to clear 15' 5 3/4" in the Pole Vault. Nathan opened up at 14' 6" and took two tries to clear, then moved to 15' 0" where he cleared on his first attempt. At 15' 5 3/4" he also sailed over the bar on his first attempt. He exited the competition at 15' 11 3/4". Nathan is currently ranked #7 in the MWC.

Coach Ellis and Tanner Battikha having a hypothetical conversation

Tanner: Have you tried the new breakfast chicken sandwich at Chick-Fil-A? That biscuit is amazing.



Oh forget your plant step, lets go to Chick-Fil-A right now as I am hungry.

Ahhh, Coach, I would sort of like to talk about my take-off plant step, and not a biscuit



Why is Jannell smiling??? Well, the native Californian is always happy when she is in her home state. She will be happy this coming week also as she returns to Cali to compete in the Stanford Cardinal Classic.



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.

BRYAN CLAY INVITATIONAL

WEDNESDAY - FRIDAY, APRIL 12-14, 2017

MEN

| | | | |
|---------|---|--------------------------------------|----------------------------------|
| 100 | Ben Shiels (unattached) 10.59 | | |
| 400 | Mark Haywood 47.66 (4th) PR | Carlos Salcido 47.76 (5th) PR | |
| 800 | Gavin Sleeter 1:51.61 | Kristian Uldbjerg 1:52.24 | Adam Monroe 1:53.75 |
| 1500 | Josh Kerr 3:35.99 (1st) PR (1,1) New UNM Record | Graham Thomas 3:50.34 PR | |
| | Taylor Potter 4:20.57 | | |
| 5000 | Alex Palm 14:11.88 | Emil Danielsson 14:16.79 | Jonny Glen (unattached) 14:55.26 |
| 400H | Mustafa Mudada 52.68 (4th) | Cheyne Dorsey 54.00 | |
| 4x100 | Mark Haywood, Alejandro Goldston, Carlos Salcido, Tanner Battikha 42.12 (7th) | | |
| 4x400 | Cheyne Dorsey 48.1 PR , Isaac Gonzales 47.2 PR , Mark Haywood 47.3, Carlos Salcido 46.5 PR 3:09.58 (1st) | | |
| LongJ | Tanner Battikha 24' 1 3/4" (3rd) PR | Alejandro Goldston 21' 1 1/2" | |
| TripleJ | Sam Trigg 51' 9 1/4"w (1st) | | |
| PoleV | Nathan Burnett 15' 5 3/4" (8th) | John Harari 15' 0" | Jason Atencio 15' 0" |

WOMEN

| | | | |
|---------|--|--|--------------------------------|
| 100 | Erynn Caldwell 12.26 | | |
| 200 | Erynn Caldwell 25.90 | | |
| 800 | Larimar Rodriguez 2:14.72 PR | Hannah Riker-Urrutia 2:14.99 PR | |
| 1500 | Kieran Casey 4:25.56 PR | Lindsay Crevoiserat 4:42.13 | |
| 5000 | Alice Wright 15:53.28 (3rd) (x,9) | Natasha Bernal 16:28.34 | Sophie Eckel 16:34.26 |
| | Kendall Kelly 16:36.20 | Ruth Haynes 18:32.93 | |
| 400H | Kyra Mohns 62.27 PR | | |
| LongJ | Jannell Hadnot 19' 1/2" PR | | |
| TripleJ | Jannell Hadnot 42' 10 1/4"w (1st) | | |
| HighJ | Shannon Fritz 5' 2 1/4" | | |
| PoleV | Shannon Fritz 11' 10 1/2" | | |
| ShotP | Ally Mady 44' 8 3/4" (7th) (7,x) PR | | |
| Hammer | Amaris Blount 172' 7" | Ally Mady 148' 3" | |
| Hept. | Kyra Mohns 100 Hurdles: 14.80 PR | High Jump: 5' 4 1/4' PR | Shot Put: 38' 1 1/4" PR |
| | 200: 25.53 = PR | Long Jump: 17' 5 1/2" | Javelin: 114' 3" |
| | 800: 2:22.37 PR | Total Score: 5125 points PR (5,x) | |