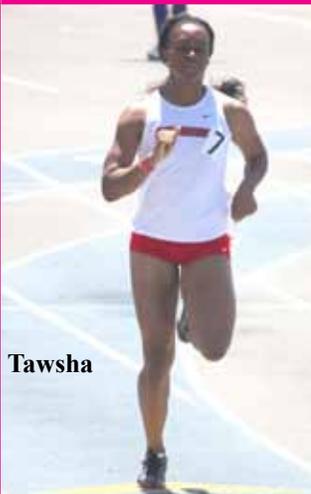


# Lobo Track & Field

**Mt. Sac Relays - Bryan Clay/Azusa Pacific Invitational - Long Beach State Invitational  
Thursday - Saturday, April 18-20 2013**

## The Whole is Greater Than the Sum of its Parts

The great philosopher Aristotle made the above statement - but what does it mean? One interpretation is it means when you add together all of the parts that make a thing, it is greater than it seems like it should be. People working together are routinely able to do more work than if their individual efforts were added together. And now the 4x400 Relay from Long Beach. The four members of the relay ran an open 400 meter earlier in the day when they were completely fresh. The results, sr. Shirley Pitts (Bonanza, Las Vegas, NV) clocked 55.21, sr. Tawsha Brazley (Bosque School, ABQ, NM) clocked 56.46, freshman Jasmin McCray (Lawrence Central, Indianapolis, IN) sped 58.18, and classmate Zoe Howell (Socorro, NM) hit 58.21. Totalled up that would come to 3:48.06 for the 1600 meters of distance covered. So when they got to the 4x400 Relay the "magic" of running a relay, the chemistry that it creates pushed the quartet to run much, much faster. Maybe its the feeling of not letting your teammate down that spurs a group to raise their game. Tawsha moved to the lead-off leg and put the group in the lead with her sterling 56.0 one lapper. TB handed off to Jasmin, and she showed the confidence to split a big PR of 56.7, handing off right with one other team. Zoe, running third for the first time got the baton and when she turned got cut-off by the sprinter from Grand Valley State coming almost to a complete stop. ZH did not panic and just got back in her rhythm and handed off to Shirley with a PR of 57.8. Shirley had to chase down the GVSU runner and she flew by the blue clad athlete up the backstretch and continued to pile on space between the two. SP came flying across the finish line in her fastest ever split, a 54.5 giving the quartet a winning time of 3:45.48, #6 all-time at UNM. Furthermore, it is the fastest relay time in over six years and second fastest time in 13 years for a Lobo relay squad.....*the whole IS greater than the sum of its parts!*



Tawsha



Tawsha, Zoe, Shirley, Jasmin - champions



**Arter Destroys 1500 Record  
Jr. Charlotte Arter (Austin Friar St Monica, Carlisle, England) had broken a long-standing Lobo record on March 29th at Stanford when she clocked 4:19.03. Running in the prestigious Mt. Sac Relays "Elite" Invitational 1500 meters she faced off with five professional and eight collegiate runners over three and three quarters laps. When all was said and done Charlotte had lowered the Lobo record to a magnificent 4:16.94. For those that don't know how fast a 4:16.94 is.....that converts to a 4:38 mile...pretty darn quick. For her efforts Charlotte takes over the Mountain West Conference lead, is ranked #8 in the NCAA West Regional, and #11 nationally.**



### Moultrie Becomes 4th Lobo All Time Under 16:00 in 5000

Sr. Josephine Moultrie (Turnbull, Glasgow, Scotland) has been much more used to running 1500's and 3000's but turned her attention to the longer 12 1/2 lap race at Mt. Sac. In a field of 30 runners, with 14 professionals and 16 collegians the race was billed to be the best in the world, as everyone has their attention on the World Championship qualifying standard. At the gun the pace flew off the charts as the pro's took to the lead and started pressing. When the leaders came through the mile point in 4:50 and Josephine was under 5:00 one knew that it would be a fast finishing race. JM was content to stay in the top 12-14 during the early stages of the race, and she maintained a hard pace coming through the 2 mile in around 10:00. Never letting up Josephine would get to the finish line in 15:57.17 #4 all-time at UNM. When all the dust was settled the winner of the race was #2 in the world, while Josephine was #1 in the Mountain West Conference, #12 in the NCAA West, and #22 in all the land. Running in another section of the 5000 meters was sr. Shawna Winnegar (Santa Fe Prep, Santa Fe, NM) who clocked a huge PR of 20 seconds as she raced to a 16:28.64 clocking, #10 all-time at UNM.

### Caldwell Drops Down to 1500 Meters

Just as Josephine Moultrie was moving up to the 5000 meters jr. Luke Caldwell (The Ashcombe, Betchworth, England) who was All American in the 5000 indoors moved down to play around with the 1500 meters. No slouch at that distance Luke took on 14 other collegians at Azusa Pacific, including teammates Elmar Engholm (Blackeborgs, Hasselby, Sweden) and Alex Herring (Academy, ABQ, NM). The race was a special 1500 in the Bryan Clay Invitational in that everyone in the race was wanting to run fast to make sure they got high on the regional qualifying rankings. It wasn't about school pride, it was about getting the clock to say what you wanted it to say. Last year it took 3:46.90 to qualify for the NCAA regional so that is approximately the range the athletes were shooting for. Luke ended up placing second in 3:44.19 which is superior to the 4:03.47 that he ran indoors (converts to about 4:02.5). Finishing sixth was Elmar who clocked a PR of 3:45.43, four seconds faster than he ran at Stanford on March 29th.



### MONTROYA SPRINTS TO BIG PR IN 100 METERS

**SOMETIMES EXCELLENT PERFORMANCES COME UP WHEN ONE IS NOT EXPECTING THEM TO. THAT IS WHY EVERY ATHLETE SHOULD ENTER EACH COMPETITION WITH THE THOUGHT THAT MAYBE SOMETHING SPECIAL WILL HAPPEN ON THAT DAY. SR. DEREK MONTROYA (HIGHLAND, ABQ, NM), WHO WAS ALL CONFERENCE INDOORS IN THE 400 METERS CAME INTO THE LONG BEACH INVITATIONAL WITH A PR OF 10.88, SET WAY BACK ON APRIL 2, 2011. HE HAD BEEN FOCUSING HIS TRAINING MORE ON THE 200 AND 400 RACES, BUT STILL NEEDED TO RUN WELL OVER THE 100 METERS AS THAT IS A COMPONENT TO LONGER SUCCESS. RUNNING OUT OF LANE THREE DEREK GOT A VERY GOOD START, DRIVING OUT OF THE BLOCKS, AND STAYING DOWN DURING HIS "DRIVE PHASE", FINALLY COMING UP AT ABOUT 30 METERS TO TRANSITION TO THE FULL SPRINTING PHASE. AT 50 METERS DM WAS STARTING TO PULL AWAY FROM THE WYOMING COWBOY ON HIS LEFT AND HE WORKED HARD ALL THE WAY THROUGH THE FINISH TO HIT 10.65 WITH A LEGAL 1.7 TAILWIND. THAT PERFORMANCE MOVES HIM UP TO #5 ON THE MOUNTAIN WEST 100 RANKINGS.**



**Sr. Amber Menke (Cibola, ABQ, NM) shows a big stretch at the plant in the Pole Vault. AM cleared 12' 10 1/4" to finish seventh at the Long Beach Invitational.**



Jr. Chloe Anderson (Cullompton, England) just missed her Lobo PR at Mt. Sac as she finished the 800 meters in 2:08.78, .70 away from her earlier best from Stanford. Currently Chloe ranks #2 in the MWC and #39 in the West regional.



High Jumper Django Lovett (Brookwood, British Columbia) clears 6' 11" the second week in a row he has done that and that height placed second at Long Beach. He currently is #1 in the MWC. High Jumping takes great flexibility and balance as Django shows curling himself over the bar, but Coach Z is in the background showing his dexterity also, videotaping Django while trying to do the Irish jig - pretty impressive Coach!



Shirley Pitts coming off the final turn

**Okay, thats more like it!**

In baseball parlance its called a batting slump, that period of time when an athlete is struggling to find their swing and rhythm and they are not playing the way they want to. Happens to all athletes in every sport and every athlete will face it, no matter how much they believe they won't. Sr. Shirley Pitts won the MWC 400 meter crown last year but this year had been off her game, until Long Beach that is. With one strong impressive lap around the track SP looked more like the champion from last year as she lowered her seasonal best from 56.46 all the way to 55.21 which is #2 in the MWC. Shirley looked relaxed and comfortable up the backstretch as she pulled away from most of the athletes, only a Bison from North Dakota State staying with her. But coming off the final turn and down the homestretch Shirley showed that power to pull away over the last 50 meters. Her 55.21 ended up third overall of the 79 athletes.



Fisher-Taylor in Hot 200  
 Jr. Kayla Fisher-Taylor (MLK, Denver, CO) came into the meet with a PR of 24.36 done last year on this same weekend. This year she scampered to a nice 24.29 clocking with just a slight legal tailwind. That performance just misses out on entering the UNM all-time top 10 rankings by 1/100th of a second.

Javelin thrower Marcus Simon (Liberty, Colorado Springs, CO) increased his PR for the second week in a row as he chucked the spear out to a 187' 10" distance, which placed 8th overall out of 35 competitors.



**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 taht 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 taht one athlete could have many performances which rank in the top ten during their four year career. An x on the LEFT (x,8) tell us that they have achieved a better performance before, while on x on the RIGHT (8,x) tell 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.

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**Long Beach Invitational**

100	Kayla Fisher-Taylor 12.04		
100H	Precious Selmon 14.63		
200	Kayla Fisher-Taylor 24.29 <b>PR</b>	Samantha Bowe 26.39	
400	Shirley Pitts 55.21 (3rd)	Tawsha Brazley 56.46	Jasmin McCray 58.18
	Zoe Howell 58.21	Holly VanGrinsven 60.74	
400H	Haley Sanner 63.53		
800	Mia Weaver 2:19.03		
3000SC	Nichola Hood 10:59.32 (4th)		
4x100	Kayla Fisher-Taylor, Yeshemabet Turner, Casey Dowling, Aasha Marler	46.87 (4th)	
4x400	Tawsha Brazley (56.0), Jasmin McCray (56.7) <b>PR</b> , Zoe Howell (57.8) <b>PR</b> , Shirley Pitts (54.5) <b>PR</b>		3:45.48 (1st)(6,x)
LongJ	Samantha Bowe 17' 11 1/4"	Holly VanGrinsven 17' 7 1/4"	
HighJ	Marin Schweigert 5' 4 1/2"		
PoleV	Amber Menke 12' 10 1/4" (7th)	Margo Tucker 12' 4 1/2"	
Jav	Lexi Ross 128' 2"		
100	Derek Montoya 10.65 (6th) <b>PR</b>	Thomas Trujillo 10.88	
110H	De'Vron Walker 14.70		
200	Derek Montoya 22.29	Thomas Trujillo 22.61	
400	Chris Kline 49.49		
800	Gabe Aragon 1:52.03		
1500	Graham Thomas 3:59.06		
5000	Pierre Malherbe 14:57.46 (6th)	Logan Rosenberg 15:09.47	
HighJ	Django Lovett 6' 11" (2nd)	Markus Miller 6' 5" <b>PR</b>	
Jav	Marcus Simon 187' 10" (8th) <b>PR</b>	Mike Ellis 173' 0"	
TripleJ	Ty Kirk 47' 2 1/2"		

**Mt. Sac Relays**

800	Chloe Anderson 2:08.78		
1500	Charlotte Arter 4:16.94 (6th) (1,1) <b>PR</b>	<i>New UNM Outdoor School Record</i>	
5000	Josephine Moultrie 15:57.17 (4,4)	Shawna Winnegar 16:28.64 (10,x) <b>PR</b>	Kirsten Follett 16:52.66

**Bryan Clay/Azusa Pacific Invitational**

1500	Luke Caldwell 3:44.19 (2nd)	Elmar Engholm 3:45.43 (6th) <b>PR</b>	Alex Herring 3:49.02
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