

2016 Outdoor Track & Field

University of
New Mexico



Wolftracks
Newsletter



News, Views,
Previews, Reviews



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Wednesday - Friday, April 13-15, 2016
Bryan Clay Invitational
Azusa Pacific University,



of Great
Track &
Field
Action!!!!

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 life-time 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.

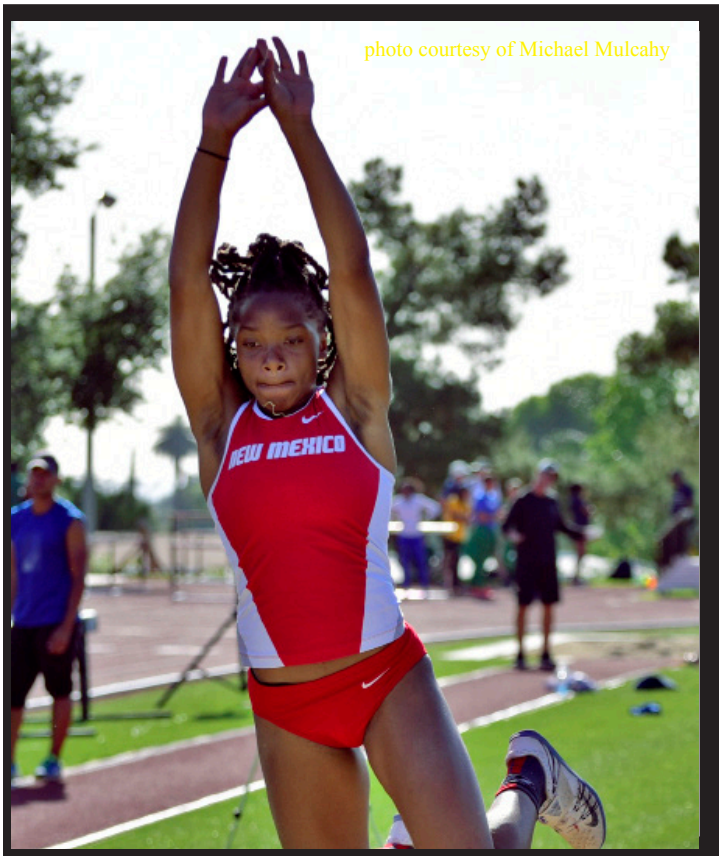


photo courtesy of Michael Mulcahy

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' 1/2" 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.



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 INVITATIONA AT AZUSA PACIFIC UNIVERSITY

WEDNESDAY - FRIDAY APRIL 13-15, 2016

MEN

100	Ridge Jones 10.76	Carlos Salcido 10.94 PR	
200	Ridge Jones 21.70 PR	Carlos Salcido 21.81 PR	Mark Haywood 22.11
	Cheyne Dorsey 22.36	Isaac Gonzales 22.47 PR	
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 PR		
400H	Mustafa Mudada 53.22 (3rd)	Cheyne Dorsey 53.93 (7th) PR	
HighJ	Markus Miller 6' 10 3/4" (1st) (10,x) PR	Joe Kloeppe 6' 4 3/4"	
PoleV	Jason Atencio 15' 1 1/2"		
LongJ	Allan Hamilton 25' 10 1/4" (1st) (4,4) PR		
TripleJ	Sam Trigg 50' 4 3/4" (1st) (9,x) PR		
Javelin	Nike Aston 176' 11"		
Dec	Daniel Lam	100 11.29 PR	110H 15.31
		LongJ 23' 1/2" PR	Discus 125' 9"
		ShotP 41' 5 1/4" PR	PoleV 15' 1"
		HighJ 5' 11 1/2"	Javelin 152' 8" PR
		400 50.83 PR	1500 4:45.69 PR
			TOTAL 7097 (7,x) PR

WOMEN

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