

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

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

## 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 videoboard 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



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!!!



## 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. Sophies 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.



## in 1500 Senior Emily Hosker-Thornhill (Cantebury, England) Pictured to the left started the outdoor season with a 1500 meter

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 flouish 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 reknowned 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 virture 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

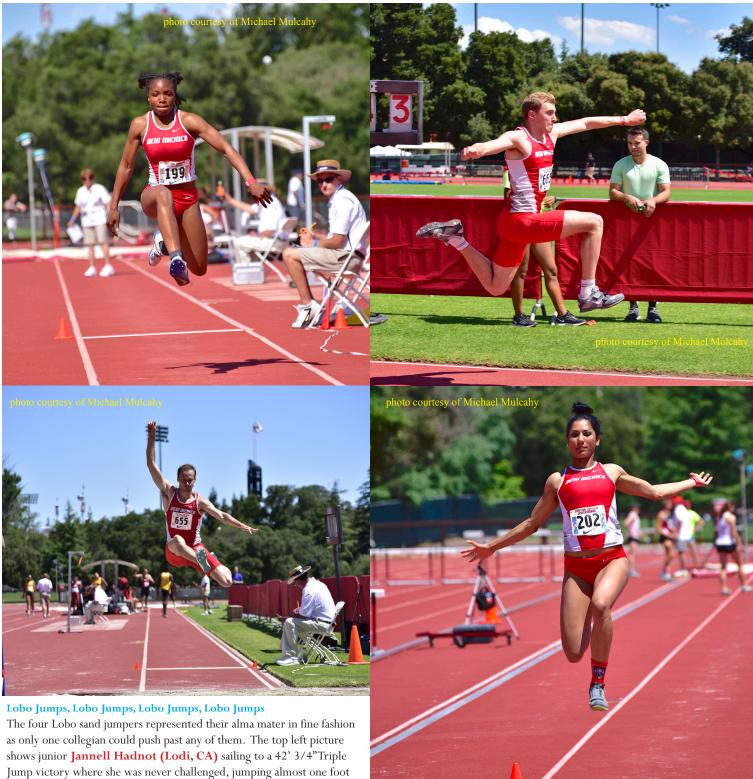
36 collegians and and 39 professional athletes involved. Josh went out conservatively with a 45 second 300 and followed up with a 59.1 next lap which left him about one second behind the leader. With another 59.1 lap he had pulled in the leader and the tightly bunched group was ready to drive hard over the final lap. The picture shows how close it was coming down the homestretch 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 unaction how championship races are run. strategy was important given that is usually



### **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.





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 left 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.



#### 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 Michigander. 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 clocked 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.

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#### 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.



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.



Heptathletes Samantha Bowe and Kyra Mohns get ready for the hurdles

### **UTEP REPORT**

While half the team was in California com-

peting 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 Clafton (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 COL-LEGIATE 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 PERFORM-ERS 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.

DATE	A LODD ANGEANGODD DIVINE	3117 351374 6047			
PAYTO	N JORDAN/STANFORD INVITATIO	NAL, MAY 1, 2016			
MEN 100	Ridge Jones 10.56 (3rd) (9,x) <b>PR</b> Ridge Jones 21.59 (4th) PR	Scott Bajere 10.74 (8th)			
200 400 400H	Mark Haywood 48.13 (1st) = <b>PR</b> Cheyne Dorsey 54.04 (4th)	Carlos Salcido 48.65 (3rd) Isaac Gonzales 49.86 (8th)		n)	
1500 3000SC 5000 10,000	Josh Kerr 3:42.39 (5th) Graham Thomas 8:48.07 (6,x) PR Dan Milechman 14:40.52 Julian Florez 30:43.88	Adam Cotton 3:50.24			
4x100 4x400 LongJ TripleJ	Allan Hamilton, Scott Bajere, Carlos Salcido, Ridge Jones 40.20 (1st) (1,1) PR NEW UNM OUTDOOR SCHOOL RECORD  Cheyne Dorsey (49.3), Carlos Sacido (48.7), Isaac Gonzales (48.7) = PR, Mark Haywood (49.2) 3:16.21  Allan Hamilton 24'9" (1st) Yannick Roggatz 22'3" (5th)  Sam Trigg 50'1 1/4" (1st)				
WOMEN 100H 200 400	Holly Van Grinsven 13.85 (3rd) Samantha Woodman 25.31 <b>PR</b>	ker-Urrutia 57.37 Larimar	Rodriguez 57.79 San	nantha Woodman 60.17	
800 1500 3000SC 5000	Zoe Howell (62.9 - 1:35.9) 2:08.34 (8,x) P Sophie Connor 4:14.03 (3rd) (1,1) PR NI Courtney Frerichs 9:29.31 (1st) (1,1) PR N Calli Thackery 15:37.44 (1st) (1,1) PR N	R EW UNM OUTDOOR RECORD NEW UNM OUTDOOR RECORD	Emily Hosker-Thornhill 4:19.88 (8,x Natasha Bernal 10:19.54 (3,6) <b>PR</b>		
10,000 4x100 4x400 LongJ	Alice Wright 32:36.11 (2nd) (2,2) PR Haley Sanner, Holly VanGrinsven, Jannell Hadnot, Aasha Marler Haley Sanner (57.3), Zoe Howell (56.8), Holly VanGrinsven (57.7), Hannah Riker-Urrutia (58.2)  Aasha Marler 20' 1/2" (2nd)  Annell Hadnet 42' 3/4" (1st)				
TripleJ  UTEP IN	Jannell Hadnot 42° 3/4" (1st) VITATIONAL, APRIL 30, 2016				
MEN					
100 110H 200	Will Carter 11.55@ Daniel Lam 15.12@ (2nd) PR Parker Jones 22.48@	Parker Jones 15.18@ (3rd) <b>PR</b>	Andris Sturans 16.41@ PR Bea	u Clafton 16.90@ PR	
400 800	Beau Clafton 50.06@ (3rd) <b>PR</b> Adam Monroe 1:53.14@ (3rd)	Andris Sturans 51.62@			
1500 HighJ	Chris Graham 3:59.27@ (4th)  Joe Kloeppel 6' 6 3/4" (1st)	Jared Garcia (unattached) 4:02 Markus Miller 6' 6 3/4" (2nd)		2@ Tyler Valdez 4:04.03@	
PoleV LongJ ShotP	John Harari 15' 7" (1st) PR Will Carter 20' 7 1/4" PR Beau Clafton 41' 5 1/2" (2nd)	Andris Sturans 19'6"			
Discus	Daniel Lam 133' 11" (3rd) PR	Beau Clafton 115' 5"	Andris Sturans 98'1"		
<b>WOMEN</b> 100	Peri Moran 12.30@ (5th)				
100H 200	Kyra Mohns 14.86@ PR Peri Moran 26.24@	Samantha Bowe 15.20@ Erynn Caldwell 26.58@	Christina Clark	Christina Clark 27.62@	
400 1500 5000	Christina Clark 62.29@ MacKenize Everett (Unattached) 4:42.88@ Lindsey Andrews 18:19:36@	Erynn Caldwel 62.86@  Kendall Kelly 4:45.87@ =PR	Reilly Kelly 4	Reilly Kelly 4:56.25@	
PoleV LongJ	Katherine Whiting 12' 7 1/2" (1st) (7,x) PR Kyra Mohns 17' 4"	Annie Stirling 12' 3 1/2" (2nd	Anna Duval 11'3 1/4"	Morgan Smith 9' 10"	
ShotP Hammer Javelin	Allison Mady 39' 7 3/4" (5th) Amaris Blount 173' 7" (2nd) (2,x) PR Morgan Smith 110' 3" (5th) PR	Amaris Blount 38' 2" (6th) <b>PR</b> Allison Mady 142' 1" (6th) (7		ra Mohns 35° 4"	