

# NEW MEXICO TRACK AND FIELD

## MOUNTAIN WEST HONORS

### ALL-MOUNTAIN WEST HONOREES

#### MEN - INDOOR

2000 (2)	Ian Stewart (400); TEAM (4x400);
2001 (1)	Ben Ortega (3,000)
2002 (3)	Travis Clark (800); TEAM (DMR); Mark Johnson (Pentathlon)
2003 (3)	Matt Gonzales (3,000); TEAM (4x400); Mark Johnson (Pentathlon)
2004 (4)	Chris Garofola (200); Matt Gonzales (Mile); N. Martinez, Jackson, Clarke, Gonzales (DMR); Mark Johnson (Heptathlon)
2005 (5)	Cameron Clarke (800); Ben Ortega (5,000); Matt Gonzales (3,000); Derek Mackel (Pole Vault); Kiptoo-Biwott, Clarke, McCain, Gonzales (DMR)
2006 (4)	Jeremy Johnson (5,000); Siemon, Solomon, Henry, McCain (4x400); Robert Caldwell (Pole Vault); Derek Mackel (Pole Vault)
2007 (4)	Jeremy Johnson (5,000/3,000); Jarrin Solomon (400); Siemon, McCain, Ku. Henry, Solomon (4x400)
2008 (4)	Lee Emanuel (mile); Josh Cosio (High Jump); Dominick Meadows (Triple Jump); Emanuel, Reid, Steadman, Ashton (DMR)
2009 (8)	Lee Emanuel (800); Rory Fraser (3,000); Jermaine, McQueen (200); Dominick Meadows (Long Jump, Triple Jump); Jarrin Solomon (400); Solomon, Reid, Steadman, Roberts (4x400); Fraser, Henry, Emanuel, Bishop (DMR)
2010 (10)	David Bishop (Mile); Lee Emanuel (Mile; 800); Rory Fraser (Mile); Jacob Kirwa (3,000); Kendall Spencer (Long Jump); Lazaar Thomas (60); De'Vron Walker (60 Hurdles); Richard York (Heptathlon); Fraser, Lovato, Millington, Emanuel (DMR)
2011 (9)	David Bishop (Mile Run); Warrick Campbell (Triple Jump); Sam Evans (Mile Run); Django Lovett (High Jump); Ross Millington (3,000); Lazaar Thomas (60); De'Vron Walker (60 Hurdles); Richard York (Heptathlon); Bishop, Evans, Aragon, Millington (DMR)
2012 (12)	Gabe Aragon (800); Sam Evans (Mile); Beejay Lee (60; 200); Ross Millington (Mile); Logan Pflibsen (Pole Vault); Floyd Ross (Triple Jump); Kendall Spencer (Long Jump); Sean Stam (3,000; 5,000); Richard York (Heptathlon); Kipruto, D. Montoya, Everett, Evans (DMR)

#### MEN - OUTDOOR

2000 (3)	Shannon Kincaid (Long Jump); Tyler Nunn (Javelin); Stephen Dunbar (HT)
2001 (5)	Larry Davis (200); Craig Keish (Javelin); Ben Ortega (5,000/10,000); Lott, Davis, Stewart, Bishop (4x400);
2002 (10)	Quincy Wright (100); Ben Ortega (5,000); David Lloyd (400H); Mark Johnson (Decathlon); Wright, Lloyd, Nance, Lott (4x100); Lloyd, Lott, Bishop, Garofola (4x400); Hank Baskett (High Jump); Mike Powdrell (High Jump); Matt Keeran (Javelin); Guillermo Morrison (Discus)
2003 (8)	Ahmed Raji (200); Matt Gonzales (5,000); David Lloyd (400 H); Hank Baskett (High Jump); Garofola, Lloyd, Jackson, Raji (4x100); Jackson, Lloyd, Lott, Garofola (4x400); Matt Keeran (Javelin); Jason Barkemeyer (SP)
2004 (4)	Matt Gonzales (5,000); Ben Ortega (10,000); Hank Baskett (High Jump); Mark Johnson (Decathlon)
2005 (7)	Jarrin Solomon (400); Matt Keeran (Javelin); Shadrack Kiptoo-Biwott (800/1,500); McCain, Solomon, Henry, White (4x400); Jordan Parker (Discus); Dan Feltman (Decathlon)
2006 (5)	Jarrin Solomon (400); Derek Mackel (Pole Vault); Josh Cosio (High Jump); Mike Powdrell (Long Jump); Siemon, Henry, Solomon, McCain (4x400)
2007 (7)	Jarrin Solomon (400); Brian Vallie (800); Jeremy Johnson (1,500/5,000); Joseph Garcia (10,000); Dan Feltman (Javelin); Siemon, Solomon, Ku. Henry, McCain (4x400)
2008 (5)	Lee Emanuel (1,500); Jeremy Johnson (5,000); Josh Cosio (High Jump); Robert Caldwell (Pole Vault); Anthony Fairbanks (Javelin)
2009 (10)	Chris Barnicle (5,000); Anthony Fairbanks (Javelin); Ty Kirk (Triple Jump); Jacob Kirwa (5,000; 10,000); Jermaine McQueen (200); Dominick Meadows (Long Jump); Jarrin Solomon (400); Trujillo, Solomon, Reid, McQueen (4x100); Reid, Solomon, Clark, Steadman (4x400).
2010 (15)	Chris Barnicle (5,000); David Bishop (1,500); Lee Emanuel (800, 1,500); Sam Evans (800); Rory Fraser (5,000); Ty Kirk (Triple Jump); Jacob Kirwa (10,000); Lazaar Thomas (100); De'Vron Walker (110 Hurdles); Kyle Walker (Pole Vault); Alex Willis (3,000 SC); Brian Wilson (Decathlon); Richard York (Decathlon); Trujillo, D. Montoya, Walker, Thomas (4x400)
2011 (15)	David Bishop (1,500); Warrick Campbell (Triple Jump); Sam Evans (800); Keith Gerrard (5,000); Nicholas Kipruto (5,000, 10,000); Charles Lewis (400 Hurdles); Django Lovett (High Jump); Ross Millington (1,500); Yusuf Muhammad (400 Hurdles); Kendall Spencer (Long Jump); Lazaar Thomas (100); Brian Wilson (Decathlon); Richard York (Decathlon); Trujillo, D. Montoya, Walker, Thomas (4x100)
2012 (11)	Sam Evans (1,500); Nicholas Kipruto (10,000); Beejay Lee (100; 200); Django Lovett (High Jump); Logan Pflibsen (Pole Vault); Floyd Ross (Triple Jump); Kendall Spencer (Long Jump); Sean Stam (10,000); Richard York (Decathlon); Lee, Spencer, Walker, Thomas (4x100)

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#### WOMEN - INDOOR

2000 (3)	Adwoa Gyasi-Nmako (200); TEAM (4x400); Monique Harris (Triple Jump)
2001 (4)	Coleman, A. Smith, K. Smith, Christofferson (4x400); Keren Sari (Long Jump & Pentathlon); Monique Harris (Triple Jump)
2002 (5)	Baca, K. Smith, Gallegos, Gonzales (DMR); Monique Harris (Long Jump/Triple Jump); Keren Sari-Bentzur (Long Jump/Pentathlon)
2003 (4)	Bridgid Isworth (PV); Keren Sari-Bentzur (Long Jump/Triple Jump/Pentathlon)
2004 (2)	Swann, Hansen-Solum, Lucy, Gallegos (DMR); Amanda Barnes (Shot Put)
2005 (3)	Whitney Johnson (PV); Amanda Barnes (Shot Put/Weight Throw)
2006 (6)	Ariel Burr (400); Riann Lucy (800); Timmie Murphy (3,000); Luna, Zarrella, Lucy, Murphy (DMR); (High Jump); Tiyana Peters (High Jump) Kristina Curtis
2007 (2)	Ariel Burr (400); Tiyana Peters (High Jump)
2008 (4)	Sandy Fortner (Pentathlon/High Jump); Tiyana Peters (High Jump); Deanna Young (Triple Jump)
2009 (4)	Ariel Burr (400); Michelle Corrigan (5,000); Deanna Young (Triple Jump); Darling, Perkins, Wright, Gibson (DMR)
2010 (3)	Sandy Fortner (Pentathlon); Ashley Gibson (Mile); Senior, Brazley, Martin, Gibson (DMR)
2011 (6)	Precious Selmon (60 Hurdles); Ruth Senior (3,000); Sarah Waldron (3,000); Alesha Walker (Long Jump); Deanna Young (Triple Jump); Milner, Perkins, Bleazard, Hardt (DMR)
2012 (11)	Imogen Ainsworth (Mile Run); Samantha Bowe (Pentathlon); Amber Menke (Pole Vault); Josephine Moultrie (800; Mile Run); Lacey Oeding (5,000); Shirley Pitts (400); Precious Selmon (60 Hurdles); Sarah Waldron (3,000); Brazley, Kelchner, Brown, Pitts (4x400); Milner, Brown, Reed, Ainsworth (DMR)

#### WOMEN - OUTDOOR

2000 (7)	Adwoa Gyasi-Nmako (200); LeiAnna Matthews (400); Angela Whyte (100H); TEAM (4x100); TEAM (4x400); Monique Harris (Long Jump/Triple Jump)
2001 (3)	Arline Smith (200 & 400); Monique Harris (Triple Jump)
2002 (5)	Kelli Myers (High Jump); Monique Harris (Long Jump/Triple Jump); Keren Sari-Bentzur (Long Jump/Heptathlon)
2003 (3)	Bridgid Isworth (Pole Vault); Amanda Barnes (Shot Put); Keren Sari-Bentzur (Long Jump)
2004 (4)	Jacquelyne Gallegos (1,500); Bridgid Isworth (Pole Vault); Amanda Barnes (Shot Put); Veronica Gonzales (Javelin)
2005 (7)	Kristan Matison (100); Ariel Burr (400); Jacquelyne Gallegos (5,000); Matison, Burr, Shaw, Teske (4x100); Amanda Barnes (Shot Put); Jamie Fishencord (Hammer); Veronica Gonzales (Javelin)
2006 (3)	Ariel Burr (400), Katie Coronado (Jav.); Jacquelyne Gallegos (5,000)
2007 (4)	Ariel Burr (400), Timmie Murphy (5,000); Katie Coronado (Jav.); Tiyana Peters (High Jump)
2008 (6)	Ariel Burr (400); Kara Henry (5,000); Katie Coronado (Jav.); Alesha Walker (Long Jump); Tiyana Peters (High Jump); Sandy Fortner (Heptathlon)
2009 (8)	Nicky Archer (5,000; 10,000); Laura Bowerman (5,000); Katie Coronado (Javelin); Michelle Corrigan (10,000); Ashley Gibson (1,500); Whitney Johnson (Pole Vault); Kim Perkins (400 Hurdles)
2010 (6)	Sandy Fortner (Heptathlon); Ashley Gibson (1,500); Janna Mitsos (5,000); Lacey Oeding (10,000); Ruth Senior (3,000 Steeplechase); Deanna Young (Triple Jump);
2011 (12)	Alex Darling (3,000 Steeplechase); Natalie Gray (5,000); Amber Menke (Pole Vault); Lacey Oeding (10,000); Precious Selmon (100 Hurdles, Long Jump); Ruth Senior (3,000 Steeplechase, 5,000); Sarah Waldron (5,000); Alesha Walker (Long Jump); Deanna Young (Triple Jump); Fisher-Taylor, Brazley, Selmon, Walker (4x100)
2012 (6)	Nathalie Busk (Pole Vault); Shirley Pitts (400); Marin Schweigert (High Jump); Precious Selmon (100 Hurdles); Ruth Senior (10,000); Sarah Waldron (5,000)

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## MOUNTAIN WEST HONORS

### MWC ATHLETES OF THE WEEK

#### MEN - INDOOR

2002 Chris Orrell, Jan. 29  
2006 Derek Mackel, Jan 24  
2008 Lee Emanuel, Feb. 12  
2009 Jarrin Solomon, Jan. 27  
Lee Emanuel, Feb. 10  
2010 Lee Emanuel, Feb. 2  
Lee Emanuel, Feb. 16  
2011 Richard York, Feb. 8  
2012 Ross Millington, Feb. 14

#### MEN - OUTDOOR

2002 David Lloyd, March 26  
Ben Ortega, April 25  
2003 Matt Gonzales, April 1  
2004 Mark Johnson, April 7  
Matt Gonzales, May 4  
2005 Derek Mackel, April 12  
2007 Anthony Fairbanks, March 21  
Jarrin Solomon, April 3  
Jeremy Johnson, April 17  
2008 Anthony Fairbanks, March 21  
Lee Emanuel, April 15  
Jeremy Johnson, May 6  
2009 Lee Emanuel, April 14  
Lee Emanuel, April 21  
2010 Lee Emanuel, April 20  
Chris Barnicle, May 4  
2012 Kendall Spencer, April 10  
Floyd Ross, May 1

#### WOMEN - INDOOR

2001 Monique Harris, Feb. 7  
Keren Sari, Feb. 14  
2002 Monique Harris, Jan. 29  
2010 Ashley Gibson, Feb. 16

#### WOMEN - OUTDOOR

2000 Monique Harris, March 21  
Adwoa Gyasi-Nmako, April 4  
2002 Kelli Myers, May 7  
2005 Amanda Barnes, April 26  
2007 Katie Coronado, April 17  
2009 Katie Coronado, April 7  
2010 Deanna Young, Apr. 6  
Ruth Senior, May 4  
2011 Ruth Senior, April 19  
2012 Sarah Waldron, April 10  
Sarah Waldron, May 1

### OTHER MWC AWARDS/HONORS

2002  
Matt Henry – Men's Outdoor Coach of the Year  
2003  
Keren Sari-Bentzur – Indoor High Point Award (30)  
2008  
Robert Caldwell (PV) – Men's Outdoor Outstanding Performance  
Katie Coronado (Jav.) – Women's Outdoor Outstanding Performance  
2009  
Jarrin Solomon (400) – Men's Outdoor Outstanding Performance  
Katie Coronado (Jav.) – Women's Outdoor Outstanding Performance  
Lee Emanuel (Mile) – Men's Indoor Student-Athlete of the Year  
2010  
Sandy Fortner (Heptathlon) – Women's Indoor Outstanding Performance  
Sandy Fortner (Heptathlon) – Women's Indoor Student-Athlete of the Year  
Lee Emanuel (Mile) – Men's Indoor Student-Athlete of the Year  
Lee Emanuel (1500) – Men's Outdoor Student-Athlete of the Year  
2011  
Richard York (Heptathlon) – Men's Indoor Outstanding Performance  
Richard York (Decathlon) – Men's Outdoor Outstanding Performance  
2012  
Kendall Spencer (Long Jump) – Men's Indoor Student-Athlete of the Year