

# Lobo Track & Field

## - New Mexico Collegiate Invitational Friday & Saturday, January 25-26, 2013

*COACHES CORNER: Watching a team grow and develop during the year is an enjoyable experience for a coach. Guess it must be like gardening. One plants the seeds (sort of like recruiting athletes), you add fertilizer and water (coaching strategy and technique), and then one day you look down and there is a beautiful blossom (performance). Our freshman grew up this weekend and showed some really exciting results. The first meet at Northern Arizona all of them were basically scared stiff and their eyes looked glazed over from the experience. The proverbial deer in the headlights situation. Then last week at our first home meet they had to get used to a banked track and the higher level of competition. And then this week they took that first baby step forward to say to the world.....hey look at me, I'm here! Our upperclass athletes, many who had not competed yet, or started to focus on their main event showed the conference that they will be a force to be reckoned with. In fact, after this weekend we are sure the rest of the Mountain West Conference looked at the conference rankings and said.....holy \*^%\$# the Lobos are for real. The Lobo team combined for 13 women PR's and 6 on the mens side. At this stage of the season the men are a more powerful force and one only has to look at the MWC to know the group is deep, talented, and ready for action. The Lobo ladies maybe are not quite as strong in the rankings, but in another two weeks could change all of that. We have two meets to go before final preparations begin for the conference championship at Boise State. This could be a special season for the Cherry & Silver.*



### BITCHELL GOES SUB-4:00 IN MILE IN FIRST LOBO RACE

Jr. Adam Bitchell (Penwedding School, Aberyswyth, Wales) certainly has set the bar quite high for himself. In his maiden eight lap voyage around the Convention Center track facility wearing Lobo school colors he produced a majestic mile race going under 4:00 for the distance (3:59.83). While the mile has never been an Olympic or World Championship distance it is the only non-metric distance that the IAAF recognizes as a "world" record. That 5280 feet, or 1760 yards (about 1.61 kilometers) is fascinating to everyone associated with track & field as it has a special allure. As of the end of last outdoor track season (2012) there had been 1282 men all-time in the world that have dipped under 4:00 and of those 181 were from Great Britan, so Adam joins a very recherche' group. Of course the most famous of those was the first man ever under the threshold (Roger Bannister, England - 3:59.4 - May 6, 1954). The race was set up with Northern Arizona's two fine milers, along with Adams State's four

strong distance runners. Given how difficult it is to run that fast jr. Alex Herring (Academy, ABQ, NM) was assigned the pace-setting duties for the first 800, then jr. Sam Evans (Weston Road, Stafford, England) would take over through 1200. AH had already run 4:13 this indoor season and is looking fantastic, while Sam clocked 4:05 on his own last year so they were both highly capable of doing the bulk of the early work. The goal for Alex was to run right around 60 for the first 400, then try to get to the 800 point in just about 2:00. He led the field through 60, then maintained a good pace hitting around 2:02. Sam then took control and got the lads through 1200 meters in 3:05, giving way to Brian Shrader from NAU who took the lead. Adam had gotten himself in a spot of bother during the early part of the race, but worked his way back up so he was just off Shraders tailbone. The NAU Lumberjack poured on the power to 1800 meters and Adam clung to him, showing real moxie and then the Grizzlies of ASU were coming on strong. At the bell lap it was a mad dash with five guys giving each other all they could handle. Around the final turn and it was anyone's game, and as the picture shows (about 20 meters from the finish) it was truly "mano y mano" with each one trying to maintain their cadence. At the finish line the Adam State runner took the tape, with Shrader finishing second with AB in third. Adam's time moves him to #12 in the NCAA rankings, #1 in the MWC, and to #2 all-time at UNM behind former NCAA champion Lee Emanuel. Running a fantastic 4:03.47 in his first Lobo race, but getting lost in the commotion of what was happening somewhat was jr. Luke Caldwell (The Ashcombe, Betchworth, England). Luke moves to #28 in the NCAA, #2 in the MWC, and #5 all-time at UNM. Quite a race but symbolic of the type of performances that the Convention Center track brings out!



### MOULTRIE RUNS TO #4 TIME IN NCAA AND SHATTERS LOBO SCHOOL RECORD

Sr. JOSEPHINE MOULTRIE (TURNBULL, GLASGOW, SCOTLAND) AFTER AN ALL AMERICAN CROSS COUNTRY CAMPAIGN HAS KEPT HER FITNESS HIGH, AND SPIRITS STRONG.

SO SHE LOOKED FORWARD TO HEADING TO WASHINGTON TO BANG AROUND WITH SOME OF THE TOP TALENT IN THE U.S. IT WAS A VIRTUAL WHOS-WHO OF FEMALE DISTANCE TALENT THAT LINED UP AT "THE DEMPSEY" INDOOR 300 METER OVAL. THREE FORMER NCAA CHAMPIONS WERE IN THE FIELD AND EVERYONE HAD ONE, AND ONLY ONE GOAL IN MIND - RUN LIGHTNING FAST. AT THE CONCLUSION OF THE RACE THE RESULTS CERTAINLY SHOWED THAT A VAST MAJORITY OF THE ATHLETES MET THEIR GOAL. TWO POST-COLLEGIATE PROFESSIONAL RUNNERS TOOK THE FIRST TWO SPOTS IN 8:54 AND 8:55. THEN THE FIRST COLLEGIAN CLOCKED IN AT 8:55 WITH THE SECOND AT 8:57. THEN CAME JOSEPHINE, THE THIRD COLLEGIAN AT 9:06.35. THAT TIME MOVES HER TO #4 IN THE NCAA RANKINGS AND SHATTERS THE UNM RECORD. THE OLD STANDARD WAS SET BY FORMER ALL AMERICAN RUTH SENIOR WHO SET THE PREVIOUS MARK TWO YEARS EARLIER ON THE SAME WEEKEND WHEN SHE RAN 9:17.09.

**of 4:49.05 came exactly one year ago at this meet. Teammates Chloe Anderson and Charlotte Arter agreed to help her through the 1200 meter mark and then leave her to finish off in 75 seconds for the last 400. Imogen tucked in behind the two and clocked a 2:27 through 800 where Chloe dropped to the side. Charlotte kept the pace and got 1A to the assigned point before stepping aside. Imogen put her head down and drove hard the last 400 meters of the race to finish off a very nice effort as she crossed the finish line in 4:48.65 moving to the fourth fastest miler in Lobo history. That time took top honors on the day. Finishing in second place was soph Kirsten Follett (Ft. Collins, CO) who clocked in at a very solid 4:52.80 which moves her up to #4 in the MWC and #7 all-time at UNM. KF established a strong foundation during cross country and is building off of that. Coming back after a long rehab from achilles tendon surgery was Nicola Hood (Dumfries, Scotland) who clocked an encouraging 5:12.34 time. We're glad she's back.**

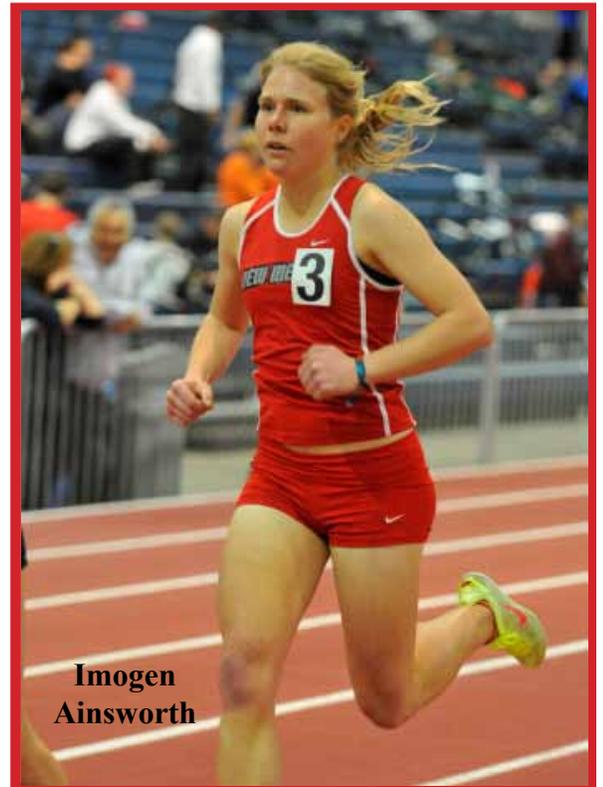


### Ross Returns to Triple Jumping Moves to #8 in NCAA Rankings

Sr. Floyd Ross (Leavenworth, KS) competed in the Triple Jump for the initial time this season and promptly achieved the same results as last year when he became NCAA runner-up. FR likes to live on the edge and meet after meet he has his best distance on his last attempt. This weekend after two fouls in the prelims Floyd needed a distance to qualify for the finals. He pulled out an easy 47' 9 1/4" distance to get three more attempts. On his fourth attempt he fouled, then followed up with a 50' 6 1/4" distance to move up to second place. With one jump left the leader from the U.S. Olympic Training Center had jumped 51' 3/4". The above picture shows Floyd in the middle phase of the Triple Jump, and when he landed in the sand came down it measured out to 51' 5". That distance also takes over the MWC lead and is the 11th longest distance in UNM indoor history.

### Ainsworth Gets a Fast Mile and Moves to #3 in MWC

**Sr. Imogen Ainsworth (Seven Oaks, London, England) wanted to run fast in the mile as her previous best**



**Imogen Ainsworth**



**Spencer Moves to #3 All-Time in 60 Sprint**  
 Jr. Kendall Spencer (San Mateo, CA) simulated a possible triple at the MWC Championships as he competed in the 60, 200, and Long Jump. On Friday he took runner-up in the Long Jump with a 23' 11 1/2" distance and clocked a 22.12 in the 200 meters. Coming back on Saturday Kendall lined up in the 60 meter sprint with an all-time best of 6.87 run waaay back on January 23rd, 2010 when he was just a little pup freshie. Kendall got a very solid start and accelerated smoothly as the picture shows to clock a new PR of 6.86 taking over the MWC #1 ranking.



### Van Grinsven Sets Two PR's in Same Race

So how do you set two PR's in the same race.....not a trick question but when there are prelims and finals an athlete gets to run the same race twice in one day. Froshie Holly Van Grinsven (Brentwood, TN) came into the meet with a best of 8.78 in the 60 meter hurdles set last week at the Cherry & Silver Invitational. In the prelims HVG scooted to a little PR of 8.75 before coming back in the finals and rocking a 8.62. That got her second place overall and moves her to #3 all-time at UNM, and #3 in the MWC as well. Holly will be doing her first collegiate Pentathlon next week when she travels to Nebraska.



### Miller Hits Big PR in High Jump

Sophomore Markus Miller (Alamogordo, NM) had struggled last week to find his rhythm in the HJ and could only manage a 6' 4 1/4" clearance. MM's indoor PR was 6' 6 1/4" set last year at the Cherry & Silver Invitational. Opening up at 6' 2 1/4" Markus cleared on his first attempt and followed that up with another first bar clearance at 6' 4 1/4"'. The bar went up to 6' 6 1/4" (2.04m) and Markus missed once before booming over the bar. He then attempted a big PR of 6' 8 1/4" and missed twice before scaling the bar as the picture shows. He then went on to attempt 6' 10 1/4" before bowing out of the competition. His clearance moves him to #3 in the conference and provides much needed depth in the vertical jump. Competing for the first time in 2013 was former MWC Champion Django Lovett (Brookwood Secondary, Surrey, BC). DL who has an indoor PR of 7' 1/4" opened up at 6' 8 1/4" and cleared on his first attempt. He duplicated that effort at 6' 10 1/4" before attempting a PR equaling height on his third bar. He took three attempts but not on this day. Django moves to #1 in the conference.

Zoe, Jasmin,  
Tawsha, Shirley



Jasmin McCray



### Women's 4x400 Runs Fifth Fastest Time in History

Getting together for the first time this season the quartet of froshies Zoe Howell (Socorro, NM), and Jasmin McCray (Lawrence Central, Indianapolis, IN), plus seniors Shirley Pitts (Bonanza, Las Vegas, NV) and Tawsha Brazley (Bosque, ABQ, NM). As this was the only race they were running during the weekend everyone had a good feeling they would run well. Of course, Shirley had missed practice for two days with an upper respiratory illness and she could hardly breath but she said she was good to go and

would give her best so the quartet went to work. Leading off Zoe split her best of the season, a 57.0. She got right in the mix and battled from the middle of the pack her entire two laps. Indoor track is tight and confined and Zoe is learning how to get out of tough situations so she can utilize her flowing stride pattern. Jasmin pictured ran smoothly and confidently and looked better and better as the race went on. She came busting down the homestretch handing off to Shirley. Jasmin's PR split was a very nice 56.9. Shirley who was supposed to take it easy for the first 200 before easing into the second lap completely ignored that and screamed out during the first lap. She didn't look to struggle at all until about 350 meters when the illness she was dealing with took hold. Still her 55.6 split shows she is rounding into shape in order to defend her MWC 400 title. Tawsha, running her first 400 of the season latched on to the New Mexico State sprinter right in front of her and stayed there for 320 meters battling all the way. She couldn't quite match the NMSU's rhythm all the way to the finish but still ran an encouraging 58.5 split. When the results showed up the clock read 3:49.12 which is the fifth fastest ever in Lobo history. Of the top five 4x400 relays ever run Shirley and Tawsha have been part of four of them.



**CHAZ  
LEADS  
CHRIS  
IN THE  
400**

**Two PR's and a Good Opener in 400**  
Jr. Chaz Lewis (Highland, ABQ, NM) and sr. Derek Montoya (Highland, ABQ, NM) came into the UNM Invt. with PR's of 49.14 and 49.43 respectively. Chaz is shown winning his section of the 400 with a good 48.83. Derek, who ran in another section also won his race and clocked 49.15. That moves them to #4 and #5 in the MWC and the 400 is a key battleground event for the Lobos if they are to win conference. Racing for the first time in Lobo gear was Chris Kline (West Mesa, NM) last years New Mexico state high school champion. CK clocked 49.65 to move to #8 in the MWC after just one race.

Derek Montoya, Chaz Lewis, Chris Kline



## Walker Gets Back Near Top of MWC

Sr. De'Vron Walker (Dominguez, Compton, CA) had not been his usual aggressive hurdler the first two meets but he got back to his normal self at the UNM Invt. In the prelims he clocked a 8.26 seasonal best to qualify for the finals. In the finals DW looked smooth and ran with "tall hips" through the race and was rewarded for good technique by his finishing time of 8.12. That performance moves him up to #4 in the MWC.



Freshman Casey Dowling during Triple Jump

### TRIPLE JUMP REPORT

SOPHOMORE YESHEMABET TURNER (PECOS, NM) WHO LAST YEAR SET AN ALL-TIME UNM FRESHMAN CLASS RECORD IN THE LONG JUMP (18' 11 3/4") TURNED HER ATTENTION TO THE TRIPLE JUMP THIS WEEK WHERE SHE RANKS #6 ALL-TIME AT UNM WITH HER PR OF 39' 3 3/4". YT OPENED UP WITH A FOUL AND FOLLOWED WITH A 38' 9", THEN FINISHED OFF PRELIMS WITH A 38' 11". IN THE FINALS SHE FOULED, THEN FOULED AGAIN, BEFORE NAILING HER BEST DISTANCE ON HER SIXTH AND FINAL ATTEMPT. YT'S FINISHING DISTANCE WAS 39' 2 1/4", JUST SHY OF HER PR. THAT PLACED HER SECOND IN THE MEET AND HAS HER RANKED #5 IN THE CONFERENCE. OPENING UP HER TRIPLE JUMP CAREER WAS FROSHIE CASEY DOWLING (WOOTEN, POTOMAC, MD) WHO IS PICTURED GOING 37' 5 3/4".



**UNM's Top Notch Athletic Training Staff is always at the ready to assist the Lobo Track & Field athletes stay healthy and compete at the top of their game.....yes Taryn (Winkler) you are getting your picture taken!!**



*Mia Weaver (Los Alamos, NM) ran the 800 for the very first time and clocked 2:19.34*



*Nathalie Busk gets ready to clear a new PR in the Pole vault (12' 1 1/2") which moves her to #6 all time at UNM.*



*Julie Brasher (Eldorado, ABQ, NM) is seen in the 600 meters. While the 600 is not an NCAA event quite a few meets still run it, as it is considered by most to be one tough race. JB PR'd at 1:38.32 which is #4 all-time at UNM.*



*Derek Montoya strains to keep the three sprinters on his back behind him*

*Happy teams  
are usually  
very successful  
teams!*



*Holly Van Grinsven  
and Samantha Bowe,  
UNM's dynamic duo  
of Combined Events*

**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 Indoor Track & Field PERFORMER AND PERFORMANCE list. The number on the LEFT indicates how taht athelte is ranked as far as individual PERFORMERS are concerned. The #2 would tell us that performer (athlete) is the second-best in New Mexico indoor 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.

**UNIVERSITY OF NEW MEXICO INVITATIONAL - JANUARY 25-26, 2013**

**WOMEN**

60	Kayla Fisher-Taylor 7.82@ 7.89@		
60H	Holly Van Grinsven 8.75@PR 8.62@ (2nd) PR (3,x)	Precious Selmon 9.16@ 8.88@ (5th)	Samantha Bowe 9.03@ PR
200	Kayla Fisher-Taylor 25.19@	Casey Dowling 25.40@ PR	Aasha Marler 25.50@ PR
	Yeshemabet Turner 25.54@ PR	Faith Cobb (Unatt) 27.77@	
400	Haley Sanner (28.3) 61.03@	Christina Clark (28.7) 62.38@ PR	
600	Julie Brasher (31-64.1) 1:38.32 (7th) (4,7) PR	Mickey Brown 1:47.49	
800	Mia Weaver (34-70-1:45) 2:19.34@ (6th)	Rebecca Chow (Unatt) 2:34.33@ PR	
1mile	Imogen Ainsworth 4:48.65@ (1st) PR (4,8)	Kirsten Follett 4:52.80@ (2nd) (7,x)	Nicola Hood 5:12.34@
	Nancy Holguin 5:28.92@	Kristen Kientz (Unatt) 5:36.45@	
3000	Shannen Ramey (Unatt) 11:04.51@		
4x400	Zoe Howell (57.0)PR, Jasmin McCray (56.9)PR, Shirley Pitts (55.6), Tawsha Brazley (58.5)		3:49.12@ (3rd) (5,x)
LongJ	Samantha Bowe 18' 3 1/4" (1st)	Holly Van Grinsven 17' 8 1/4" (5th)	
TripleJ	Yeshemabet Turner 39' 2 1/4" (2nd)	Casey Dowling 37' 5 3/4" (5th)	Aasha Marler 36' 11 3/4" (6th)
PoleV	Amber Menke 12' 7 1/2" (3rd)	Margo Tucker 12' 1 1/2" (4th)	Nathalie Busk 12' 1 1/2" (6th) PR (6,x)
	Emily Heisler 11' 7 3/4"	Julia Cook 11' 1 3/4"	

**MEN**

60	Kendall Spencer 6.86@ (3,8) PR	Carlos Wiggins 7.11@	Thomas Trujillo (Unatt) 7.20@
	Zach Smith 7.36@	Nolan Paranto (Unatt) 7.65@	
60H	De'Vron Walker 8.26@ 8.12@ (3rd)	Richard York 8.80	
200	Kendall Spencer 22.12@ (7th)	Thomas Trujillo (Unatt) 22.50@	Nolan Paranto (Unatt) 24.11@
400	Chaz Lewis 48.83@ (5th) PR	Derek Montoya 49.15@ (6th) PR	Chris Kline 49.65@
			Nolan Paranto (Unatt) 54.44@
400H	Chaz Lewis 53.12 (1st) NEW UNM Indoor Standard		
1mile	Adam Bitchell 3:59.83@ (3rd) (2,4)	Luke Caldwell 4:03.47@ (6th) (5,x)	Pat Zacharias 4:14.15@
	Logan Rosenberg 4:14.58@ PR	Sean Stam 4:15.38@	Vincent Montoya 4:20.11@ PR
3000	Graham Thomas (Unatt) 8:31.18@		
LongJ	Kendall Spencer 23' 11 1/2" (2nd)	Richard York 23' 0"	Yannick Roggatz 22' 4 1/2"
TripleJ	Floyd Ross 51' 5" (1st)		Zach Smith 22' 3 3/4"
HighJ	Django Lovett 6' 10 1/4" (1st)	Markus Miller 6' 8 1/4" (2nd) PR	
PoleV	Logan Pflibsen 16' 2 3/4" (2nd)	Rob Warensjo 15' 9" (4th)	Tyler Jackson 14' 9"
	Richard York (Unatt) 14' 3 1/4"	Chris Dodd 13' 9 1/4"	
ShotP	Richard York (Unatt) 39' 8 1/2"		

**UNIVERSITY OF WASHINGTON INVITATIONAL - JANUARY 26, 2013**

3000 Josephine Moultrie 9:06.35 (3rd) (1,1) PR **NEW UNM INDOOR RECORD**