

<HTML>By Bev Eckman / The Detroit News

DETROIT -- After 22 years of effort, success was sweet for Detroit Mackenzie boys track Coach Dwight Thomas. For the first time, his Stags won the boys division of the Detroit Public School League championship meet, which was held Thursday at Detroit King.

Mackenzie had 109 points. Cass Tech was second with 89 and Mumford third with 60.

"We jelled together, they've been here four years. They made a commitment -- they knew they couldn't run track after school and work at McDonald's," Thomas said after the awards ceremony at Lorenzo Wright Field. "We have a very small team, six of the eight are running four events, everybody is working hard."

And scoring points.

Such as seniors James Nash, who won the 1600 meters in 4 minutes, 31.13 seconds, was on the winning 1600 (3:26.11) and 3200 (8:16.75) relay teams and was second in the 800 in 2:04.60, and Jameel Jones, also on the 1600 relay, third in the 300 hurdles (39.87), winner in the long jump (20 feet, 5 inches) and fourth in the 1600 (4:43.58).

"It feels good to do something I've wanted to accomplish since ninth grade," Jones said.

Cass Tech won the 400 (43.15) and 800 (1:29.60) relays, and Jean Smith placed first in the high jump with 6-2.25.

Mumford senior twins Gary and James Stanford competed. Gary, who qualified for states, strained his right hamstring on his first try at the long jump and was out of the meet. James, recovered from an injury, did not make states but was second in the high jump (6-2) and qualified for the Operation Friendship PSL-Catholic League meet Tuesday at Livonia Ladywood. Both Stanfords are headed for Eastern Michigan University.

Coach Marc Parker's Mumford team won the girls division with 145.50 points.

"We won the city (championship) in cross country this (school) year with our sprinters, so we knew we had something special," he said.

Mumford finished 1-2-3 in the 300-meter hurdles with freshman Angela Hayes, and seniors Brandy Werdlow and Trula Ackins, respectively.

"I like the pain, because it's a good pain," said Hayes, who was doubled over and gasping after her effort. "I feel good because I'm a ninth-grader and I was successful, but I really think I can do better."

The PSL's premier female sprinter is Cass Tech senior Tiarra Jones, who won the 100 in 11.82 and the 200 in 24.52.

"I wanted to beat the city record, 24.1," she said. "I ran 23.9 yesterday, but that was in preliminaries and didn't count for the record."

Cass Tech finished second with 131.50, edging Renaissance by 10 points by winning the last event, the 3200-meter relay. Renaissance, winner of three Class B titles and defending city girls champion, finished fifth.

"We were tired," Renaissance Coach Rick Miotke said.

Rookie leads Mackenzie to track title

May 26, 2000

BY SCOTT TALLEY
FREE PRESS SPORTS WRITER

Mackenzie coach Dwight Thomas waited 22 years to win a Detroit Public School League track and field championship, and when he finally broke through, he needed the help of a newcomer.

James Nash, a senior competing in his first season of track, won the 1,600 meters (4:31.13) and ran a leg on the first-place 1,600-meter relay Thursday as Mackenzie won the PSL title at Lorenzo Wright Field.

"I just tried to put my heart into it," said Nash, who also finished second in the 800 meters. "I did my best and I ended up on top."

The Stags (103 points) led Cass Tech by 10 points going into the final event of the meet, and closed it out in style by winning the 1,600-meter relay.

"Our motto is take it to the track, and that's what we did," said senior Jameel Jones, who won the long jump on Wednesday, finished fourth in the 1,600, and joined Nash, Quarakin McClendon and Jay Miller on the 1,600-meter relay.

"I knew the championship was right in our hands after winning the regional. It just feels great to be a champion."

The Stags also won the 3,200-meter relay and placed second in the 800-meter relay. Miller finished third in the 400, and Antoine Huskey was third in the 100 and fourth in the 200.

"After we beat Mumford early in the season, the kids kind of jelled," Thomas said. "They knew if they could beat the defending state champions they would have a chance this season.

"When you get the kids focused, you don't have to worry -- they'll perform. And these kids have made sacrifices. Some of them have given up jobs to run."

On the strength of its field-event performers, Mumford's girls team had the lead going into the running events, and the Mustangs secured the title with an impressive showing in the hurdles.

The Mustangs (145.5 points) finished first, third and fourth in the 100-meter hurdles and swept the top three places in the 300-meter hurdles.

"I wanted to go out strong my senior year," said Brandy Werdlow, who finished fourth in the 100-meter hurdles and finished second to Angela Hayes in the 300-meter hurdles.

Hayes also won the 100-meter hurdles, and Tujuana Shinholster and Kimletta Davis placed third and fourth in the 400-meter dash for the Mustangs.

Cass Tech (131.5 points) finished second in the girls competition. Cass sprinter Tiarra Jones defended her title in the 100 (11.82) and won the 200 (24.52) ahead of teammates Crystal Lee and Katrice Walton. Maya Caldwell (2:22.19) and Lauren Dozier finished first and second for the Technicians in the 800 meters, and Ariss Seals placed second in the 100-meter hurdles.

Renaissance sprinter Elton Anderson won the 200 (21.20) and 400 (49.13) and Southwestern's William Agee won the 110-meter hurdles (14.19) and the 300-meter hurdles (38.75).

The top four finishers in all finals qualified for Tuesday's Operation Friendship Meet with the Catholic League at Livonia Ladywood.

Mumford girls lead in PSL track meet

May 25, 2000

BY SCOTT TALLEY
FREE PRESS SPORTS WRITER

Mumford's girls track team was the top scorer Wednesday, the first day of the Detroit Public School League track and field championships at Lorenzo Wright Field.

Lela Nelson won the high jump (5-feet) and Angela Hayes placed second in the long jump (15-8 1/2) for the Mustangs, who scored 43 points. Other top performers for Mumford were Annis Howell and Takara Richardson, who finished third and fourth in the shot put.

Brandis O'Neal won the long jump (16-0) for Renaissance, which scored 35 points and is in second place. Pershing's Marquita Selmar won the shot put (35-3 1/2).

Cass Tech (23 points) is leading the boys competition. Jean Smith (6-2 1/4) won the high jump and placed fourth in the long jump (20-0), and Glen Bateman finished third in the shot put (45-6 1/2) for the Technicians. Mumford is in second place with 19 points.

Mackenzie's Jameel Jones won the long jump (20-05), and Finney's Kahari Stewart was the shot-put champion (47-02).

The discus finals and the finals for all running events will be contested today at Lorenzo Wright Field, behind Martin Luther King High. The meet begins with the 3,200-meter relay at 1 p.m.

The top three competitors in all finals qualify for the Operation Friendship meet Tuesday with the Catholic League at Livonia Ladywood.
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