



Track & Field News

Arrhenius and Menlove Win MWC Player of the Week

by Melissa Soderberg, BYU Athletic Communications



BYU juniors Leif Arrhenius and Amy Menlove won MWC Athlete of the Week due to their performances at the BYU Cougar Invitational last weekend. BYU Photo/Mark Philbrick

COLORADO SPRINGS, Colo. (Jan. 13, 2009) – BYU juniors Leif Arrhenius and Amy Menlove were selected as the Mountain West Conference men’s and women’s indoor track & field athletes of the week on Tuesday.

“I felt really good and optimistic about my performance this week, “ said Menlove. “It’s been a really long time since I’d competed so I didn’t really know what to expect, but it showed me areas I need some improvement and areas that I did well in. I’m really excited for future events and competing.”

Menlove, an All-American and Academic All-MWC honoree from Salt Lake City, Utah, won the 60-meter hurdles, long jump and pentathlon at last week’s BYU Cougar Invitational. In the 60-meter hurdles, she recorded a time of 8.39, a mark of 20’-1.75” (6.14m) in the long jump and 4,048 points in the pentathlon. She currently sits at the top of the MWC lists in all three events, along with being ranked in the top-five nationally, including first in the pentathlon, third in the long jump and tied for fourth in the 60-meter hurdles, according to TrackShark.com.

“I think Amy is very deserving of this award,” said BYU women’s track head coach Craig Poole. “We’re excited about her being back in the lineup.”

Arrhenius, an All-American from Orem, Utah, receives the men’s award after receiving first-place finishes in the weight throw and shot at the BYU Cougar Invitational.

“I thought my performance went really well last week, especially since it was the first meet of the year,” said Arrhenius. “I was really happy with my shot put score; it gave me some confidence in that event. I’m excited to keep training and I think that with that training I’ll be able to perform even better at the next meet.”

Arrhenius secured the 35-pound weight throw title with a toss of 65’-7.75” (20.00m), which is the second-longest toss in the league and fourth longest in the nation this season, according to TrackShark.com. He also threw a 60’-2.50” (18.35m) mark in the shot put to earn an early position as the MWC and national front-runner for that event.

“I think it’s a great accomplishment for Leif,” said BYU men’s track head coach Mark Robison, “especially this early in the season. He had his personal best in shot and that’s incredible.”

This marks Arrhenius’ first career indoor weekly award and Menlove’s second.