

Long Distance Runners Compete at Mt. Sac Relays

by Jordan Christiansen, BYU Athletic Communications



Nathan Ogden ran the second-best time in the MWC at the Mt. Sac Relays.
(BYU Photo/Mark Philbrick)

SAN FRANCISCO, Calif. (April 16, 2010) - The long distance athletes from the BYU men's track and field team competed Thursday and Friday at the Mt. SAC Relays on Thursday and Friday.

On Thursday, Richard Nelson overcame adversity to crush his NCAA-leading season-best time in the 3,000-meter steeplechase. Coming into the final lap, Nelson hit the first barrier of the lap, falling to one knee. But the senior picked himself up and drew even again with the lead pack before finishing fourth, second among collegians.

“What I was most impressed with was how he bounced right back,” said BYU assistant track and field coach Ed Eyestone. “His competitive spirit got him back on his feet.”

Nelson ran an 8:43.27, by far the best time in the Mountain West Conference and now third in the nation.

Also in the steeple, Reagan Frey beat his season high with a 9:07.03 while Ryan Merriman finished in 8:59.17 and Josh Adams ran a 9:16.07.

Continuing on Thursday, Nathan Ogden and Brandon Hebbert posted the first 10,000-meter times for any Cougar runners this season, both posting times good enough to be in the top five in the MWC. Ogden sent a

personal-best time with 29:12.41, good for second in the conference, while Hebbert finished in 29:57.34, fourth-best in the conference.

Running unattached, Miles Batty highlighted the Cougars' efforts on Friday, winning the 1,500-meter run in 3:42.42, a time that tops the MWC descending order list and would be one of the top times in the country. BYU coaches are still undecided as to whether or not they will redshirt Batty this season.

Brian Weirich also ran a personal best in the 1,500 meters, finishing tenth in the Olympic University heat with a time of 3:46.67. The time is second in the MWC. Robert Harrison ran the same event in 3:51.08