



**May 13, 2006**

## STATON & AGBOKE SCORE SEASON BESTS AT THE OXY INVITATIONAL

**EAGLE ROCK, CA**— VS ATHLETICS Decathlete **Chris Staton** and 800 meter specialist **Roseline Addo-Agboke** recorded season bests at the annual Oxy Invite at Occidental College. Chris, a 7427 point ten-eventer, ran a season best **15.02** for 4<sup>th</sup> place in heat-2 of the Men's 110m Hurdles, then ran **51.93** for 2<sup>nd</sup> place in heat-4 of the Men's 400 meters. Both were in the neighborhood of his 14.69/51.45 PRs in those events.

With teammate Aleksandra Deren home in bed with an upper respiratory infection, Roseline led the Women's 800 meters at 600m after running 200 splits of 29.8, 60.8 and 1:33.8. Unfortunately, she couldn't hold off the Nike Farm Team's Tyrona Heath who crossed the finish line in 2:07.42 to Roz's season best **2:08.16**. "Roz is on a plateau right now waiting to break through to the next level, says VS Distance Coach Skip Stolley. The good news is her training times and racing acumen continue to show dramatic improvements. The only thing standing in the way of her running 2:05 right now is staying relaxed over the last 200 meters and transitioning into a short-stride, fast-arm kick." Later in the meet, she ran a season best 4x 400 Relay leg of **56.5** where she did just that.

Some bad news to report is that sprint specialist **Will Hills** strained a hamstring 80m into the fast heat of the Men's 100 meter dash while running 5th. At this writing it doesn't appear serious, but it will almost certainly lead to some missed training time.

In the field events, VS Javelin thrower **Julie Ward** continued her winning streak after claiming first place honors at last week's Claremont Classic with a meet record. Throwing off grass this week, Julie posted a winning throw of **144'9"** (44.13m).

Complete Results:

<http://departments.oxy.edu/athletics/track/oxyinvite/2006inviteResults.htm>

Athletes interested in joining  
the VS Athletics Track Club  
are invited to contact:

**Skip Stolley**  
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