

Super soph McNamara leads Northville girls at Golden Triangle meet

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Mustangs' Couyoumjian breaks boys 800 school record



(Photo: XIN WAN)

It was another big weekend for the Northville girls track and field squad and Clare McNamara once again figured prominently at the prestigious Golden Triangle Invitational Meet held at Saline.

The sophomore earned individual victories in the long jump (18 feet, 1 inch) and 400-meter run (56.47), while also running a leg on the victorious sprint medley, 800- and 1,600 relays.

"Clare had another phenomenal weekend," Northville head coach Tim Dalton said. "I will say it again, she's selfless and is always willing to do what is best for the team. It's refreshing being around a kid like her."

Northville captured four relay races over the two-day meet held Friday and Saturday.

The Mustangs 4 x 200 team consisted of Savannah Manley, Erin McCallum, Yasmine Affes and McNamara (1:45.74).

Related: [McCallum leads Northville track girls to runner-up finish in Spartan Classic \(https://www.hometownlife.com/story/sports/high-school/2018/04/30/mccallum-leads-northville-track-girls-runner-up-finish-spartan-classic/563698002/\)](https://www.hometownlife.com/story/sports/high-school/2018/04/30/mccallum-leads-northville-track-girls-runner-up-finish-spartan-classic/563698002/)

In the sprint medley, the foursome of Lauren Marshall, McCallum, Affes and McNamara also took first in 1:49.02.

Meanwhile, the first-place 4 x 400 team was made up of Abby Dunn, Manley, Affes and the anchor leg McNamara (3:58.34).

"On the start line, Clare told me she didn't feel well," Northville assistant coach Jack Dalton said. "She had a nervous look on her face that is very uncharacteristic of her. Our team was in third place when she told me that, but she stepped up and anchored the team to a first-place finish to end the meet for us. She's tough and she's a competitor. That's what separates Clare from her opponents."



Northville's 400 relay team of Claire Wan, Melanie Sarafian, Lauren Marshall and McCallum also took first in 50.20, while the 3,200 relay team of Ana Barrott, Emily Gordon, Olivia Harp and Yasmine Mansi added a third (9:43.80).

Other top individual performers (top eight) for Northville included McCallum, second, long jump (17-9); fourth, 100 dash (13.04); Barrott, fourth, 3,200 (10:48.33); Sarafian, fifth, 100 (13.06); Affes, fifth, 200 (26.59), eighth, 400 (1:01.72); Dunn, fourth, 300 hurdles (48.03); Mansi, fifth, 3,200 (10:49.98); seventh, 100 hurdles (16.94); Lexi Davenport, eighth, 100 hurdles (17.35); Elise Daniel, seventh, pole vault (9-6); Barbara Davis, eighth, discus (104 feet, 4 inches) and shot put (33-7¼).

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"Our girl hurdlers turned in some good performances," Tim Dalton said. "Abby and Lexi were very committed and worked hard throughout the winter and it's starting to pay off with both girls running P.R.s in the 300 hurdles."

Other top finishers from KLAA schools included Canton's Jada Sabir, first, 200 (25.01); Canton's Victoria Faber, second, pole vault (11-6); Westland John Glenn's Alona Olshevska, third, 100 (12.58) and 400 (58.49); and Livonia Churchill's Gabrielle Swider, fifth, 800 (2:16.06); and Canton's Morgan Dodds, discus (104-8).

Boys 800 record

Northville junior Nick Couyoumjian finished second in the 800 meter run and broke the school record in the event, clocking a time of 1:53.99. He broke the record of 1:54.05 set by Jasen Turnbull in 2007.

"That has been a goal of Nick's for some time," Tim Dalton said. "He's a talented runner and he works hard."



Northville's Nick Couyoumjian (front) set a school record in the 800-meter run with a second place finish at the Golden Triangle Meet in Saline. (Photo: PETER DRAUGALIS)

Other top eight finishers for Northville included Brandon Kearney, third, 200 (22.35); Ben Shuart, fourth, 110 Hurdles (15.25); Nolan Knight, seventh, 400 (51.14); Ja'Quan Crawford, sixth, shot put (43-8); and Jacob Pichler, seventh, 300 hurdles (43.64).

Northville also placed third in the sprint medley relay (1:35.56); fourth, 1,600 relay (3:31.4); and fifth, 400 relay (44.72).

Glenn made a strong showing led by Rothus Stewart, who won the 110 hurdles (15.25) and placed second in the high jump (6-5). Other top performers for Glenn included freshman David Graham, second, 100 (11.13); sixth, 200 (22.67); Jared Tarrance, third, 400 (49.93); and Donald Farris, third, shot put (44-6½).

Plymouth's 3,200 relay team of Ethan Byrnes, Brandon Boyd, Patrick Byrnes and Carter Solomon won in 8:07.69.

Other top individual finishers for Plymouth included Malcolm Caldwell, third, 110 hurdles (15.64); Patrick Byrnes, fifth, 800 (1:56.62); Boyd, fifth, 3,200 (9:38.95); Kaleb Smith, fifth, high jump (5-11).

Salem's distance medley relay team of Andrew Beyer, Hezekiah Williams, Berry Matthews and Ryan Exell took third (10:52.45).

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