

Colts' Wethington wins boys 100 in 11.08

By Steve R. Waterhouse

STAFF WRITER

UNION CITY — The football season didn't go as well as James Logan High's Keagan Wethington would have liked.

The senior tailback suffered a dislocated shoulder in Week 2, and his season never quite got back to that premier level.

That's not going to happen in his second sport — track and field.

At the Mission Valley Track and Field Championships at Logan on Friday evening, Wethington won the boys 100-meter dash in 11.08 seconds, .08 seconds ahead of second-place Josh Neal of Logan.

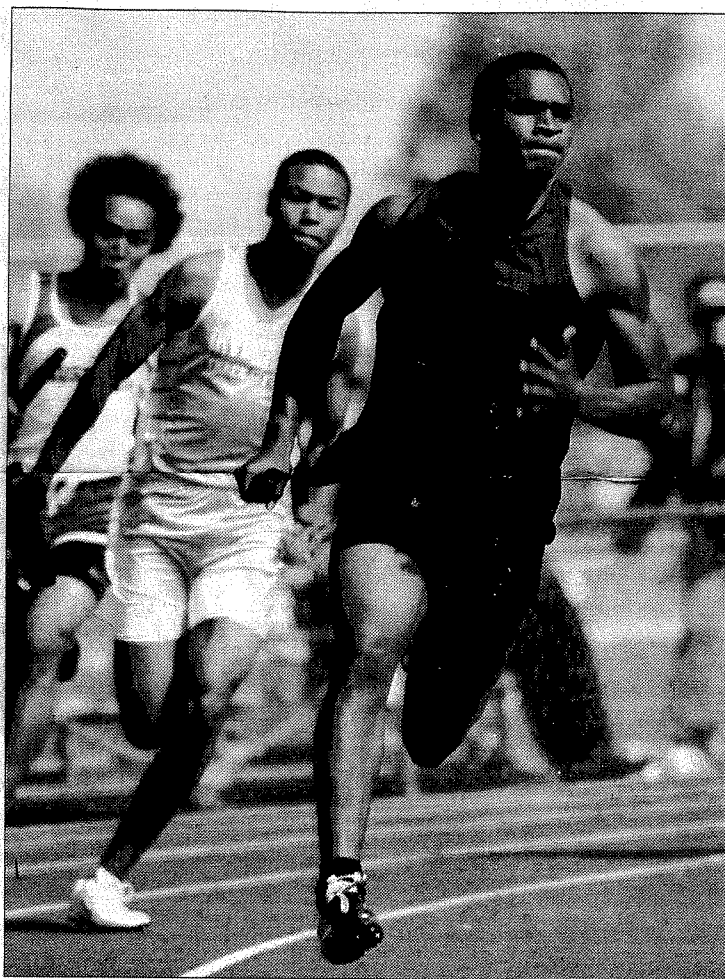
The top four finishers advance to the North Coast Section Bay Shore meet next Saturday at Logan.

"I was bummed when I came off the football season," Wethington said. "I wanted to get back to competing, so I took it kind of easy so I could get ready for the track season. At the beginning of the season, I was kind of out of it still, and then I started practicing with Quentin Powell."

Powell is the perfect guy to train with. The UCLA-bound Powell, is quite the speedster and has shown Wethington the way.

Both competed in the 200 Friday, and Powell won it in 22.20, and Wethington took second in 22.53.

"We work out together and always bounce ideas off each other," Wethington said. "He watches me and gives me advice, and I do the same for him. We really help each other out. It's back and forth with us in



YUKI SAITO-MILLER — Staff

JAMES LOGAN'S Josh Neal competes in the 4x100 relay.

practice every day."

Both were on the Logan 4x100 relay team that took first in 43.32.

Wethington also would go on to win the 400 in 49.66. And second place ... that went to Powell with a time of 50.64.

And for Powell, who finished sixth at the state meet in the 400 a year ago, this is the time

to turn it on.

"I'm mostly concerned with state," Powell said. "I don't want to overexude myself. I'm working on some form stuff and keeping healthy."

Newark Memorial's Martin Mwangi was quite impressive. Mwangi won the 800 in 2:10.66 and the 1,600 in 4:37.94. He finished more than three sec-

onds ahead of second-place Pablo Moreno in the 1,600.

Logan's Sadiq Elbashir was also a two-event winner, capturing the 300 hurdles (40.62) and the high jump (6-0).

In the 110 hurdles, Newark's Michael Gates narrowly edged Elbashir. Gates finished first in 15.47, Elbashir second in 15.53.

Logan's Arnaud Brewer took first in the triple jump at 44-7.