

## Quow Wins Bronze Medal at IAAF World Track Championships

August 21, 2009

BERLIN – Renny Quow , a former NJCAA 400 meter dash champion when competing for the SPC Texans, competed with the best the world had to offer today and will be leaving Germany with a bronze medal after finishing third in the 400 meter dash at the IAAF World Track and Field championships.

Quow appeared to lag behind the field 200 meters into the race, and although he appeared to start picking his competitors off, he still had a lot of ground to make up with 100 meters to go. With a strong finish, and an obviously fatigued Chris Brown of the Bahamas faltering over the final 30 meters, Quow was able to capture the bronze medal with a time of 45.02 seconds behind Lashawn Merritt and Jeremy Wariner, both of the United States and both winners of the last two Olympic games in the event, Merritt in Beijing (2008), and Wariner in Athens (2004).

South Plains College will again have representation on the track when former Texan Latoy Williams lines up to compete in the preliminary round of the men's 4x400 meter relay for his native country Bahamas. The Bahamian squad will be in lane three of the second section, scheduled for 11:55 a.m.