



Posthumous Athlete Nomination

Paul Njoroge Kamau

UTEP Track and Field, 1974 – 77

NCAA Champion and Olympian

Athletic Accomplishments

1976 Olympic Team. Represented Kenya along with fellow UTEP Track athletes James Munyala (R.I.P.) and Wilson Waigwa. Note that both James and Wilson are in the El Paso Athletic Hall of Fame.

INDOOR TRACK:

1st place, NCAA (National Collegiate Athletic Championships), Distance Medley Relay. Detroit, MI. 3/13/1976. Time: 9:39.6 (time converted from yards). Still a national class time today in 2026.

1st place, NCAA Distance Medley Relay. Detroit. 3/12/1977 (back-to-back National Champions). Paul ran the 440 yard leg (on Cobo Hall Arena's old, wooden, 11 laps/ mile track). Teammates Fred Ongaga, Franks Munene, James Munyala.
*This DMR team is in the UTEP Track Hall of Fame.

3rd place, NCAA D.M.R. Detroit. 3/9/1974. Time: 9:43.0.

*Paul was part of UTEP's NCAA overall Team Championships in 1975, 1976, 1977.

1st place, Western Athletic Conference (W.A.C.) Distance Medley Relay. Albuquerque, NM. 2/12/1977. Time: 9:52.26.

2nd place, W.A.C. 1600 meter relay. 3:13.8. (Time converted from yards).

2nd place, W.A.C. 400 Meters. 48.72. Albuquerque.
2/11/1977.

1st place, Pocatello Invitational. Distance Medley Relay.
Time: 9:36.3 (*at press time still UTEP record). Team
members: Fred Ongaga, Paul Njoroge, Franks Munene,
James Munyala.

4th place, Portland (OR) Invitational. 60 yard dash. 6.22.
1/23/1977.

OUTDOOR TRACK.

3rd place, Penn Relays 100 Meter Dash. 10.34. Philadelphia,
PA. 4/23/1976.

W.A.C. Outdoors.

5th place, 100 Meters. 10.72. 1977.

6th place, 100 Yards. 9.85. 1975.

6th place, 200 Meters. 21.38. 1976.

4th place, 200 Meters. 21.08. 1977.

3rd place, 440 Yard Relay. 40.31. 1975.

3rd place, 400 Meter Relay. 41.23. 1976.

2nd place, 400 Meter Relay. 41.03. 1977.

2nd place, 200 Meters. 21.00. 1977

3rd place, 1600 Meter Relay. 3:12.87. 1977.

*UTEP won overall W.A.C. Championships in 1975, '76, '77.

1st place, 100 Meter Dash. 10.24. UTEP v. Colorado State, El Paso. 3/23/1975.

1st place, 400 Meter Dash. 47.14. UTEP v. Arizona, El Paso. 4/9/1977.

1st place, 400 Meter Relay. 40.54. UTEP v. Arizona, El Paso, 4/9/1977. (Relay team members Godwin Mayuku, Tom Asare, Colin Thurton, Paul Njoroge.).

POST-UTEP:

After graduating from UTEP, Paul quickly became known to friends as “The hardest-working man in El Paso” (borrowing the phrase from the Great Musician James Brown). Paul seemed always to be working... and always with a smile and kind words for co-workers and employees.

I was living in the UTEP dorms in the very early 1980s when Paul and a UTEP Maintenance co-worker appeared on my floor to fix a broken window. Somehow we got talking about Track, and he invited me to a “barbecue party” for Track guys and their friends nearby in Sunset Heights. I soon learned that through a friend’s Ranch in Canutillo, Paul regularly bought a goat for all sorts of barbecues he organized. Many of these social gatherings were held for former Track athletes when they graduated from UTEP, or

for friends who earned degrees at El Paso Community College, UTEP or N.M.S.U. Paul also went into his own pockets to provide soft drinks, snacks and burgers not just for Graduation parties but also for various local road, Track and trail running events.

Paul worked for UTEP Maintenance/ Carpentry 1978- 86.

From 1980 onward, Paul owned and managed Circle K's in Sunset Heights (where he employed several former UTEP Track stars, including the Great All-American local Yukon Tomisato of Cathedral High and UTEP) and on Doniphan Drive.

Paul worked many years and in many capacities for Wal-Mart Grocery Stores. He was a Customer Service Specialist at Wal-Mart Neighborhood Grocery Store on Redd Road and Doniphan up until the time of his passing (July 22, 2024).

Yvette Chavez, a longtime family friend of Paul and his wife and kids, observed that “Paul was always smiling and had his arms wide open for hugs”. Several former teammates, including one of UTEP’s all-time greats James Munyala (who passed in February, 2025), pointed out that while quiet and modest, “Paul was always helping somebody”. Paul’s Niece



Phillis Kiuna says Paul was “a man of few words but filled with wisdom ...he was kind and generous to all”.



