



2009 PacWest Men's Cross Country Report #6

PHOENIX, AZ - **BYU-Hawaii** junior *Spencer Deavila* (Mesa, AZ/Highland) has been selected the **Pacific West Conference Men's Cross Country Runner of the Week** for the third time this season and for the second week in a row.

He previously won the award on Sept. 28 for his performance at the Chaminade Invitational and on Oct. 12 for winning the Hawai'i Hilo Invitational.

The honor was announced by the PacWest Media Office in Phoenix, AZ, on **Monday, Oct. 19**, for races contested on Oct. 17.

Deavila finished first at the BYU-Hawaii Invitational by completing the 8K run in a time of 25:07. He was one of four BYU-Hawaii harriers to finish in the top five of the event, giving the Seasideers a first-place finish.

(Oct. 19 - Report #6)

<u>Results</u>	<u>9/5</u>	<u>9/12</u>	<u>9/19</u>	<u>9/26</u>	<u>10/3</u>	<u>10/10</u>	<u>10/17</u>	<u>10/24</u>
Academy of Art	5th	DNC	*1st	16th	16th	NTF	DNC	
BYU-Hawaii	2nd	DNC	1st	1st	DNC	1st	1st	
Chaminade	4th	DNC	4th	4th	DNC	*4th	4th	
Grand Canyon	*5th	*15th	*7th	DNC	NTF	*6th	DNC	
Hawai'i Hilo	3rd	DNC	3rd	3rd	DNC	3rd	2nd	
Hawai'i Pacific	1st	DNC	2nd	1st	DNC	2nd	3rd	
Notre Dame de Namur	3rd	DNC	*2nd	DNC	17th	*8th	DNC	

NTF - No Team Finish DNC - Did Not Compete *Finish among eligible 4-year programs

PacWest Men's Cross Country Weekly Top 10 Honor Roll

Stefano Barbis Rochabrun - Hawai'i Hilo (Sr., 5-10, Hilo, HI/Hilo)...finished second overall and first among Vulcan contestants at the BYU-Hawaii Invitational on Oct. 17...posted a time of 25:50 on the course...was the lone runner in the top five not from BYU-Hawaii...helped the Vulcans to a second-place finish.

Jon Cleghorn - Hawai'i Pacific (So., 6-2, 165, Fredericton, New Brunswick, Canada/Fredericton)...placed ninth overall at the BYU-Hawaii Invitational on Oct. 17...finished second among Sea Warrior runners in the event after completing the 8K course in a time of 26:21...helped lead HPU to a third-place finish.

Kevin Enriques - Hawai'i Pacific (Sr., 5-8, 140, Honolulu, HI/Education Lab)...finished sixth overall at the BYU-Hawaii Invitational on Oct. 17...was the top Sea Warrior in the event...completed the 8K course in a time of 26:13 to help HPU to a third-place finish.

Flemming Eriksen - Hawai'i Pacific (Fr., 5-10, 150, Honolulu, HI/Kaiser)...wound up 10th overall and third among HPU runners at the BYU-Hawaii Invitational on Oct. 17...finished the 8K race in a time of 26:42.

Luke Graesser - BYU-Hawaii (So., 6-1, 154, Spokane, WA/North Central)...placed fourth overall and third among Seasideer runners at the BYU-Hawaii Invitational on Oct. 17...completed the 8K course in a time of 26:09...helped lead BYU-Hawaii to a first-place finish.

Matthew Gulden - BYU-Hawaii (Jr., 6-2, 160, Simi Valley, CA/Royal)...placed 11th overall and fifth among Seasideers at the Oct. 17 BYU-Hawaii Invitational...recorded a time of 27:02 on the 8K course...helped the Seasideers to a first-place team finish.

Brandon Krout - BYU-Hawaii (Jr., 5-11, 175, Vancouver, WA/Prarie)...wound up fifth overall and fourth among BYU-Hawaii entries at the BYU-Hawaii Invitational on Oct. 17...finished the 8K course in a time of 26:12...helped lead BYU-Hawaii to a first-place finish.

Garrett McAllister - Hawai'i Hilo (Sr., 6-0, N/A, Los Alamitos, CA/Los Alamitos)...posted a time of 26:14 to claim seventh place at the BYU-Hawaii Invitational on Oct. 17...finished second among UHH runners on the 8K course.

Brendan McMaster - BYU-Hawaii (Sr., 5-11, 145, Tempe, AZ/Corona Del Sol)...took third overall and second among Seasideer runners at the BYU-Hawaii Invitational on Oct. 17...finished the 8K course in a time of 26:07...helped lead BYU-Hawaii to a first-place finish.

Keoni Ucker - Hawai'i Hilo (Jr., 6-3, N/A, Pahoa, HI/Christian Liberty Academy)...registered a mark of 26:17 to finish eighth overall and third among Vulcan runners at the BYU-Hawaii Invitational on Oct. 17...was one of three UHH entries to complete the 8K race in the Top 10...helped the Vulcans finish second in team scoring.

PacWest Results

October 17

BYU-Hawaii - 1st / Chaminade - 4th
Hawai'i Hilo - 2nd / Hawai'i Pacific - 3rd
(BYU-Hawaii Invitational)

October 10

Grand Canyon - *6th
(Triton Invitational @ UC San Diego)

BYU-Hawaii - 1st / Chaminade - *4th
Hawai'i Hilo - 3rd / Hawai'i Pacific - 2nd
(Hawai'i Hilo Invitational)

October 9

Academy of Art - NTF / NDNU - *8th
(San Francisco State Invitational)

October 3

Academy of Art (Cowboy Jamboree) - 16th
Grand Canyon (GCU Invitational) - NTF
NDNU (Willamette Invitational) - 17th

September 26

Academy of Art - 16th
(Stanford Invitational)

BYU-Hawaii - 1st / Chaminade - 4th
Hawai'i Hilo - 3rd / Hawai'i Pacific - 1st
(Chaminade Invitational)

*Finish among eligible 4-year programs

Upcoming Events in the PacWest

October 24

BYU-Hawaii & Chaminade
(BYU-Hawaii Flat 5K Run)

October 31

PacWest Championship
(Golden Gate Park - San Francisco, CA)

Past Runners of the Week

Spencer Deavila (BYUH) - Oct. 12
Amos Maru (AAU) - Oct. 5
Spencer Deavila (BYUH) - Sept. 28
Amos Maru (AAU) - Sept. 21
Brendan McMaster (BYUH) - Sept. 14