



2008 PacWest Women's Cross Country Report

QUEEN CREEK, AZ - Notre Dame de Namur senior *Ashley Hughey (Half Moon Bay, CA/Half Moon Bay)* captured the Division II race at the 2008 Pepperdine Invitational on Saturday, Oct. 4, to claim the **Pacific West Conference Women's Cross Country Runner of the Week** award.

The honor was announced by the PacWest Media Office in Queen Creek, AZ, on Monday, Oct. 6, and is for races held from Sept. 29-Oct. 5.

Hughey registered a time of 24:04.80 on the 6K course to win the event and lead the Argos to a third-place team finish.

(October 6, 2008)

<u>Results</u>	<u>9/6</u>	<u>9/13</u>	<u>9/20</u>	<u>9/27</u>	<u>10/4</u>	<u>10/11</u>	<u>10/18</u>
BYU-Hawaii	2nd	1st	4th	1st	DNC		
Chaminade	5th	4th	8th	2nd	DNC		
Dixie State	7th	8th	DNC	DNC	DNC		
Grand Canyon	NTR	NTR	*NTR	DNC	DNC		
Hawai'i Hilo	3rd	3rd	7th	DNC	DNC		
Hawai'i Pacific	1st	2nd	5th	24th	DNC		
Notre Dame de Namur	NTR	NTR	NTR	DNC	3rd		

*Sept. 19

NTR - No Team Result

DNC - Did Not Compete

Past PacWest Cross Country Runners of the Week

Sept. 29 - **BYU-Hawaii** freshman *Danielle Amparan (Richland, WA/Richland)* finished fifth at the 2008 BYU-Hawaii Invitational on Saturday, Sept. 27, to claim the **Pacific West Conference Women's Cross Country Runner of the Week** award. The honor was announced by the PacWest Media Office in Queen Creek, AZ, on Monday, Sept. 29, and is for races held from Sept. 22-28. Amparan posted a time of 20:24 on the 5K course to finish both fifth overall and among the Seasideers. Her fifth-place run gave BYU-Hawaii a complete sweep of the dual-meet event as the Seasideers defeated Chaminade 15-50.

Sept. 22 - **BYU-Hawaii** senior *Amanda Whitford (Pinon Hills, CA/Serrano)* finished sixth out of 62 runners at the 2008 University of Hawaii Big Wave on Saturday, Sept. 20, to claim the **Pacific West Conference Women's Cross Country Runner of the Week** award for the third consecutive time. The honor was announced by the PacWest Media Office in Queen Creek, AZ, on Wednesday, Sept. 24, and is for races held from Sept. 15-21. Whitford posted a time of 14:55.34 on the 4K course to lead the Seasideers to a fourth-place finish out of eight team, including beating Division I host University of Hawai'i.

Sept. 15 - **BYU-Hawaii** senior *Amanda Whitford (Pinon Hills, CA/Serrano)* won the 2008 University of Hawai'i at Hilo Invitational on Saturday, Sept. 13, to claim the **Pacific West Conference Women's Cross Country Runner of the Week** award for the second straight time. The honor was announced by the PacWest Media Office in Queen Creek, AZ, on Wednesday, Sept. 17 and is for races held from Sept. 8-14. Whitford posted a time of 22:51 on the 6K course to finish nearly a minute ahead of the runner-up.

Sept. 8 - **BYU-Hawaii** senior *Amanda Whitford (Pinon Hills, CA/Serrano)* won the 2008 Chaminade University Invitational on Saturday, Sept. 13, to claim the first Pacific West Conference Women's Cross Country Runner of the Week award of 2008. The honor was announced by the PacWest Media Office in Queen Creek, AZ, on Wednesday, Sept. 10 and is for races held from Sept. 1-7. Whitford won the race in a time of 18:38 to take the top honor and pace the Seasideers to a second-place finish.

2008 PacWest Schedule

Sept. 6

Notre Dame de Namur @ *UC Irvine Invitational*
BYU-Hawaii, Chaminade, Hawai'i Hilo,
Hawai'i Pacific @ *Chaminade Invitational*
Dixie State, Grand Canyon
@ *Northern Arizona University*

Sept. 13

Notre Dame de Namur
@ *Sacramento State Invitational*
BYU-Hawaii, Chaminade, Hawai'i Hilo,
Hawai'i Pacific @ *Hawaii Invitational*
Dixie State, Grand Canyon
@ *San Diego State*

Sept. 19

Grand Canyon @ *University of Arizona*

Sept. 20

Notre Dame de Namur
@ *Willamette Invitational*
BYU-Hawaii, Chaminade, Hawai'i Hilo,
Hawai'i Pacific @ *Hawaii Big Wave Invitational*

Sept. 27

BYU-Hawaii, Chaminade
@ *BYU-Hawaii Invitational*
Hawai'i Pacific @ *Stanford Invitational*

Oct. 4

Notre Dame de Namur @ *Pepperdine Invitational*

Oct. 11

Grand Canyon, Notre Dame de Namur
@ *Triton (UC San Diego) Invitational*
BYU-Hawaii, Chaminade, Hawai'i Hilo,
Hawai'i Pacific @ *Hawai'i Pacific Invitational*
Dixie State @ *Fort Lewis College Invitational*

Oct. 18

Dixie State @ *Southern Utah Invitational*

Oct. 25

BYU-Hawaii, Chaminade, Grand Canyon,
Hawai'i Hilo, Hawai'i Pacific,
Notre Dame de Namur
@ *Hawaiian Airlines PacWest Championships*