



## 2008 PacWest Women's Cross Country Report

QUEEN CREEK, AZ - BYU-Hawaii senior *Amanda Whitford (Pinon Hills, CA/Serrano)* finished second overall and first among all collegiate runners at the 2008 Hawaii Pacific Invitational on Saturday, Oct. 11, to claim the **Pacific West Conference Women's Cross Country Runner of the Week** award for the fourth time this season.

The honor was announced by the PacWest Media Office in Queen Creek, AZ, on Monday, Oct. 13, and is for races held from Oct. 6-12.

Whitford registered a time of 19:11 to lead the Seaside to a second-place team finish behind Division I Xavier.

(October 13, 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>10/25</u>
BYU-Hawaii	2nd	1st	4th	1st	DNC	2nd	
Chaminade	5th	4th	8th	2nd	DNC	7th	
Dixie State	7th	8th	DNC	DNC	DNC	4th	
Grand Canyon	NTR	NTR	*NTR	DNC	DNC	2nd	
Hawai'i Hilo	3rd	3rd	7th	DNC	DNC	5th	
Hawai'i Pacific	1st	2nd	5th	24th	DNC	3rd	
Notre Dame de Namur	NTR	NTR	NTR	DNC	3rd	3rd	

\*Sept. 19

NTR - No Team Result

DNC - Did Not Compete

### Past PacWest Cross Country Runners of the Week

**Oct. 6 - 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. 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.

**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. Amparan posted a time of 20:24 on the 5K course to finish both fifth overall and among the Seaside. Her fifth-place run gave BYU-Hawaii a complete sweep of the dual-meet event as the Seaside 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. Whitford posted a time of 14:55.34 on the 4K course to lead the Seaside to a fourth-place finish out of eight team, including beating Division I host University of Hawaii'i.

**Sept. 15 - BYU-Hawaii** senior *Amanda Whitford (Pinon Hills, CA/Serrano)* won the 2008 University of Hawaii'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. 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. Whitford won the race in a time of 18:38 to take the top honor and pace the Seaside 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 @ *Southern Utah Invitational*

#### Oct. 25

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