



2009 PacWest Women's Cross Country Report #7

PHOENIX, AZ - *Academy of Art* junior *Irinel Zamfir (Suceava, Romania)* has been selected the final **Pacific West Conference Women's Cross Country Runner of the Week** for 2009.

Her honor was announced by the PacWest Media Office in Phoenix, AZ, on **Monday, Oct. 26**, for races contested on Oct. 23.

In a 19-34 dual meet victory over Notre Dame de Namur on Oct. 23, Zamfir raced to a first-place time of 20:26 on the 5K course at Golden Gate Park's Speedway Meadow in San Francisco. She was the first of four AAU runners to cross the finish line.

(Oct. 19 - Report #6)

Results	9/5	9/12	9/19	9/26	10/3	10/10	10/17	10/23
Academy of Art	NTF	DNC	NTF	NTF	DNC	11th	*5th	1st
BYU-Hawaii	2nd	DNC	1st	1st	DNC	1st	1st	DNC
Chaminade	4th	DNC	5th	NTF	DNC	*4th	3rd	DNC
Grand Canyon	*5th	*7th	*10th	DNC	*2nd	*10th	DNC	DNC
Hawai'i Hilo	3rd	DNC	4th	3rd	DNC	3rd	NTF	DNC
Hawai'i Pacific	1st	DNC	3rd	2nd	DNC	2nd	2nd	DNC
Notre Dame de Namur	DNC	DNC	DNC	DNC	19th	15th	*10th	2nd

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

PacWest Women's Cross Country Weekly Top 10 Honor Roll

Monica Anguiano - Academy of Art (Jr., 5-3, Bakersfield, CA/Highland)...finished fourth overall and fourth among Academy of Art runners in 19-34 dual-meet win over NDNU on Oct. 23...race was held at Golden Gate Park's Speedway Meadow in San Francisco...registered a time of 23:13 on the 5K course.

Natalie Benoy - NDNU (Jr., 5-0, Atwater, CA/n/a)...finished sixth overall and second among Argo competitors during Oct. 23 dual-meet vs. Academy of Art...NDNU lost 19-34...posted a time of 23:52 on the 5K course at Golden Gate Park's Speedway Meadow in San Francisco.

Stephanie Biehl - NDNU (So., 5-7, Pleasanton, CA/Foothills)...finished seventh overall and third among Argo runners during the Oct. 23 dual-meet vs. Academy of Art...NDNU lost 19-34...recorded a time of 25:21 on the 5K course at Golden Gate Park's Speedway Meadow in San Francisco.

Denisse Correa - Academy of Art (So., 5-7, San Diego, CA/Mar Vista)...finished second among Academy of Art runners and second overall on Oct. 23 during a dual-meet victory over NDNU...posted a time of 20:28, just two seconds behind winner Irinel Zamfir.

Morgana Hayes - NDNU (Fr., NA)...placed eighth overall and fourth among NDNU entries at the Oct. 23 dual-meet vs. Academy of Art...NDNU lost 19-34...recorded a time of 28:13 on the 5K course at Golden Gate Park's Speedway Meadow in San Francisco.

Jezabel Ortiz - NDNU (Half Moon Bay, CA/ Half Moon Bay)...top finisher among Argo competitors during Oct. 23 dual-meet vs. Academy of Art...NDNU fell 19-34...posted a time of 23:50 on the 5K course at Golden Gate Park's Speedway Meadow in San Francisco...placed fifth overall in the race.

Kathleen Romero - NDNU (So., 5-5, San Carlos, CA/Notre Dame)...wound up 10th overall and fifth among NDNU entries during the Oct. 23 dual-meet vs. Academy of Art...NDNU lost 19-34...recorded a time of 28:20 on the 5K course at Golden Gate Park's Speedway Meadow in San Francisco.

Stacey Toth - Academy of Art (Fr., 5-6, Las Vegas, NV/Shadow Ridge)...placed third among Academy of Art runners and third overall on Oct. 23 during a 19-34 dual-meet victory over NDNU...posted a time of 21:35 on the 5K course at Golden Gate Park's Speedway Meadow in San Francisco.

Miranda Wiley - Academy of Art (Jr. 6-0 Barnsville, OH/Monroe Central)...fifth among Urban Knight runners during 19-34 dual-meet victory over NDNU on Oct. 23...posted a time of 28:14 on the 5K course located at Golden Gate Park's Speedway Meadow in San Francisco...wound up in ninth place overall.

PacWest Results

October 23

Academy of Art 19, NDNU 34

October 17

Academy of Art - *5th / NDNU - *10th
(Bronco Invitational @ Santa Clara, CA)

BYU-Hawaii - 1st / Chaminade - 3rd

Hawai'i Hilo - NTF / Hawai'i Pacific - 2nd
(BYU-Hawaii Invitational)

October 10

Grand Canyon - *10th
(Triton XC Classic @ 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 - 11th / NDNU - 15th
(San Francisco State Invite)

October 3

Grand Canyon (GCU Invitational) - 2nd*
NDNU (Willamette Invitational) - 19th

September 26

Academy of Art - NTF
(Stanford Invitational)

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

*Finish among eligible 4-year programs

Upcoming Events in the PacWest

October 31

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

Past Runners of the Week

Lacey (Johnson) Krout - Oct. 19
Quinn Horochuk (HPU) - Oct. 12
Renee Peck (GCU) - Oct. 5
Lacey (Johnson) Krout - Sept. 28
Quinn Horochuk (HPU) - Sept. 21
Katherin Buxton (BYUH) - Sept. 14