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2009 All-PacWest Women's Cross Country Team

<i>Runner of the Year</i>	<i>Lacey (Johnson) Krout#</i>	<i>BYU-Hawaii</i>
<i>Newcomer of the Year</i>	<i>Irinel Zamfir</i>	<i>Academy of Art</i>
<i>Freshman of the Year</i>	<i>Joy Hulsey</i>	<i>Grand Canyon</i>
<i>Coach of the Year</i>	<i>Norman Kaluhiokalani*</i>	<i>BYU-Hawaii</i>

First Team[^]

<u>Name</u>	<u>School</u>	<u>Yr.</u>	<u>Hometown/High School</u>
Danielle (Ampanan) Anderson-08A	BYU-Hawaii	So.	Richland, WA/Richland
Katherine Buxton-08B	BYU-Hawaii	Fr.	Gettysburg, PA/Gettysburg
Quinn Horochuk-08A, 07B	Hawai'i Pacific	Sr.	New Brunswick, Canada/Oromocto
Lacey (Johnson) Krout-08A#	BYU-Hawaii	So.	Preston, ID/Preston
Lacee Kurtz	BYU-Hawaii	Fr.	Milford, OH/Milford
Michelle Lundh	Hawai'i Pacific	Fr.	Hillerod, Denmark/Fredericksborg
Allison Shamrell-08B	BYU-Hawaii	Sr.	Gresham, OR/West Linn

Second Team^{^^}

<u>Name</u>	<u>School</u>	<u>Yr.</u>	<u>Hometown/High School</u>
Kirsta Andrew-08A	Hawai'i Hilo	So.	Garden Grove, CA/Lutheran
Denisse Correa	Academy of Art	So.	San Diego, CA/Mar Vista
Nina Hagemann-08B, 07B	Hawai'i Hilo	Sr.	Mountain View, HI/Keaau
Kim Kuhnert	Hawai'i Pacific	So.	Leverkusen, Germany/Landrat-Lucas Gym
Amanda Tanchaleum	Hawai'i Pacific	Jr.	Aiea, HI/Aiea
Mariane Uehara	Hawai'i Pacific	Gr.	Sau Paulo, Brazil/UNESP
Irinel Zamfir	Academy of Art	Jr.	Suceava, Romania

08A - 2008 All-PacWest 1st Team

07B - 2007 All-PacWest 2nd Team

08B - 2008 All-PacWest 2nd Team

- 2008 Freshman of the Year

*2008 Coach of the Year

[^]1-7 at the PacWest Championship are 1st Team

^{^^}8-14 are All-PacWest 2nd Team