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2010 All-PacWest Men's Cross Country Team

<i>Runner of the Year*</i>	<i>Amos Maru</i>	<i>Academy of Art</i>
<i>Newcomer of the Year</i>	<i>Kip Mutai</i>	<i>Grand Canyon</i>
<i>Freshman of the Year</i>	<i>Anders Ludvigsen</i>	<i>Hawai'i Pacific</i>
<i>Coach of the Year</i>	<i>Norman Kaluhiokalani</i>	<i>BYU-Hawaii</i>

<u>First Team[^]</u>	<u>School</u>	<u>Yr.</u>	<u>Ht.</u>	<u>WT</u>	<u>Hometown/High School</u>
1. Amos Maru (09A)*	Academy of Art	Jr.	5-9	130	Nandi Hills, Kenya
2. Daveson Marindich (09A)	Academy of Art	Jr.	5-9	120	Eldoret, Kenya
3. Kip Mutai	Grand Canyon	Jr.	5-6	120	Bomet, Kenya
4. Thomas Rivers Puzey (08A)	BYU-Hawaii	Sr.	6-0	160	Hermiston, OR/Hermiston
5. Matthew Gulden	BYU-Hawaii	Sr.	6-3	160	Simi Valley, CA/Royal
6. Anders Ludvigsen	Hawai'i Pacific	Fr.	5-10	130	Odense, Denmark
7. Matthew Roberts	BYU-Hawaii	N/A	N/A	N/A	N/A

<u>Second Team^{^^}</u>	<u>School</u>	<u>Yr.</u>	<u>Ht.</u>	<u>Wt.</u>	<u>Hometown/High School</u>
8. Luke Graesser (09B)	BYU-Hawaii	Jr.	6-0	155	Spokane, WA/North Central
9. Brandon Krout (08B/09B)	BYU-Hawaii	Sr.	5-10	175	Vancouver, WA/Prairie
10. Vincente Herrera	BYU-Hawaii	Fr.	6-3	170	Manteca, CA/Manteca
11. Garrett Prinslow	Chaminade	Jr.	6-1	N/A	Kailua-Kona, HI/Kealakehe
12. Justin Royer	BYU-Hawaii	Jr.	5-8	140	Mesa, AZ/Westwood
13. Keoni Ucker	Hawai'i Hilo	Jr.	6-3	N/A	Pahoa, HI/Christian Liberty Academy
14. Julio Zungia** (09B)	Grand Canyon	So.	5-8	140	Phoenix, AZ/Trevor Browne

09A - 2009 All-Pac West 1st Team
08B - 2008 All-Pac West 2nd Team

09B - 2009 All-Pac West 2nd Team
**2009 Runner & Newcomer of the Year*

08A - 2008 All-Pac West 1st Team
***2009 Freshman of the Year*

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

^{^^}8-14 are All-Pac West 2nd Team

Newcomer of the Year

- top finisher in the PacWest Championship race
- must be in first year of competition in the PacWest
- may NOT be a freshman or red-shirt freshman

Freshman of the Year

- top finisher in the PacWest Championship race
- must be a freshman or red-shirt freshman