



The PacWest

(Oct. 24)

PacWest Women's Cross Country Weekly Top 10 Honor Roll

Jordan Bledsoe - Hawai'i Hilo (Fr., 5-6, Papillion, NE/Papillion-La Vista South)...placed second among Vulcan runners and 14th overall at the 2011 Chaminade Invitational on Oct. 22...finished the three-mile race through Central Oahu Regional Park in 20:25.

Mary Botsford - Hawai'i Pacific (Jr., 5-6, Molalla, OR/Molalla)...finished second among Sea Warrior runners and 10th overall at the 2011 Chaminade Invitational on Oct. 22...completed the three-mile course through Central Oahu Regional Park in 19:36...HPU finished third out of five teams.

Katherine Buxton - BYU-Hawaii (Sr., 5-4, Gettysburg, PA/Gettysburg)...helped Seasiders capture the 2011 Chaminade Invitational on Oct. 22 by placing second overall...covered the three-mile course through Central Oahu Regional Park in 17:57...ranked second among BYU-Hawaii runners.

Veronica Camarillo - BYU-Hawaii (Fr., 5-4, San Juan Capistrano, CA/Dana Hills)...helped Seasiders capture the 2011 Chaminade Invitational on Oct. 22 by placing ninth overall and sixth among Seaside runners...completed the three-mile race through Central Oahu Regional Park in 19:28.

Katrina Kropushek - BYU-Hawaii (Fr., 5-5, Saratoga Springs, UT/Westlake)...helped Seasiders capture the 2011 Chaminade Invitational on Oct. 22 by placing sixth overall and fifth among Seaside runners...completed the three-mile run through Central Oahu Regional Park in a time of 19:06.

Kassie McGonical - BYU-Hawaii (Jr., 5-6, Eden, UT/Weber)...helped Seasiders take first at the 2011 Chaminade Invitational on Oct. 22 by placing third overall...covered the three-mile course through Central Oahu Regional Park in 18:47...ranked third among BYU-Hawaii runners.

Emily Ochsner - Chaminade (So., 5-10, Camarillo, CA/Camarillo)...finished first among Silversword runners and fourth overall at the 2011 Chaminade Invitational on Oct. 22...covered the three-mile race through Central Oahu Regional Park in 18:49...Chaminade finished fourth out of five teams.

Nadia Ramirez - Hawai'i Hilo (Fr., 5-4, Hilo, HI/Hilo)...finished first among Vulcan runners and 12th overall at the 2011 Chaminade Invitational on Oct. 22...finished the three-mile run through Central Oahu Regional Park in 20:00.

Kelsey Royer - BYU-Hawaii (Jr., 5-0, Lancaster, CA/Quartz Hill)...helped Seasiders capture the 2011 Chaminade Invitational on Oct. 22 by placing fifth overall and fourth among all Seaside runners...completed the three-mile race through Central Oahu Regional Park in 19:06.

Shannon White - Hawai'i Pacific (Fr., 5-6, Haleiwa, HI/Santa Catalina)...finished first among Sea Warrior runners and eighth overall at the 2011 Chaminade Invitational on Oct. 22...completed the three-mile race through Central Oahu Regional Park in 19:27...HPU finished third out of five teams.

2011 PacWest Women's Cross Country Report #8

PHOENIX, AZ - BYU-Hawaii senior **Lacey Krout (Preston, ID/Preston)** has been named the **Pacific West Conference Women's Cross Country Runner of the Week** for the third time this season.

The honor was announced by the PacWest Media Office in Phoenix, AZ, on **Monday, Oct. 24**, for races contested on Oct. 22.

Krout captured the 2011 Chaminade Invitational by posting a winning time of 17.40 on the three-mile course that wound its way through the Central Oahu Regional Park.

PacWest Results*

October 22

BYU-Hawaii - 1st / , Chaminade - 4th
Hawai'i Hilo - 5th / Hawai'i Pacific - 3rd
(Chaminade Invitational)

*Among 4-year schools

NTS - No Team Score

Upcoming Races

October 29

PacWest Championship @ Goodyear, AZ
(Estrella Mountain Regional Park)

Past Runners of the Week

Oct. 17 - **Kristen Sanzari (ART)**

Oct. 10 - **Lacey Krout (BYUH)**

Oct. 3 - **Rachel Young (DX)**

Sept. 26 - **Lacey Krout (BYUH)**

Sept. 19 - **Ashlee Cervantes (CBU)**

Sept. 12 - **Rachel Young (DX)**

Sept. 5 - **Rachel Young (DX)**