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Biola's Plendcio Named PacWest Runner Of The Year

IRVINE, Calif. – After leading Biola to its first PacWest title in school history, **Gabe Plendcio** is the PacWest Runner of the Year as voted on by the PacWest coaches.

Rickus Jacobs from Hawai'i Pacific is the PacWest Newcomer of the Year and Notre Dame de Namur's **Anthony Garcia** is the PacWest Freshman of the Year. Biola's **Sean Henning** was selected as the PacWest Coach of the Year for the second time after earning the award in 2011 while coaching at California Baptist.

Plendcio was dominant in 2018, leading the Eagles to six team titles on the season, including the first PacWest title in school history. Plendcio also took the individual title at the PacWest Championships with a time of 24:43.8 on the 8k course to win the race by 15 seconds. The junior went on to win the NCCAA National Championship with a time of 25:35.30, leading Biola to the national title as well.

Jacobs won two of the three races that he competed in during the regular season and then took second place at the PacWest Championships to lead Hawai'i Pacific to a fourth-place team finish. Jacobs had a time of 24:59.4 to earn first-team All-PacWest honors at Woodward Park. His biggest win of the regular season was at the Santa Clara Open, finishing with a time of 24:38.3 in the 8k race that had 259 competitors.

Garcia led Notre Dame de Namur to its best team result at the PacWest Championships, taking third place with a score of 96. The freshman took fourth place individually with a time of 25:03.5 to earn Freshman of the Year honors. In his first collegiate race, Garcia took fifth place with a time of 27:16.5 to help Notre Dame de Namur take second place in the NDNU Invitational. Garcia helped the Argonauts finish in the top three at three different races so far this year.

Henning led Biola to the PacWest title and the NCCAA National Championship title as the Eagles took first place in six races this year. This is the second time that Henning has been named the PacWest Coach of the Year in his career. Biola recorded a score of 46 at the PacWest Championships and landed six players on the All-PacWest team. Plendcio and **Gio Orellana** were both first-team selections.

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2018 ALL-PACWEST MEN'S CROSS COUNTRY AWARDS

Runner of the Year	Newcomer of the Year	Freshman of the Year	Coach of the Year
Gabe Plendcio Biola	Rickus Jacobs Hawai'i Pacific	Anthony Garcia Notre Dame de Namur	Sean Henning Biola

2018 ALL-PACWEST MEN'S CROSS COUNTRY TEAM

Name	School	Class	Hometown/Previous School
FIRST TEAM			
Gabe Plendcio	Biola	Jr.	Ramona, Calif./Ramona
Rickus Jacobs	Hawai'i Pacific	Sr.	Klerksdorp, South Africa/Arkansas State
Freddie Hessian	Academy of Art	Gr.	Nottingham, England/Rushcliffe School
Anthony Garcia	Notre Dame de Namur	Fr.	Baldwin Park, Calif./Baldwin Park
Rabah Houali	Academy of Art	Jr.	Lorraine, France/ Lycée Saint Exupery Fameck
Victor Moreau	Academy of Art	Gr.	Clermont-Ferrand, France/Lycée Blaise Pascal
Gio Orellana	Biola	So.	Brea, Calif./Brea Olinda
SECOND TEAM			
Ben Drew	Azusa Pacific	Fr.	Toowoomba, Australia/Toowoomba Grammar School
Lawson Sims	Notre Dame de Namur	So.	Casper, Wyo./Gillette College
Nathaniel Tamminga	Azusa Pacific	So.	Bellflower, Calif./Valley Christian
Angel Escobar	Biola	So.	Brea, Calif./Azusa Pacific
Adam Gonzalez	Fresno Pacific	Sr.	Visalia, Calif./College of the Sequoias
Jared Donnel	Biola	Fr.	Woodlinville, Wash./Bellevue Christian
Brady DeHaven	Biola	Fr.	San Diego/Granite Hills
THIRD TEAM			
Williams Ordaz	Notre Dame de Namur	Jr.	Kings City, Calif./Hartnell CC
Ryan St. Pierre	Biola	So.	Huntington Beach, Calif./Ocean View
Hector Arteaga	Concordia	Fr.	Huntington Beach, Calif./Ocean View
Alex Torres	Fresno Pacific	Sr.	Kingsburg, Calif./Kingsburg
Kurt Hake	Azusa Pacific	Jr.	Arcadia, Calif./Aurora
Buay Deng	Dominican	Jr.	Jacksonville, Fla./Robert E. Lee
Robert Sagasta	Holy Names	Fr.	Bakersfield, Calif./Liberty HS