



PACWEST HISTORY

WOMEN'S CROSS COUNTRY

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2015 PacWest Women's Cross Country Championships

PacWest Women's Cross Country History

TEAM CHAMPIONS

1993: Seattle Pacific
1994: Seattle Pacific
1995: Hawai'i Hilo
1996: Seattle Pacific
1997: Seattle Pacific
1998: Seattle Pacific
1999: Seattle Pacific
2000: Central Washington
2004: BYU-Hawaii
2005: BYU-Hawaii
2006: Hawai'i Hilo
2007: Hawai'i Hilo
2008: BYU-Hawaii
2009: BYU-Hawaii
2010: BYU-Hawaii



2011: California Baptist
2012: Azusa Pacific
2013: Azusa Pacific



2014: California Baptist



2015: California Baptist



2016: California Baptist



2017: California Baptist

PacWest Women's Cross Country History

TEAM CHAMPIONS



2018: Point Loma



2019: Fresno Pacific



2021: Academy of Art

PacWest Women's Cross Country History

INDIVIDUAL CHAMPIONS

1993: Liane Sullivan, PSU
1994: Bjorg Torsteinrud, UAF
1995: Sarah Horan, UHH
1996: Heather Wallace, SPU
1997: Heather Wallace, SPU
1998: Rachel Ross, SPU
1999: Heather Wallace, SPU
2000: Rachel Ross, SPU
2001: Nina Christensen, HPU
2003: Chelsea Smith, BYUH
2004: Chelsea Smith, BYUH
2006: Inga Buerger, HPU
2007: Amanda Whitford, BYUH
2008: Amanda Whitford, BYUH
2009: Quinn Horochuck, HPU
2010: Frida Aspnaes, HPU
2011: Rachel Young, DSU



2015: Eileen Stressling, APU
2016: Anett Somogyi, CBU
2017: Emeline Delanis, CBU
2018: Eileen Stressling, APU



2019: Hasna Kaarour, ART U



2021: Natalia Novak, ART U



2012: Jenny Bergren, ART U
2013: Fiona McKenna, HPU
2014: Fiona McKenna, HPU

PacWest Women's Cross Country History

TEAM RESULTS

1993 PacWest Championships

Lincoln Park, Seattle, Wash. (Oct. 23, 1993) 5K

Place	Team	Time	Score
1	Seattle Pacific		29
2	Portland State		33
3	Eastern Montana		83
4	Grand Canyon		85

1994 PacWest Championships

Pier Park, Portland, Ore. (Oct. 22, 1994) 5K

Place	Team	Time	Score
1	Seattle Pacific		39
2	Alaska Fairbanks		62
3	Hawai'i Hilo		74
4	Montana State Billings		78
5	Portland State		88

1995 PacWest Championships

Hilo, Hawai'i (Oct. 21, 1995) 5K

Place	Team	Time	Score
1	Hawai'i Hilo		24
2	Seattle Pacific		45
3	Montana State Billings		72
4	Alaska Fairbanks		85
5	Chaminade		134
	Alaska Anchorage		NTS

1996 PacWest Championships

McKinleyville, Calif. (Nov. 9, 1996) 5K

Held in conjunction with Regional Meet

Place	Team	Time	Score
1	Seattle Pacific		17
2	Montana State Billings		48
3	Hawai'i Hilo		74
4	Chaminade		97

1997 PacWest Championships

Lincoln Park, Seattle, Wash. (Nov. 1, 1997) 4K

Place	Team	Time	Score
1	Seattle Pacific		29
2	Montana State Billings		50
3	Hawai'i Hilo		74
4	Alaska Fairbanks		81
5	Chaminade		118

1998 PacWest Championships

Bellingham, Wash. (Nov. 7, 1998) 6K

Held in conjunction with Regional Meet

Place	Team	Time	Score
1	Seattle Pacific		71
2	Central Washington		162
3	Western Washington		182
4	Montana State Billings		273
5	Humboldt State		303

1999 PacWest Championships

Seattle Wash. 5K

Place	Team	Time	Score
1	Seattle Pacific		43
2	Central Washington		68
3	BYU-Hawaii		91
4	Humboldt State		114
5	Western Washington		126
6	Hawai'i Pacific		139
7	Hawai'i Hilo		231
8	Montana State Billings		237
9	Chaminade		240
10	Seattle		250
11	Saint Martin's		285
12	Alaska Fairbanks		304

2000 PacWest Championships

Bellingham, Wash. (Oct. 21, 2000) 6K

Place	Team	Time	Score
1	Central Washington		24
2	Seattle Pacific		52
3	Humboldt State		99
4	BYU-Hawaii		121
5	Western Washington		147
6	Northwest Nazarene		163
7	Alaska Anchorage		183
8	Chaminade		189
9	Western Oregon		268
10	Montana State Billings		311
11	Seattle		312
12	Saint Martin's		317

PacWest Women's Cross Country History

TEAM RESULTS

2004 PacWest Championships

Riverfront Park, Billings, Mont. (Oct. 23, 2004)

Place	Team	Time	Score
1	BYU-Hawaii		34
2	Montana State Billings		42
3	Western New Mexico		89
4	Hawai'i Hilo		110
5	Chaminade		111
6	Hawai'i Pacific		133

2006 PacWest Championships

Hilo, Hawaii

Place	Team	Time	Score
1	Hawai'i Hilo		35
2	BYU-Hawaii		39
3	Hawai'i Pacific		54
4	Notre Dame de Namur		98
5	Grand Canyon		NTS
5	Chaminade		NTS

2007 PacWest Championships

Crystal Springs, Belmont, Calif. (Oct. 29, 2007) 5K

Place	Team	Time	Score
1	Hawai'i Hilo	99:47	32
2	BYU-Hawaii	100:17	45
3	Hawai'i Pacific	101:52	49
4	Notre Dame de Namur	114:40	123
5	Chaminade	114:37	126
6	Dixie State	121:22	149
7	Grand Canyon	133:24	160

2008 PacWest Championships

Turtle Bay, Hawai'i (Oct. 25, 2008) 5K

Place	Team	Time	Score
1	BYU-Hawaii	1:37:42	29
2	Hawai'i Pacific		36
3	Hawai'i Hilo		59
4	Dixie State		127
5	Notre Dame de Namur		147
6	Grand Canyon		160
7	Chaminade		165
--	Academy of Art		NTS

2009 PacWest Championships

Golden Gate Park, S.F. (Oct. 31, 2009) 5K

Place	Team	Time	Score
1	BYU-Hawaii	1:36:40.4	22
2	Hawai'i Pacific	1:38:23.5	42
3	Hawai'i Hilo	1:47:25.6	99
4	Academy of Art	1:50:07.8	104
5	Grand Canyon	1:53:25.3	126
6	Notre Dame de Namur	2:05:05.4	151
7	Chaminade	2:05:38.1	154

2010 PacWest Championships

Turtle Bay, Hawai'i (Oct. 31, 2010) 6K

Place	Team	Time	Score
1	BYU-Hawaii	1:58:20.9	24
2	Hawai'i Pacific	2:02:45.2	56
3	Academy of Art	2:10:50.8	108
4	Grand Canyon	2:11:36.1	116
5	Dixie State	2:15:09.5	140
6	Hawai'i Hilo	2:22:56.7	161
7	Chaminade	2:39:12.8	185
8	Dominican	2:22:05.6	188
9	Notre Dame de Namur	2:28:02.4	208

2011 PacWest Championships

Estrella Mountain Regional Park (Oct. 29, 2011) 5K

Place	Team	Time	Score
1	California Baptist	1:34:09.0	30
2	BYU-Hawaii	1:34:55.7	48
3	Grand Canyon	1:39:53.5	101
4	Hawai'i Pacific	1:41:20.4	117
5	Dixie State	1:43:28.0	141
6	Chaminade	1:50:45.1	173
7	Academy of Art	1:50:51.1	180
8	Hawai'i Hilo	1:51:09.8	203
9	Dominican	1:51:48.5	203
10	Notre Dame de Namur	2:07:19.9	263

PacWest Women's Cross Country History

TEAM RESULTS

2012 PacWest Championships

Kahuku Golf Course (Oct. 27, 2012) 5K

Place	Team	Time	Score
1	Azusa Pacific	1:36:52.2	62
2	California Baptist	1:37:20.8	74
3	Grand Canyon	1:38:26.1	86
4	Dixie State	1:39:04.4	111
5	BYU-Hawaii	1:40:53.7	140
6	Hawai'i Pacific	1:40:57.3	151
7	Point Loma	1:41:51.8	156
8	Academy of Art	1:42:14.3	172
9	Chaminade	1:48:52.6	273
10	Fresno Pacific	1:49:15.4	292
11	Holy Names	1:50:30.3	310
12	Hawai'i Hilo	1:56:03.6	325
13	Dominican	1:55:58.5	355
14	Notre Dame de Namur	1:58:52.9	371

2013 PacWest Championships

Stafford Lake, Novato, Calif. (Nov. 2, 2013) 5K

Place	Team	Time	Score
1	Azusa Pacific	1:30:28.9	34
2	Hawai'i Pacific	1:30:50.3	45
3	California Baptist	1:31:38.5	51
4	BYU-Hawaii	1:35:08.7	141
5	Dixie State	1:37:15.4	154
6	Point Loma	1:36:11.3	164
7	Fresno Pacific	1:38:17.4	190
8	Academy of Art	1:45:52.9	262
9	Hawai'i Hilo	1:44:54.0	284
10	Holy Names	1:44:52.0	286
11	Notre Dame de Namur	1:47:44.4	308
12	Chaminade	1:47:13.4	309
13	Dominican	1:50:43.4	340

2014 PacWest Championships

Woodward Park, Clovis, Calif. (Nov. 7, 2013) 6K

Place	Team	Time	Score
1	California Baptist	1:52:11.29	56
2	Azusa Pacific	1:53:10.22	59
3	Hawai'i Pacific	1:52:26.03	63
4	Academy of Art	1:54:45.21	83
5	Fresno Pacific	1:59:08.39	142
6	BYU-Hawaii	2:00:32.52	160
7	Dixie State	2:01:28.21	170
8	Point Loma	2:02:39.71	194
9	Dominican	2:11:50.11	280
10	Notre Dame de Namur	2:11:29.41	280
11	Hawai'i Hilo	2:13:39.91	296
12	Holy Names	2:14:34.76	311
13	Chaminade	2:48:59.08	402

2015 PacWest Championships

Riverside, Calif. (Oct. 24, 2015) 6K

Place	Team	Time	Score
1	California Baptist	1:49:24.85	44
2	Azusa Pacific	1:50:44.42	66
3	Point Loma	1:52:25.72	89
4	Academy of Art	1:53:56.81	116
5	Hawai'i Pacific	1:54:29.51	122
6	Fresno Pacific	1:59:21.43	195
7	Concordia	2:01:13.12	217
8	BYU-Hawaii	2:00:32.16	221
9	Dixie State	2:00:57.62	222
10	Dominican	2:05:13.94	261
11	Notre Dame de Namur	2:07:18.01	276
12	Holy Names	2:17:40.13	372
13	Hawai'i Hilo	2:19:51.52	373
14	Chaminade	2:30:15.16	418

PacWest Women's Cross Country History

TEAM RESULTS

2016 PacWest Championships

Kamehameha Schools, Kea`au, HI (Oct. 22, 2016) 6K

Place	Team	Time	Score
1	California Baptist	1:58:54	23
2	Point Loma	2:01:09	45
3	Academy of Art	2:06:53	112
4	Hawai'i Pacific	2:07:15	115
5	Azusa Pacific	2:06:27	116
6	Concordia	2:10:48	170
7	Fresno Pacific	2:12:45	189
8	BYU-Hawaii	2:14:57	217
9	Dixie State	2:15:26	223
10	Dominican	2:30:16	343
11	Holy Names	2:30:16	347
12	Notre Dame de Namur	2:34:54	361
13	Hawai'i Hilo	2:41:50	380
14	Chaminade	2:45:53	405

2017 PacWest Championships

Crystal Springs, Belmont, Calif. (Oct. 21, 2017) 6K

Place	Team	Time	Score
1	California Baptist	1:48:16	22
2	Academy of Art	1:51:42	76
3	Biola	1:51:58	81
4	Dixie State	1:55:37	142
5	Point Loma	1:55:18	142
6	Azusa Pacific	1:55:16	144
7	Fresno Pacific	1:56:21	158
8	Concordia	1:59:42	234
9	Hawai'i Pacific	1:59:38	234
10	Notre Dame de Namur	2:04:01	289
11	Holy Names	2:14:04	356
12	Chaminade	2:25:00	385
13	Hawai'i Hilo	DNF	NTS
13	Dominican	DNF	NTS

2018 PacWest Championships

Woodward Park, Clovis, Calif. (Nov. 2, 2018) 6K

Place	Team	Time	Score
1	Point Loma	1:52:28	38
2	Azusa Pacific	1:51:31	38
3	Biola	1:55:00	83
4	Academy of Art	1:55:34	93
5	Fresno Pacific	1:58:52	151
6	Concordia	2:00:02	168
7	Hawai'i Pacific	2:01:10	185
8	Notre Dame de Namur	2:04:54	229
9	Hawai'i Hilo	2:08:21	269
10	Dominican	2:10:25	286
11	Chaminade	2:16:42	320
12	Holy Names	DNF	NTS

2019 PacWest Championships

Craig Regional Park, Fullerton, Calif. (Oct. 26, 2019) 6K

Place	Team	Time	Score
1	Fresno Pacific	1:52:15	62
2	Academy of Art	1:52:30	85
3	Biola	1:52:57	85
4	Concordia	1:54:09	106
5	Notre Dame de Namur	1:54:53	123
6	Azusa Pacific	1:55:15	129
7	Point Loma	1:55:43	142
8	Hawai'i Pacific	1:57:43	181
9	Chaminade	2:09:16	297
10	Hawai'i Hilo	2:08:25	306
11	Dominican	2:10:30	320
12	Holy Names	2:11:56	329

PacWest Women's Cross Country History

TEAM RESULTS

2021 PacWest Championships

Kahuku Golf Course (Oct. 23, 2021) 6K

Place	Team	Time	Score
1	Academy of Art	1:55:08	42
2	Biola	1:55:27	43
3	Azusa Pacific	1:58:53	82
4	Concordia	1:59:45	95
5	Fresno Pacific	2:02:22	124
6	Point Loma	2:06:48	158
7	Dominican	2:13:24	212
8	Hawai'i Pacific	2:13:39	220
9	Hawai'i Hilo	2:23:31	267
10	Holy Names	2:46:26	294
11	Chaminade	2:33:15	300

PacWest Women's Cross Country History

ALL-PACWEST AWARDS

PACWEST RUNNERS OF THE YEAR

Heather Wallace, SPU	1997
Rachel Ross, SPU	1998
Heather Wallace, SPU	1999
Rachel Ross, SPU	2000
Amanda Whitford, BYUH	2008
Lacey Krout, BYUH	2009
Frida Aspnaes, HPU	2010
Rachel Young, DSU	2011
Jenny Bergren, ART U	2012
Fiona McKenna, HPU	2013
Fiona McKenna, HPU	2014
Eileen Stressling, APU	2015
Anett Somogyi, CBU	2016
Emeline Delanis, CBU	2017
Eileen Stressling, APU	2018
Hasna Kaarour, ART U	2019
Natalia Novak, ART U	2021

PACWEST NEWCOMERS OF THE YEAR

Becky Weinz, SPU	1997
Rachel Ross, SPU	1998
Nicole Seana, SPU	1999
Kelly Vandenkart, CWU	2000
Irinel Zamfir, ART U	2009
Frida Aspnaes, HPU	2010
Ashlee Cervantes, CBU	2011
Jennifer Mallen, CBU	2012
Fiona McKenna, HPU	2013
Staci Foster, APU	2014
Johana Apelryd, HPU	2015
Hannah Benoit Bucher, PLNU	2016
Jenna Wilson, APU	2017
Hasna Kaarour, ART U	2018
Sammy Bockoven, APU	2019
Mikayla Akers, APU	2021

PACWEST FRESHMEN OF THE YEAR

Nina Hagemann, UHH	2006
Lacey Krout, BYUH	2008
Joy Hulsey, GCU	2009
Chanda Romney, BYUH	2010
Bethany Bilton, CBU	2011
Arianna Michaels, ART U	2012
Kim Rabenstein, CBU	2013
McKaela Christenson, ART U	2014
Lauren Harrell, APU	2015
Anett Somogyi, CBU	2016
Swann Phelippeau, ART U	2017

Audrey Rosencrans, ART U	2018
Yorkabel Gebrehiwot, FPU	2019
Lynette Ruiz, BU	2021

PACWEST COACHES OF THE YEAR

Doris Heritage, SPU	1997
Doris Heritage, SPU	1998
Doris Heritage, SPU	1999
Kevin Adkisson, CWU	2000
Jaime Guerro, UHH	2006
Norman Kaluhiokalani, BYUH	2008
Norman Kaluhiokalani, BYUH	2009
Norman Kaluhiokalani, BYUH	2010
Norman Kaluhiokalani, BYUH	2011
Preston Grey, APU	2012
Preston Grey, APU	2013
Ben Gall, CBU	2014
Ben Gall, CBU	2015
Ben Gall, CBU	2016
Jerry Arvin, PLNU	2016
Ben Gall, CBU	2017
Jerry Arvin, PLNU	2018
Ray Winter, FPU	2019
Bruce Jackson, ART U	2021

FOUR-TIME ALL-PACWEST WINNERS

Heather Wallace, SPU	1996-99
Quinn Horochuk, HPU	2006-09
Nina Hagemann, UHH	2006-09
Lacey Krout, BYUH	2008-11
Katherine Buxton, BYUH	2008-11
Eileen Stressling, APU	2014-16, 18
Makenna Mason, BU	2017-19, 21

THREE-TIME ALL-PACWEST WINNERS

Monique Mata, CUH	1998-00
Amanda Whitford, BYUH	2006-08
Kirsta Andrew, UHH	2008-10
Caroline Barkechir, CBU	2014-15, 17
Emeline Delanis, CBU	2015-17
Katie Deimling, CBU	2015-17
Berenice Cleyet-Merle, CBU	2015-17
Alex Hernandez, PLNU	2015-17
Hannah Benoit Bucher, PLNU	2016-18
Elise Larson, APU	2016-18
Giulia McIsaac, ART U	2016-18
Stevie Gaskell, FPU	2016, 18-19
Hasna Kaarour, ART U	2018-19, 21
Audrey Rosencrans, ART U	2018-19, 21

PacWest Women's Cross Country History

RUNNER OF THE WEEK AWARDS

Date	Runner	School	Date	Runner	School
9/8/2008	Amanda Whitford	BYUH	10/21/2014	Caroline Barkechir	CBU
9/15/2008	Amanda Whitford	BYUH	10/28/2014	Fiona McKenna	HPU
9/22/2008	Amanda Whitford	BYUH	10/28/2014	Skyler Storie	DSU
9/29/2008	Danielle Amparan	BYUH	9/8/2015	Caroline Barkechir	CBU
10/6/2008	Ashley Hughey	NDNU	9/8/2015	Skyler Storie	DSU
10/13/2008	Amanda Whitford	BYUH	9/15/2015	Julianna Mendez	DUC
9/14/2009	Katherin Buxton	BYUH	9/22/2015	Ashley Bell	CUI
9/21/2009	Quinn Horochuk	HPU	9/29/2015	Eileen Stressling	APU
9/28/2009	Lacey Krout	BYUH	10/6/2015	Skyler Storie	DSU
10/5/2009	Pennee Peck	GCU	10/13/2015	Eileen Stressling	APU
10/12/2009	Quinn Horochuk	HPU	10/20/2015	Courtney Moore	FPU
10/19/2009	Lacey Krout	BYUH	9/6/2016	Leanda du Bruyn	CBU
10/26/2009	Irinel Zamfir	ART U	9/13/2016	Hannah Benoit Bucher	PLNU
9/7/2010	Fida Aspnaes	HPU	9/20/2016	Hannah Benoit Bucher	PLNU
9/13/2010	Fida Aspnaes	HPU	9/27/2016	Jessica Horrocks	BYUH
9/20/2010	Cassandra Schumacher	ART U	9/27/2016	Noelle Hele	DSU
9/27/2010	Fida Aspnaes	HPU	10/4/2016	Eileen Stressling	APU
10/4/2010	Fida Aspnaes	HPU	10/4/2016	Katie Deimling	CBU
10/11/2010	Fida Aspnaes	HPU	10/11/2016	Courtney Moore	FPU
10/18/2010	Cassandra Schumacher	ART U	10/18/2016	Hannah Benoit Bucher	PLNU
10/25/2010	Fida Aspnaes	HPU	9/5/2017	Swann Phelippeau	ART U
9/5/2011	Rachel Young	DSU	9/12/2017	Mackenna Mason	BU
9/12/2011	Rachel Young	DSU	9/19/2017	Jordyn Zorn	FPU
9/19/2011	Ashlee Cervantes	CBU	9/26/2017	Annett Somogyi	CBU
9/26/2011	Lacey Krout	BYUH	10/3/2017	Stephanie Croy	BU
10/3/2011	Rachel Young	DSU	10/10/2017	Emeline Delanis	CBU
10/10/2011	Lacey Krout	BYUH	10/17/2017	Vicki Arevalo	FPU
10/17/2011	Kristen Sanzari	ART U	9/4/2018	Hasna Kaarour	ART U
10/24/2011	Lacey Krout	BYUH	9/11/2018	Hannah Benoit Bucher	PLNU
9/18/2012	Jenny Bergren	ART U	9/18/2018	Eileen Stressling	APU
9/9/2013	McKaela Christenson	ART U	9/25/2018	Hasna Kaarour	ART U
9/16/2013	Fiona McKenna	HPU	10/2/2018	Daniela Camacho	NDNU
9/23/2013	Briana Swendener	PLNU	10/2/2018	Hannah Benoit Bucher	PLNU
9/30/2013	Fiona McKenna	HPU	10/9/2018	Eileen Stressling	APU
10/7/2013	Fiona McKenna	HPU	10/16/2018	Emily Ransom	BU
10/14/2013	Arianna Michaels	ART U	10/23/2018	Hasna Kaarour	ART U
10/21/2013	Fiona McKenna	HPU	9/3/2019	Robyn Kaltenbrunn	HPU
10/28/2013	Kim Carter	CBU	9/10/2019	Zita Molnar	PLNU
9/9/2014	Fiona McKenna	HPU	9/17/2019	Sammy Bockoven	APU
9/16/2014	Staci Foster	APU	9/24/2019	Bailey Wade	CUI
9/23/2014	Skyler Storie	DSU	10/1/2019	Zita Molnar	PLNU
9/30/2014	Staci Foster	APU	10/8/2019	Zita Molnar	PLNU
10/7/2014	Courtney Moore	FPU	10/15/2019	Zita Molnar	PLNU
10/14/2014	Millie Leitch	CBU	10/22/2019	Alyssa Benavides	NDNU

PacWest Women's Cross Country History

RUNNER OF THE WEEK AWARDS

<u>Date</u>	<u>Runner</u>	<u>School</u>	RUNNERS OF THE WEEK BY SCHOOL	
9/6/2021	Julianna Mendez	DUC	Hawai'i Pacific	15
9/14/2021	Julianna Mendez	DUC	BYU-Hawaii	12
9/20/2021	Jori Paradis	CUI	Academy of Art	12
9/27/2021	Mikayla Akers	APU	Point Loma	10
10/4/2021	Hasna Kaarour	ART U	Azusa Pacific	10
10/11/2021	Mikayla Akers	APU	California Baptist	9
10/18/2021	Julianna Mendez	DUC	Dixie State	8
			Fresno Pacific	5
			Dominican	4
			Biola	3
			Notre Dame de Namur	3
			Concordia	3
			Grand Canyon	1
 RUNNERS OF THE WEEK BY INDIVIDUAL				
			Frida Aspnaes, HPU	6
			Fiona McKenna, HPU	6
			Eileen Stressling, APU	5
			Hannah Benoit Bucher, PLNU	5
			Lacey Krout, BYUH	5
			Amanda Whitford, BYUH	4
			Skyler Storie, DSU	4
			Zita Molnar, PLNU	4
			Hasna Kaarour, ART U	4
			Courtney Moore, FPU	3
			Rachel Young, DSU	3
			Julianna Mendez, DUC	3

PacWest Women's Cross Country History

FRESHMAN OF THE WEEK AWARDS

Date	Freshman	School	Date	Freshman	School
9/9/2013	Cristal Rivera	FPU	10/9/2018	Emily Donahue	PLNU
9/16/2013	Malia Gonzales	HPU	10/16/2018	Clara Haynes	BU
9/23/2013	Cristal Rivera	FPU	10/23/2018	Clara Haynes	BU
9/30/2013	Malia Gonzales	HPU	9/3/2019	Alena Albertson	CUH
10/7/2013	Cristal Rivera	FPU	9/10/2019	Adriana Gil	CUI
10/14/2013	Kaelyn Harbison	ART U	9/17/2019	Yorkabel Gebrehiwot	FPU
10/21/2013	Caroline Barkechir	CBU	9/24/2019	Jori Paradis	CUI
10/28/2013	Alysia Avila	CBU	10/1/2019	Jori Paradis	CUI
9/9/2014	Alicia Williams	CBU	10/1/2019	Yorkabel Gebrehiwot	FPU
9/16/2014	Tori Dutchover	CBU	10/8/2019	Patricia Hopkins	PLNU
9/23/2014	Megan Fairchild	HPU	10/15/2019	Patricia Hopkins	PLNU
9/30/2014	McKaela Christenson	ART U	10/22/2019	Teurean Morgan	NDNU
10/7/2014	Alexandria Hernandez	PLNU			
10/14/2014	Alexandria Hernandez	PLNU			
10/21/2014	McKaela Christenson	ART U			
10/28/2014	Eileen Stressling	APU			
9/8/2015	Lauren Harrell	APU			
9/15/2015	Lauren Harrell	APU			
9/22/2015	Brianna Bartello	PLNU			
9/29/2015	Lauren Harrell	APU			
10/6/2015	Marissa Bartello	PLNU			
10/13/2015	Lauren Harrell	APU			
10/20/2015	Brianna Bartello	PLNU			
10/20/2015	Marissa Bartello	PLNU			
9/6/2016	Stefani Gaskell	FPU			
9/13/2016	Fruzsi Ladanyi	CBU			
9/20/2016	Stevie Gaskell	FPU			
9/27/2016	Alyssa Haring	DSU			
10/4/2016	Anett Somogyi	CBU			
10/11/2016	Jordan Sienkiewicz	PLNU			
10/18/2016	Jordan Sienkiewicz	PLNU			
9/5/2017	Luisa Chavez	HNU			
9/12/2017	Jenna Wilson	APU			
9/19/2017	Mackenna Mason	BU			
9/26/2017	Jenna Wilson	APU			
10/3/2017	Jenna Wilson	APU			
10/10/2017	Mackenna Mason	BU			
10/17/2017	Araceli Mancilla	FPU			
9/4/2018	Audrey Rosencrans	ART U			
9/11/2018	Clara Haynes	BU			
9/18/2018	Marian Leddesma	APU			
9/25/2018	Clara Haynes	BU			
10/2/2018	Emily Donahue	PLNU			
10/2/2018	Katelyn Wilson	CUI			

FRESHMEN OF THE WEEK BY SCHOOL

Point Loma	12
Azusa Pacific	9
Fresno Pacific	8
Biola	6
California Baptist	6
Academy of Art	4
Concordia	4
Hawai'i Pacific	3
Chaminade	1
Dixie State	1
Holy Names	1
Notre Dame de Namur	1

FRESHMEN OF THE WEEK BY INDIVIDUAL

Clara Haynes, BU	4
Lauren Harrell, APU	4
Cristal Rivera, FPU	3
Jenna Wilson, APU	3
Alex Hernandez, PLNU	2
Brianna Bartello, PLNU	2
Emily Donahue, PLNU	2
Jordan Sienkiewicz, PLNU	2
Jori Paradis, CUI	2
Mackenna Mason, BU	2
Malia Gonzales, HPU	2
Marissa Bartello, PLNU	2
McKaela Christenson, ART U	2
Patricia Hopkins, PLNU	2
Yorkabel Gebrehiwot, FPU	2

PacWest Women's Cross Country History

PACWEST AT NCAA WEST REGIONAL

1999 West Region Championships

Rocklin, Calif.

Top Runner: Nina Christensen, HPU (1st, 21:49.4)

2000 West Region Championships

Pomona, Calif.

Top Team: Central Washington (1st, 60)

2001 West Region Championships

Lake Padden Park, Bellingham, Wash. (Nov. 3, 2001)

Top Team: Hawai'i Pacific (10th, 252)

Top Runner: Nina Christensen, HPU (1st, 21:37)

2002 West Region Championships

Fresno, Calif. (Nov. 9, 2002)

Top Team: Hawai'i Pacific (8th, 217)

Top Runner: Sayuri Kusutani, HPU (2nd, 21:48)

2003 West Region Championships

Chico, Calif. (Nov. 8, 2003)

Top Team: Hawai'i Pacific (9th, 278)

Top Runner: Chelsea Smith, BYUH (1st, 20:54.4)

2004 West Region Championships

Lake Padden Park, Bellingham, Wash. (Nov. 6, 2004)

Top Team: BYU-Hawaii (9th, 234)

Top Runner: Chelsea Smith, BYUH (1st, 21:43)

2005 West Region Championships

Chino, Calif. (Nov. 5, 2005)

Top Team: BYU-Hawaii (10th, 282)

Top Runner: Louise Brasen, HPU (16th, 23:08.7)

2006 West Region Championships

Oroville, Calif. (Nov. 4, 2006)

Top Team: Hawai'i Hilo (13th, 370)

Top Runner: Amanda Whitford, BYUH (36th, 22:58.8)

2007 West Region Championships

Eagle Island State Park, Boise, Idaho (Nov. 3, 2007)

Top Team: BYU-Hawaii (17th, 409)

Top Runner: Amanda Whitford, BYUH (30th, 21:53.4)

2008 West Region Championships

San Diego (Nov. 8, 2008)

Top Team: BYU-Hawaii (7th, 208)

Top Runner: Amanda Whitford, BYUH (7th, 22:15.5)

2009 West Region Championships

San Francisco (Nov. 7, 2009)

Top Team: BYU-Hawaii (9th, 300)

Top Runner: Danielle Anderson, BYUH (44th, 23:03.8)

2010 West Region Championships

Lake Padden Park, Bellingham, Wash. (Nov. 20, 2010)

Top Team: BYU-Hawaii (6th, 213)

Top Runner: Frida Aspnaes, HPU (12th, 23:26.5)

2011 West Region Championships

Spokane, Wash. (Nov. 5, 2011)

Top Team: BYU-Hawaii (12th, 312)

Top Runner: Lacey Krout, BYUH (37th, 22:46)

2012 West Region Championships

Kahuku, Hawai'i (Nov. 3, 2012)

Top Team: Dixie State (13th, 387)

Top Runner: Jenny Bergren, ART U (6th, 21:52)

2013 West Region Championships

Spokane, Wash. (Nov. 9, 2013)

Top Team: California Baptist (9th, 265)

Top Runner: Natalie Ball, CBU (15th, 22:40.1)

2014 West Region Championships

Avery Park, Billings, Mont. (Nov. 22, 2014)

Top Team: Hawai'i Pacific (7th, 193)

Top Runner: Caroline Barkechir, CBU (2nd, 21:12.11)

2015 West Region Championships

Ash Creek Preserve, Monmouth, Ore. (Nov. 7, 2015)

Top Team: California Baptist (4th, 203)

Top Runner: Eileen Stressling, APU (5th, 21:19.24)

2016 West Region Championships

Amend Park, Billings, Mont. (Nov. 5, 2016)

Top Team: Point Loma (4th, 124)

Top Runner: Eileen Stressling, APU (4th, 21:16.94)

PacWest Women's Cross Country History

PACWEST AT NCAA WEST REGIONAL

2017 West Region Championships

Ash Creek Preserve, Monmouth, Ore. (Nov. 4, 2017)

Top Team: California Baptist (1st, 68)

Top Runner: Anett Somogyi, CBU (2nd, 21:04.5)

2018 West Region Championships

Amend Park, Billings, Mont. (Nov. 17, 2018)

Top Team: Point Loma (6th, 188)

Top Runner: Eileen Stressling, APU (3rd, 21:13.98)

2019 West Region Championships

Ash Creek Preserve, Monmouth, Ore. (Nov. 9, 2019)

Top Team: Fresno Pacific (12th, 334)

Top Runner: Hasna Kaarour, ART U (12th, 21:07.0)

2021 West Region Championships

Ash Creek Preserve, Monmouth, Ore. (Nov. 6, 2019)

Top Team: Academy of Art (4th, 134)

Top Runner: Natalia Novak, ART U (3rd, 21:27.1)

PacWest Women's Cross Country History

PACWEST AT NATIONAL CHAMPIONSHIPS

1982 NCAA National Championships

St. Cloud, Minn.

Top Team: Air Force (6th, 173)

1983 NCAA National Championships

Parkside, Wisc.

Top Team: Seattle Pacific (3rd, 110)

1985 NCAA National Championships

East Stroudsburg, Pennsylvania

Top Runner: Bente Moe, SPU (1st, 17:42.2)

1986 NCAA National Championships

Riverside, Calif.

Top Team: Seattle Pacific (3rd, 99)

1987 NCAA National Championships

Evansville, Ind.

Top Team: Air Force (9th, 190)

1988 NCAA National Championships

Clinton, Mississippi

Top Team: Air Force (2nd, 51)

1989 NCAA National Championships

East Stroudsburg, Pennsylvania

Top Team: Air Force (2nd, 69)

1990 NCAA National Championships

Arcata, Calif.

Top Team: Seattle Pacific (7th, 165)

1994 NCAA National Championships

Kearney, Neb.

Top Team: Seattle Pacific (13th, 272)

1995 NCAA National Championships

Spartanburg, S.C.

Top Team: Hawai'i Hilo (11th, 281)

1996 NCAA National Championships

Arcata, Calif.

Top Team: Seattle Pacific (8th, 218)

1997 NCAA National Championships

Parkside, Wisc.

Top Team: Seattle Pacific (9th, 253)

1998 NCAA National Championships

Lawrence, Kansas

Top Team: Seattle Pacific (7th, 220)

1999 NCAA National Championships

Joplin, Mo. (Nov. 20, 1999)

Top Team: Seattle Pacific (6th, 221)

Top Runner: Nina Christensen, HPU (6th, 21:00.8)

2000 NCAA National Championships

Pomona, Calif. (Nov. 18, 2000)

Top Team: Central Washington (7th, 190)

Top Runner: Lisa Blomme, HPU (7th, 22:07.2)

2000 NAIA National Championships

Kenosha, Wisc. (Nov. 18, 2000) 5K

Top Team: Northwest Nazarene (13th, 281)

Top Runner: Kristi Lund, NNU (36th, 19:14)

2001 NCAA National Championships

Pittsburgh

Top Runner: Nina Christensen, HPU (6th, 21:45.8)

2002 NCAA National Championships

Ashland, Ohio

Top Runner: Nina Christensen, HPU (36th, 22:59.3)

2003 NCAA National Championships

Cary, N.C.

Top Runner: Chelsea Smith, BYUH (1st, 20:33.9)

2004 NCAA National Championships

Evansville, Ind.

Top Runner: Chelsea Smith, BYUH (1st, 21:33.0)

2008 NCAA National Championships

Pittsburgh

Top Runner: Amanda Whitford, BYUH (18th, 22:16)

PacWest Women's Cross Country History

PACWEST AT NATIONAL CHAMPIONSHIPS

2010 NCAA National Championships

Louisville, Ken.

Top Team: BYU-Hawaii (23rd, 628)

Top Runner: Lacey Krout, BYUH (88th, 23:16.4)

2012 NCAA National Championships

Joplin, Mo.

Top Runner: Jenny Bergren, ART U (15th, 21:01.6)

2014 NCAA National Championships

Louisville, Ken.

Top Runner: Fiona McKenna, HPU (6th, 21:25.8)

2015 NCAA National Championships

Joplin, Mo.

Top Team: California Baptist (26th, 625)

Top Runner: Eileen Stressling, APU (31st, 21:14.8)

2016 NCAA National Championships

St. Leo, Fla.

Top Team: California Baptist (9th, 274)

Top Runner: Eileen Stressling, APU (21st, 21:09.6)

2017 NCAA National Championships

Evansville, Ind. (Nov. 18, 2017)

Top Team: California Baptist (3rd, 148)

Top Runner: Emelie Delanis, CBU (5th, 20:57.6)

2018 NCAA National Championships

Pittsburgh (Dec. 1, 2018)

Top Team: Point Loma (25th, 642)

Top Runner: Eileen Stressling, APU (10th, 22:54.4)

2019 NCAA National Championships

Sacramento, Calif. (Nov. 23, 2019)

Top Runner: Hasna Kaarour, ART U (48th, 21:05.0)

2021 NCAA National Championships

St. Leo, Fla. (Nov. 20, 2021)

Top Team: Academy of Art (19th, 499)

Top Runner: Natalia Novak, ART U (31st, 21:20.7)