



SPORTS MEDIA RELATIONS NEWS

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HAWAII RAINBOW WAHINE CROSS COUNTRY MEDIA NOTES

Hawai'i Harriers Split Squad This Week

Sept. 26, 2002

Rainbow Wahine Send Half to Stanford, Half to BYU-Hawai'i

THIS WEEK...The University of Hawai'i women's cross country squad will split up this week with about half attending the 29th Annual Stanford Invitational and the remaining members competing at the BYU-Hawai'i Invite. The Stanford 4K and 5K meets begin at 3:45 p.m. PST at the Stanford Golf Course while the BYU-Hawai'i race gets underway on its Laie campus at 8 a.m. The Stanford race consists of 20 high school and collegiate races and is hosted by the No. 3 Cardinal.

UH COACHING STAFF...UH Head Coach **Carmyn James** is in her third season with the Rainbow Wahine...she comes to UH after serving as the head coach for the University of British Columbia from 1988-2000...**Andy McInnis** is in his second season as associate coach.

UH LINEUP...The Rainbow Wahine split its squad up this week with 12 members heading to Palo Alto and six others will participate on Oahu in the BYU-Hawai'i meet. The 12 heading to Stanford are **Hanna Bremler, Victoria Chang, Jennifer Crumley, Robin McRobbie, Alethe West, and Jordana Whittington**, who will all be participating in the 4K run and team scoring. The other six -- **Teryn Bentley, Jodi Enomoto, Kira Lee, Carin Patterson, Leonie Sugai, and Sarah Verga** -- will be running as individuals in the 5K event and not scoring as a team. The six running in Laie are **Shawna Kawasaki, Michelle Le, Erin Lopez, Lana Phillips, Ashley Quinn, and Michelle Romance**.

INSIGHTS...UH ran in the Stanford Invitational in 2001 placing fourth overall behind Stanford, Brigham Young, and Wisconsin...Stanford is also hosting the upcoming 2002 NCAA West Regional and should be great preparation in getting ready for November...the course is very fast with about 80 percent of it flat or downhill...among the 51 collegiate programs participating in the women's division, only Stanford (No. 3), Duke (No. 8), UCLA (No. 12), and Wisconsin (No. 18) are ranked...including this week, UH has three-straight tough meets including the Stanford Invitational (4K), Willamette Invitational (5K), and the UC San Diego Triton Classic (6K).

BIG WAVE RECAP:..On a very hot and virtually windless afternoon on the North Shore, the University of Hawai'i took second place in the women's 5K race posting one of its best showings as a team under head coach **Carmyn James** at the Kualoa Ranch on Oahu's North Shore.

Hawai'i, who weathered the scorching heat and tough undulating elevations, totalled 88 points overall finishing behind nationally ranked UCLA, who won the Big Wave with 46 points.

UH's **Victoria Chang**, a transfer from Stanford, finished in second place overall among the 111 runners with a time of 18 minutes and 44.5 seconds, just 2.6 seconds away from Hawai'i Pacific's **Nina Christensen**, who took first overall.

"She (Chang) is getting her confidence back," Associate Coach **Andy McInnis** said following the grueling race. "This is the same course where she established herself as an All-American high schooler back in 1999. I think she bounced back very well after the Chaminade meet where she wasn't at her best."

Also performing very well was true freshman **Hanna Bremler**, who continues to make great strides in her first season. She was among the leaders through and finished fifth overall with a time of 19 minutes and eight seconds.

2002 Hawai'i Cross Country Schedule

Date	Meet	Time/Results
9/7	Chaminade University Invitational (5 km) @BYUH Campus - Laie, Oahu	1st/31 pts.
9/14	Hawai'i-Hilo Invitational @UHH, Big Island (5 km)	4th/75 pts.
9/21	University of Hawai'i Big Wave Invitational @Kualoa Ranch, North Shore (5 km)	2nd/88 pts.
9/28	Stanford Invitational (4 km & 5 km) @Palo Alto, CA (Split Squad)	4:10 p.m.
9/28	BYU-Hawai'i (5 km) @BYUH Campus - Laie, Oahu	8 a.m.
10/5	Willamette University Invitational @Salem, OR	TBA
10/12	Triton Classic X-C Invitational (6 km) @UC San Diego Campus	8:30 a.m.
10/12	Hawai'i Pacific University Invitational (6 km) HPU Windward Campus - Kaneohe, Oahu	7 a.m.
10/19	University of Hawai'i X-C Sprint Series #1 @USMC - Kaneohe Klipper Course (3 km)	7:30 a.m.
11/2	WAC Cross Country Championship (5 km) @SMU Campus - Dallas, TX	TBA
11/16	NCAA West Regional Championship (6 km) @Stanford University - Palo Alto, CA	TBA
11/25	NCAA National Championships (6 km) @Indiana State University - Terre Haute, IN	12 p.m.

The Rainbow Wahine had 18 of its 23-member squad participating. The coaching staff was very pleased with the older girls coming together this afternoon.

"Our depth in the middle was good today," McInnis said. "(Jennifer) Crumley, (Teryn) Bentley, (Jodi) Enomoto, and (Sarah) Verga did extremely well. Alethe West, who is also in her first season of cross country came through today."

The rest of the Top 5 finishers for the Rainbow Wahine were Robin McRobbie (3rd, 20:31.6), Crumley (4th, 20:37.3), and Bentley (5th, 21:05.9).

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2002 University of Hawai'i Cross Country Roster

<u>Name</u>	<u>Ht.</u>	<u>Cl.</u>	<u>Hometown/High School</u>
Jenn Bell	5-0	Jr.	Chino, CA/Ontario Christian H.S.
Teryn Bentley	5-6	Jr.	Missoula, MT/Sentinel H.S.
Carolyn Berger	5-6	Sr.	Honolulu, Oahu/Punahou School
Hanna Bremler	5-8	Fr.	Tyreso, Sweden/Enskede Gards Gymnasium
Victoria Chang	5-3	Jr.	Honolulu, Oahu/Punahou School
Jennifer Crumley	5-3	Sr.	Idaho Falls, ID/Idaho Falls H.S.
Jodi Enomoto	5-1	Sr.	Mililani, Oahu/Mililani H.S.
Shayne Enright	5-9	Jr.	Kailua, Oahu/Maryknoll H.S.
Shawna Kawasaki	5-1	Jr.	Waipahu, Oahu/Kamehameha Schools
Michelle Le	5-3	Fr.	Honolulu, Oahu/Roosevelt H.S.
Kira Lee	5-5	So.	Kona, Big Island/Hawai'i Preparatory Academy
Monica Lee	5-4	So.	Honolulu, Oahu/Moanalua H.S.
Erin Lopez	5-3	Fr.	Huntington Beach, CA/Edison H.S.
Robin McRobbie	5-5	Jr.	Ottawa, Canada/Gloucester H.S.
Carin Patterson	5-4	Fr.	Gooding, ID/Gooding H.S.
Lana Phillips	5-7	So.	Wills Point, TX/Wills Point H.S.
Ashley Quinn	5-8	Jr.	Kohala, Big Island/Kohala H.S.
Michelle Romance	5-7	Sr.	Ottawa, Canada/Glebe Collegiate Institute
Leonie Sugai	5-0	Fr.	Kaneohe, Oahu/Castle H.S.
Sara Verga	5-4	Sr.	Honolulu, Oahu/Punahou School
Alethe West	5-5	Jr.	Cobram, Australia/Goulburn Valley Grammar School
Jordana Whittington	5-7	So.	Sarnia, Canada/St. Christopher H.S.
Sarah Wood	5-3	Fr.	Silverton, OR/Silverton H.S.

Head Coach: Carmyn James

Associate Coach: Andy McInnis

Graduate Assistant: Garrett Collier

Volunteer: Kawehi Rickard

Team Manager: Brett Gontarek