



SPORTS MEDIA RELATIONS NEWS

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HAWAI‘I RAINBOW WAHINE CROSS COUNTRY MEDIA NOTES

UH Harriers Split Squad for Triton Classic, HPU Invite This Saturday

Oct. 7, 2002

Contact: Markus Owens

THIS WEEK...The University of Hawai‘i women’s cross country splits up its 23-member squad, sending 10 runners to San Diego to compete in the Triton Classic Cross Country Invitational Oct. 12. That meet begins at 9:30 a.m. PST in La Jolla, Calif. The other half of the team is heading to the Windward side of Oahu to run in the Hawai‘i Pacific Invitational with the first races to start at 7 a.m. Both races this Saturday are 6K in length.

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 THIS WEEK...The Rainbow Wahine are sending 10 members of its 23-member squad to San Diego, Calif. The 10 heading to the Triton Classic are **Teryn Bentley, Hanna Bremler, Victoria Chang, Jennifer Crumley, Jodi Enomoto, Robin McRobbie, Carin Patterson, Leonie Sugai, Sarah Verga, and Alethe West**. The Hawai‘i Pacific Invitational showcases **Jenn Bell, Shayne Enright, Shawna Kawasaki, Michelle Le, Monica Lee, Kira Lee, Lana Phillips, Michelle Romance, Jordana Whittington, and Sarah Wood**.

CHANG, BREMLER FASTEST IN WAC...**Victoria Chang** and **Hanna Bremler** each surpassed the fastest marks in the Western Athletic Conference thus far in 2002 with their overall performances last weekend at the 28th Willamette Invitational...**Chang**, a junior, eclipsed the WAC 2002 mark by 34.23 seconds in the 5K, while true freshman **Bremler** was just eight seconds off that pace...**Chang** a former high school All-American ran her fastest time of the season, knocking off an incredible 1:19.73 seconds from her Hawai‘i Big Wave time of 18:44.5...**Bremler** also chopped off a significant 1:10.12 portion off her previous best time of 18:39.00 accomplished at the Hawai‘i Big Wave, too...the previous fastest three times in the WAC this season were Boise State’s **Robin Wemple** running a 17:55 on Sept. 21 at the Sundodger Invite in Seattle, Wash., SMU’s **Karin Van Rooyen** ran a 17:56.6 at the SMU Invite on Sept. 21 in Dallas, and **Emma Garrard** of Nevada posted a time of 17:59 at the Fresno State Invite back on Sept. 21.

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)	5th/137 pts.
9/28	BYU-Hawai‘i (5 km) @BYUH Campus - Laie, Oahu	4th/109 pts.
10/5	Willamette University Invitational @Salem, OR	4th/133 pts.
10/12	Triton Classic X-C Invitational (6 km) @UC San Diego Campus	9:30 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.

WAC’s 2002 Top 5 XC Times

No.	Name	Time	Date
1.	* Victoria Chang, Hawai‘i	17:20.77	Oct. 5
2.	* Hanna Bremler, Hawai‘i	17:28.88	Oct. 5
3.	Robin Wemple, Bosie St.	17:55	Sept. 21
4.	Karin Van Rooyen, SMU	17:56.6	Sept. 21
5.	Emma Garrard, Nevada	17:59	Sept. 14

* Denotes times posted at the 28th Willamette Invitational, Salem, Ore.
NOTE: All times are 5K similar to the WAC Championship in Dallas.

RECAPPING WILLAMETTE INVITE...The University of Hawai'i women's cross country squad took fourth place at the 28th Willamette Invitational this past Saturday. UH was paced by junior **Victoria Chang** and freshman **Hanna Bremler**.

The cool 60-degree temperatures and overcast skies didn't bother **Chang**, who completed the course in 17 minutes and 20.77 seconds good enough for seventh place overall. Teammate **Bremler** was right behind her finishing in 10th with a time of 17:28.88. These were the fastest times of the season by anyone in the Western Athletic Conference.

Winning the women's invite was Idaho with 46 points edging Auburn by a point. Oregon took third place at 110 points followed by UH at 133, while Santa Clara was fifth with 138.

UH's other three runners that scored were **Jennifer Crumley** in 40th place with a time of 18:31.32, **Teryn Bentley** in 63rd place coming in at 19:01.62, and **Robin McRobbie** in 69th at 19:13.27.

"I was very pleased with (**Sarah**) **Verga**, **Crumley**, and **Bentley**," Head Coach **Carmyn James** said. "You can see the hard work that they have put in over the course of the year reflected in their times."

Crumley was the most improved runner who competed a year ago as she bettered her time by chopping off one minute and 20 seconds on this same course. **Verga** showed an improvement of one minute flat off her time from a year ago posting a 20:12.31. Also, teammate **Bentley** knocked off 26 seconds from her time from last year.

"The ladies are working extremely hard, and we are trying to keep things in perspective while trying to peak for the Western Athletic Championships," **James** said. "Internally, we have focused primarily on the first 3K and finishing strong."

DOWN THE TRAILS...UH is hosting its second and final race of the fall next Saturday, Oct. 19, with the UH Cross Country Sprint Series #1...the meet is at the Kaneohe Klipper Golf Course on the U.S. Marine Corps Base on the Windward side of Oahu...the 3K races get underway at 7:30 a.m.

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