



PAC-10 CONFERENCE

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PAC-10 ANNOUNCES CROSS COUNTRY HONORS ARIZONA'S SAMBU & OREGON'S HASAY NAMED PAC-10 ATHLETES OF THE YEAR ARIZONA'S SAMBU & WASHINGTON'S FLOOD NAMED NEWCOMERS OF THE YEAR STANFORD'S DUNN & ARIZONA'S LI TAKE COACH OF THE YEAR HONORS

WALNUT CREEK, Calif. - ARIZONA'S Stephen Sambu swept the major cross country awards. He was voted Pac-10 Men's Cross Country Athlete of the Year and Pac-10 Men's Newcomer of the Year. On the women's side, OREGON's Jordan Hasay was named the Pac-10 Women's Cross Country Athlete of the Year, while WASHINGTON's Katie Flood was selected the Pac-10 Women's Newcomer of the Year, Commissioner Larry Scott announced today.

A junior from Kaptagat, Kenya, Sambu is the first-ever Pac-10 runner to sweep the Athlete of the Year and Newcomer of the Year honors in the same season. The newcomer award was established in 2000, while an Athlete of the Year has been selected since 1975. Sambu was the top Wildcat at the Pac-10 Championships, placing fifth overall at the Pac-10 Championships with a time of 23:06.77. He nearly took top honors at the NCAA West Regional, placing second with a time of 29:57.95, just .06 seconds behind the winner. At the NCAA Championship, he nearly brought home the individual crown, placing second with a time of 29:26.5, just over four seconds behind the national champion.

Hasay, a sophomore from Arroyo Grande, Calif., was the top overall winner at the Pac-10 Championships, posting a time of 19:44.95 in the 6k race, leading the Ducks to a tie for third in the team standings, just six points out of first place. She again took top honors at the NCAA West Regional, beating the competition by almost five seconds, posting a time of 20:01.90, as UO placed second in the team competition, just five points back of the winner. At the NCAA Championships, Hasay was third overall with a time of 20:13.0, the best showing by a Duck since 1991. Hasay was the Pac-10 Newcomer of the Year in 2009. She is the fifth UO runner to win the athlete of the year award and the first since 1991. Hasay is also a finalist for the Honda Award, presented to the nation's top cross country runner.

Hailing from Des Moines, Iowa, Flood had a solid postseason performance. She was the top Husky finisher at the Pac-10 Championships, finishing sixth with a time of 20:13.15. She was, again, the team's top runner at the NCAA West Regional, claiming sixth place with a time of 20:17.03, leading UW to a team victory. She was sixth out of all Pac-10 runners at the NCAA Championships and was the top UW finisher with a time of 21:11.0 for 78th place overall.

Also announced were the Conference Coach of the Year honors. Stanford's Jason Dunn was honored as the Pac-10 Men's Cross Country Coach of the Year for the second-straight year and the second time in his career. He led the Cardinal men to a victory at the Pac-10 Championships, second place at the west regionals and fourth at the national meet.

Arizona's James Li was voted the coach of the year on the women's side. Li is the second coach in the history of the Wildcat women's program to win the honor and the first since 2001. Li's Wildcats placed second at the Pac-10 Championships, the women's team's highest finish at the competition since 2001 and were just three points away from first place. At the west regional, Arizona was fourth overall and followed up with an 11th-place showing at the national championship meet, the highest-placing Pac-10 women's team.

The honors were decided by a vote of the Conference's cross country coaches.

2010 PAC-10 CROSS COUNTRY HONORS

MEN'S ALL-PAC-10

First Team

Matthew Centrowitz, Sr., Oregon
Michael Coe, Sr., California
Chris Derrick, Jr., Stanford
Elliott Heath, Sr., Stanford
Luke Puskedra, Jr., Oregon
Jake Riley, Jr., Stanford
Stephen Sambu, Jr., Arizona

Second Team

A.J. Acosta, Sr., Oregon
Ben Engelhardt, Sr., Arizona State
Danny Mercado, Sr., Oregon
Erik Olson, Fr., Stanford
Steve Sodaro, Sr., California
J.T. Sullivan, Jr., Stanford
Miles Unterreiner, So., Stanford

Athlete of the Year

Stephen Sambu, Jr., Arizona

Newcomer of the Year

Stephen Sambu, Jr., Arizona

Coach of the Year

Jason Dunn, Stanford

WOMEN'S ALL-PAC-10

First Team

Jennifer Bergman, So., Arizona
Katie Flood, Fr., Washington
Jordan Hasay, So., Oregon
Alex Kosinski, Sr., Oregon
Kathy Kroeger, So., Stanford
Deborah Maier, Jr., California
Stephanie Marcy, Jr., Stanford

Second Team

Zsofia Erdelyi, Sr., USC
Elvin Kibet, Fr., Arizona
Marie Lawrence, Sr., Washington
Megan Meyer, So., Arizona
Hannah Moen, Jr., Arizona
Lindsay Prescott, Jr., Arizona State
Jessica Tonn, Fr., Stanford

Athlete of the Year

Jordan Hasay, So., Oregon

Newcomer of the Year

Katie Flood, Fr., Washington

Coach of the Year

James Li, Arizona

* - All-Conference teams determined by order of finish at the Pac-10 Championships.

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PREVIOUS PAC-10 MEN'S CROSS COUNTRY AWARD WINNERS

Year	Athlete of the Year	Newcomer of the Year	Coach of the Year
2010	Stephen Sambu, ARIZ	Stephen Sambu, ARIZ	Jason Dunn, STAN
2009	Chris Derrick, STAN	Miles Unterreiner, STAN	Jason Dunn, STAN
2008	Galen Rupp, ORE	Luke Puskedra, ORE	Vin Lananna, ORE
2007	Shadrack Kiptoo-Biwott, ORE	A.J. Acosta, ORE	Vin Lananna, ORE
2006	Galen Rupp, ORE	Diego Mercado, ORE	Vin Lananna, ORE
2005	Robert Cheseret, ARIZ	Mark Matusak, CAL	Peter Tegen, STAN
2004	Robert Cheseret, ARIZ	Mohamed Trafteh, ARIZ	Andrew Gerard, STAN
2003	Ryan Hall, STAN	Robert Cheseret, ARIZ	Andrew Gerard, STAN
2002	Grant Robison, STAN	Neil Davis, STAN	Vin Lananna, STAN
2001	Donald Sage, STAN	J.J. Duke, ASU	Vin Lananna, STAN
2000	Jonathon Riley, STAN	Donald Sage, STAN	Vin Lananna, STAN
1999	Steve Fein, ORE	Jason Hartmann, ORE	Dave Murray, ARIZ
1998	Abdi Abdirahman, ARIZ		Bill Dellinger, ORE
1997	Meb. Keflezighi, UCLA		Vin Lananna, STAN
1996	Meb. Keflezighi, UCLA		Vin Lananna, STAN
1995	Karl Keska, ORE		Bill Dellinger, ORE
1994	Martin Keino, ARIZ		Dave Murray, ARIZ
1993	Josephat Kapkory, WSU		Mike Johnson, WASH
1992	Josephat Kapkory, WSU		Bill Dellinger, ORE
1991	Martin Keino, ARIZ		Dave Murray, ARIZ
1990	Marc Davis, ARIZ		Bill Dellinger, ORE
1989	Marc Davis, ARIZ		Bill Dellinger, ORE
1988	Brad Hudson, ORE		Bill Dellinger, ORE
1987	Matt Giusto, ARIZ		Dave Murray, ARIZ
1986	Aaron Ramirez, ARIZ		Dave Murray, ARIZ
1985	Marc Olesen, STAN		Brooks Johnson, STAN
1984	Tom Ansberry, ARIZ		Dave Murray, ARIZ
1983	Jim Hill, ORE		Dave Murray, ARIZ
1982	Jim Hill, ORE		Bill Dellinger, ORE
1981	Richard Tuwei, WSU		Bob Larsen, UCLA
1980	Ron Cornell, UCLA		Bob Larsen, UCLA
1979	Henry Rono, WSU		Bill Dellinger, ORE
1978	Alberto Salazar, ORE		Bill Dellinger, ORE
1977	Henry Rono, WSU		Bill Dellinger, ORE
1976	Henry Rono, WSU		Bill Dellinger, ORE
1975	Joshua Kimeto, WSU		John Chaplin, WSU

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PREVIOUS PAC-10 WOMEN'S CROSS COUNTRY AWARD WINNERS

Year	Athlete of the Year	Newcomer of the Year	Coach of the Year
2010	Jordan Hasay, ORE	Katie Flood, WASH	James Li, ARIZ
2009	Kendra Schaaf, WASH	Jordan Hasay, ORE	Greg Metcalf, WASH
2008	Kendra Schaaf, WASH	Christine Babcock, WASH	Greg Metcalf, WASH
2007	Arianna Lambie, STAN	Alexandra Kosinski, ORE	Peter Tegen, STAN
2006	Arianna Lambie, STAN	Ali Kielty, ASU	Peter Tegen, STAN
2005	Arianna Lambie, STAN	Tori Tyler, WASH	Peter Tegen, STAN
2004	Amy Hastings, ASU	Teresa McWalters, STAN	Dena Evans, STAN
2003	Sara Bei, STAN	Arianna Lambie, STAN	Dena Evans, STAN
2002	Alicia Craig, STAN	Jessica Scalzo, ASU	Vin Lananna, STAN
2001	Tara Chaplin, ARIZ	Sara Bei, STAN	Dave Murray, ARIZ
2000	Lisa Aguilera, ASU	Victoria Chang, STAN	Walt Drenth, ASU
1999	Erin Sullivan, STAN	Erin Sullivan, STAN	Walt Drenth, ASU
1998	Amy Skieresz, ARIZ		Beth Alford-Sullivan, STAN
1997	Amy Skieresz, ARIZ		Vin Lananna/Beth Alford-Sullivan, STAN
1996	Amy Skieresz, ARIZ		Vin Lananna/Beth Alford-Sullivan, STAN
1995	Amy Skieresz, ARIZ		Tom Heinonen, ORE
1994	Karen Hecox, UCLA		Vin Lananna, STAN
1993	Karen Hecox, UCLA		Vin Lananna, STAN
1992	Louise Watson, STAN		Mike Johnson, WASH
1991	Lisa Karnopp, ORE		Tom Heinonen, ORE
1990	Liz Wilson, ORE		Tom Heinonen, ORE
1989	Jennifer Robertson, WSU		Mike Johnson, WASH
1988	Penny Graves, ORE		Tom Heinonen, ORE
1987	Anette Hand, ORE		Tom Heinonen, ORE
1986	Penny Graves, ORE		Tom Heinonen, ORE