Coyotes’ Hughes, MC’s Morretti share women’s honors

Cuyamaca College cross country runner Paige Hughes and MiraCosta soccer player Sage Morretti share the Pacific Coast Athletic Conference’s initial Women’s Athlete of the Week honors of the 2012-13 academic year.

Hughes, a freshman from Valhalla High School and the Coyotes’ No.1 runner, won the 5K race in 22 minutes 2 seconds in leading Cuyamaca to the team championship in the season-opening Cuyamaca Invitational meet at Lindo Lake Park in Lakeside.

Hughes made up a multiple-minute deficit over the final 2 miles as she came from behind to soundly defeat the runner-up in the race, Miriam Cardenas of the NAIA’s San Diego Christian College, who finished 33 seconds back with a 22:35. Hughes ran the final mile in 5 minutes, 50 seconds. The Coyotes easily defeated second-place Christian 26-57 for the team title, followed by San Diego City College (61 points) in third and Grossmont (74 points) to round out the four-team field.

Morretti, a freshman forward from San Marcos’ High Tech High School, scored five goals in MiraCosta’s first three games as the Spartans began their soccer season by going 2-1.

Morretti had the game-winning goal to defeat Irvine Valley 2-1. She came back with three goals in a 3-2 victory over Sacramento City College in the Oxnard College Sea Breeze Tournament. She tallied the Spartans’ lone goal in a 3-1 loss to Antelope Valley, also in the Sea Breeze Tournament.

Honorable mention honors for the week went to Palomar golfer Natascha Wiebe, San Diego City College soccer player Erica Inchuaurregui, Southwestern soccer player Uilani Himan and Palomar volleyball player Kelli Day.

Wiebe, a sophomore from La Quinta High School in the desert who helped Palomar to the 2011 CCCAA State Community College team championship, shot a second-day 73 to take medalist honors in the Desert Classic hosted by Santa Barbara City College at Indian Canyon Golf Club in Palm Springs. Wiebe finished with a 36-hole total of 149 as the Comets finished third out of 10 teams, behind champion Irvine Valley and runner-up Glendale and ahead of Mt. San Jacinto, Sacramento City College, Saddleback, Bakersfield, Santa Barbara, College of the Desert and Butte.

Inchuaurregui, the Knights’ freshman goalkeeper from Cortez Hill Academy in downtown San Diego, recorded 13 saves and notched a shutout in City College’s 1-0 home-field victory over Saddleback. It was the Knights’ first season-opening victory since 2008.

Himan, a sophomore midfielder / forward from Otay Ranch High School and one of Southwestern’s co-captains, scored two goals in two games which opened the Jaguars’ season. Himan scored a goal in a 2-1 victory over Santa Ana and also tallied a goal in a 2-0 win over Mt. SAC. Himan carries a 3.34 grade-point average.

Day, Palomar’s sophomore setter out of Escondido High School, had 27 assists as the visiting Comets opened the season with a 3-0 (25-22, 25-13, 26-24) sweep over San Bernardino Valley.