



TRACK & FIELD 2005

Presidents' Athletic Conference

Joe Onderko, Information Director

Phone - (724) 946-6357

Fax - (724) 946-7187

E-Mail: onderkjm@westminster.edu

Web: www.westminster.edu/pac

RECENT RESULTS

Saturday, April 2

CMU West Penn Championships - Pittsburgh, Pa.

Men (15 teams)

10. Thiel
13. Washington & Jefferson
14. Grove City

Women (14 teams)

9. Thiel
11. Washington & Jefferson
12. Grove City

Bethany, Waynesburg at Westminster Invitational -
New Wilmington, Pa. - unscored

NEXT WEEK'S SCHEDULE

Wednesday, April 6

Bethany at WV Wesleyan - Buckhannon, W.Va.
Thiel at Geneva Tri-Meet - Beaver Falls, Pa.

Friday, April 8

Thiel at Ohio Wesleyan - Delaware, Ohio - 12:30
p.m.

Grove City at Geneva Invitational - Beaver Falls,
Pa.

Saturday, April 9

Bethany, Waynesburg, Westminster at Washington
& Jefferson Invitational - Washington, Pa. - 11 a.m.

PAC MEN'S TRACK & FIELD ATHLETE OF THE WEEK

CHRIS GARDNER

Bethany College
Sophomore - jumps
New Brighton, Pa./New Brighton H.S.

Gardner finished first in the high jump (1.98 m) and the long jump (6.64 m) while placing second in the 100 meter dash (11.00) and running on the Bethany 4x100 relay team which placed third (45.89) at the Westminster Invitational Saturday. He set new Bethany schools records in the 100 (old mark 11.03 in 1994) and the long jump (old mark 6.5 in 1976).

Also nominated was sophomore **Seth Fox** of Grove City, junior **Shaun Jackson** of Thiel, freshman **Tony Lewis** of Washington & Jefferson, and junior **Adam Hadvavny** of Westminster.

PAC WOMEN'S TRACK & FIELD ATHLETE OF THE WEEK

ERIN CLAXTON

Grove City College
Senior - 10,000 meter run
Redondo Beach, Calif./Redondo Union H.S.

Claxton won the 10,000 meter run Saturday at the West Penn Championships at Carnegie Mellon with a meet-record time of 38:40.6, breaking the old meet record by over 90 seconds. She also shattered the old Grove City schools record (41:17) by over 2 1/2 minutes.

Also nominated was freshman **Lauren Spegal** of Bethany, junior **Kandice Gibson** of Thiel, freshman **Kelli Gee** of Washington & Jefferson, freshman **Michelle Propst** of Waynesburg, and junior **Sonya Cole** of Westminster.

PAC TRACK & FIELD NOTES

Bethany Bison

Chris Gardner stole the show at the Westminster Invitational as he finished in the top three in four different events Saturday ... Gardner's broke two school records and won two first place awards for the Bethany while also notching a second- and third-place finish in his four events ... **Lavel Williams**, whose time of 11.18 in 100-meter dash earned a third-place result for the Bison, qualifying him for ECAC Outdoor competition ... Williams also finished fifth in the 200-meter dash ... For the women, **Lauren Spegal** continued her dominance in the throwing events, taking home a trio of second-place finishes ... Other notable finishes included **Mallory Roadman's** second-place finish in the 1500-meter run.

Wash. & Jeff. Presidents

W&J competed at the Western Pennsylvania Intercollegiate Championships Saturday at Carnegie Mellon ... The President men finished 13th of 15 teams, while the women notched 11th place out of 14 squads ... Freshman **Tony Lewis** was the only W&J student-athlete to win an individual title as he claimed the long jump with a leap of 22'5 3/4" ... Freshman **Virgil Marshall** placed seventh in the long jump (20'11 3/4"), while senior **Chad Edwards** recorded an eighth-place showing in the shot ... Edwards qualified for the ECAC Division III Championships after his toss of 45'11 3/4" ... Freshman **Kelli Gee** led the women with a second-place finish in the long jump (16'11 1/2") ... Freshman **Torrie Caruso** earned sixth place in the 5,000 meters (19:43.40).

Grove City Wolverines

Grove City opened the season at CMU's West Penn Championships Saturday in Pittsburgh ... On the women's side, senior **Erin Claxton** set a new GCC record in winning the 10,000 (38:40.6) ... Claxton broke the previous record by nearly three minutes ... The time also set a new meet record ... The Wolverines' 400-meter relay quartet of **Carli Gerber, Julia French, Brittany Moore** and Kate Bender took eighth (54.02) ... Freshman **Jeremy Hurt** led the men with a fourth-place finish in the high jump (6-0) ... Sophomore **Andrew Kloes** set a new GCC record in the 5000 with an ECAC-qualifying time of 15:29.4 ... The 1600-meter relay team took sixth in 3:32.10.

Waynesburg Yellow Jackets

Waynesburg opened the 2005 season Saturday at the Westminster Titan Invitational ... The invite was the first varsity Yellow Jacket track & field team event since the late 1970's ... For the Yellow Jacket women, freshman **Michelle Propst** captured a pair of individual event victories, winning the 1500 meters (5:12.61) by 21 seconds and the 800 meters (2:38.89) by 10 seconds ... On the men's side, freshman **Greg Malloy** finished fourth in the 100-meter dash (11.35) and posted a top-10 time in the 200-meter dash (24.43) ... In the 800-meter run, freshman **Jack Haines** finished in second place (2:07.71) ... **Justin Thomas, Jerry Powell** and **Adam Lemley** anchored the throwing events for the Yellow Jackets.

Thiel Tomcats

Thiel competed at Saturday's Western Pa. Championships, hosted by Carnegie Mellon ... Junior **Kandice Gibson** won the 100 meter dash with a time of 12.99 as the only non-Division I competitor in the finals of the event ... Gibson also finished third in the 200 meter dash with a time of 26.53 ... The quartet of Gibson, senior **Michelle Shellow**, junior **Kirsten Schrecongost** and sophomore **Fontella Jones** finished fourth in the 4x100 meter relay with a time of 52.11 ... On the men's side, sophomore **Zjaque Douglas** ran to a third place finish in the 100 meter dash, finishing with a time of 11.43 ... In the 200, Douglas finished eighth overall (23.45) ... Junior **Shaun Jackson** placed third in the 400 meter dash (50.01).

Westminster Titans

Westminster hosted the annual Titan Invitational at Burry Stadium Saturday ... Four Titans posted individual event victories, led by junior **Adam Hadbavny** who captured both the discus (42.42 meters) and javelin (42.09m) while placing second in the shot put (14.07m) ... Senior **Phil Frye** finished first in the shot (14.08 meters), while classmate **Brad Zerbe** won the 1,500 meter run (4:29.97) and freshman **Ben Jones** placed first in the triple jump (11.99 meters) ... Three Lady Titans captured events ... Junior **Sonya Cole** posted a mark of 12.31 meters in the shot put to win by over two full meters ... Sophomore **Rachael Cooper** posted the top time in the 400 hurdles (1:22.54), while frosh **Lindsay Egg** was first in the triple jump (9.51 meters).

Past PAC Men's Track Athletes of the Week

March 20: **Zjaque Douglas**, Thiel

March 27: **Adam Hadbavny**, Westminster

April 3: **Chris Gardner**, Bethany

April 10:

April 17:

April 24:

Past PAC Women's Track Athletes of the Week

March 20: **Kandice Gibson**, Thiel

March 27: **Kelli Gee**, Wash. & Jeff.

April 3: **Erin Claxton**, Grove City

April 10:

April 17:

April 24: