



CROSS COUNTRY 2006

Presidents' Athletic Conference
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RECENT RESULTS

Saturday, September 2

Westminster Fisher Invitational - New Wilmington, Pa.

Men (nine teams)

8. Westminster (206)

Bethany - individuals only

Women (11 teams)

1. Saint Vincent (44)

8. Westminster (209)

9. Bethany (248)

CWRU Sudeck Classic - Cleveland, Ohio

Men (12 teams)

11. Grove City

12. Washington & Jefferson

Women (14 teams)

8. Grove City

13. Washington & Jefferson

Seagull Opener - Salisbury, Md.

Men (11 teams)

9. Waynesburg

Women (11 teams)

4. Waynesburg

Duquesne Duals - Pittsburgh, Pa.

Men

3. Saint Vincent

Thomas More - idle

UPCOMING EVENTS

Saturday, September 9

California Invitational - California, Pa. - 9 a.m.

Saint Vincent (W), Westminster

Davis & Elkins Forest Festival - Elkins, W.Va. - 10 a.m.

Bethany

Wittenberg Invitational - Springfield, Ohio - 10 a.m.

Thomas More

Grove City, Saint Vincent (M), Washington & Jefferson,

Waynesburg - idle

PAC Men's Runner of the Week

BOBBY REGAN

Washington & Jefferson

Sophomore

Gibsonia, Pa.

Pine-Richland H.S.



Regan was the top PAC finisher at the Bill Sudeck Classic at Case Western Reserve University in Cleveland this weekend, placing 34th in a 160-runner field in 27:57.

*Also nominated was sophomore **Eric Scheller** of Bethany, junior **Joey Cortez** of Grove City, senior **Heath Piper** of Waynesburg, and senior **Scott Seserko** of Westminster.*

PAC Women's Runner of the Week

KRISTEN CARTER

Grove City

Sophomore

Bellingham, Wash.

Bellingham H.S.

Carter led all PAC runners by placing fifth in a 159-runner field in 19:13 at the Bill Sudeck Classic, hosted by Case Western Reserve University in Cleveland.

*Also nominated was freshman **Maggie McCort** of Bethany, sophomore **Erin Long** of Washington & Jefferson, sophomore **Megan Grover** of Waynesburg, and freshman **Elizabeth Beardsley** of Westminster.*

PAC CROSS COUNTRY CAPSULES



Bethany Bison

The Bison harriers opened their first season under new head coach **Mark Swiger** by competing at the Westminster Invitational ... The women's team finished tied for ninth place out of 11 teams, while the men could not field a complete team ... For the women, freshman **Maggie McCort** was BC's top runner, as she placed 41st with a time of 22:17 ... She narrowly placed in front of junior **Chantal Stettinius**, who was 45th in a time of 22:23 ... The other Bison runner to place in the top half was freshman **Desiree Finley**, who crossed in 53rd ... The top runners for the men were sophomores **Eric Scheller** (59th) and **Matthew Schlemmer** (61st).



Grove City Wolverines

Both Grove City squads opened the 2006 season at Case Western Reserve's Sudeck Classic in Cleveland Saturday morning ... Sophomore **Kristen Carter** led Grove City's women to an eighth-place finish by finishing fifth overall in 19:13 ... Frosh **Candice Coholich** took 43rd while junior Amanda Hewitt finished 45 ... Sophomore **Julia Seward** placed 50th ... On the men's side, junior **Joey Cortez** led Grove City with a 45th-place finish ... Sophomore **Nathan Johnson** took 67th while freshman **Royce Hyland** crossed in 68th place.



Thomas More Saints

Thomas More starts its season at the Wittenberg Invitational on Saturday, September 9.



Washington & Jefferson Presidents

Sophomores **Bobby Regan** and **Erin Long** posted W&Js best season-opening showings Saturday at Case Western Reserve's Sixth Annual Bill Sudeck Cross Country Classic at Squire Valley View Farm ... The W&J women finished in 13th place out of 14 teams in the 5K run, while the President men placed 12th in the 8K race ... Regan was the top PAC finisher as he notched 34th place out of 160 competitors (27:57) ... Long was the second-best finisher among PAC runners as she took 28th place out of 157 total entries (20:12) ... Sophomore **Andrew Nowak** recorded the second-best finish for the W&J men in 72nd place (29:25) ... The Presidents return to action in two weeks at the NYU Invitational.



Waynesburg Yellow Jackets

The Waynesburg women opened the 2006 season with a fourth-place showing on Saturday at the 11-team SeaGull Opener hosted by Salisbury University ... Meanwhile, the men's squad placed ninth in an 11-team field ... Host Salisbury captured the meet with 47 points, while Waynesburg captured fourth with 102 points; its highest-ever finish at the SeaGull opener ... Leading the Yellow Jackets was sophomore **Megan Grover**, who crossed the finish line in 23:06 to place sixth in the 87-runner field ... Trailing 29 seconds behind was junior **Michelle Propst**, who took eighth in the season-opening event ... On the men's side, WC senior **Heath Piper** led the Yellow Jackets through the race in 28:56 to take 62nd place ... Junior **Tim Monaghan** followed in 65th place with a time of 29:09.



Westminster Titans

The Westminster cross country teams ran in their first races of the 2006 season Saturday at the Fisher Invitational ... Both Titan teams placed eighth, while the men's team absorbed 206 points in the nine-team field and the women had 209 points in their 11-school race ... Senior **Scott Seserko** finished in 35th place as the Titan men's top runner (30:35), followed by juniors **Will DeLair** and **Joey Knott** in 44th and 45th, respectively, with times of 31:40 and 32:05 ... Freshman **Elizabeth Beardsley** paced the Titan women with her 19th-place time of 20:39, followed by **Leanna Stitt** in 40th (22:15) ... Walsh's **Brendan McKee** won the men's 8K race (27:20), while Franciscan's **Amelia Uppgaard** crossed the stripe first for the women in the 5K (19:36).



Saint Vincent Bearcats

The Lady Bearcats captured their second consecutive team title at the Westminster Fisher Invitational, posting 44 points to top second place Gannon (76) ... Junior **Laura Magnuson** finished in second place overall with a time of 19:32 ... The Saint Vincent men placed third at the Duquesne Duals in Pittsburgh paced by sophomore **Adam Smith**, who finished 13th in a 97-runner field (27:04) consisting mainly of Division I runners.

2006 PAC RUNNERS OF THE WEEK

	<u>Men</u>	<u>Women</u>
9/3	Bobby Regan , W&J	Kristen Carter , GCC
9/10		
9/17		
9/24		
10/1		
10/8		
10/15		