



CROSS COUNTRY 2005

Presidents' Athletic Conference
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RECENT RESULTS

Saturday, September 3

Westminster Fisher Invitational - New Wilmington, Pa.

Men (nine teams)

6. Thiel (173)
 8. Westminster (204)
 9. Bethany (233)
- Thomas More - individuals only

Women (10 teams)

7. Westminster (212)
 8. Bethany (213)
- Thiel, Thomas More - individuals only

Case Western Reserve Sudeck Classic - Cleveland, Ohio

Men (10 teams)

5. Grove City (146)
10. Washington & Jefferson (245)

Women (10 teams)

1. Grove City (45)
- Washington & Jefferson - individuals only

Salisbury Seagull Invitational - Salisbury, Md.

Men (10 teams)

10. Waynesburg

Women (10 teams)

6. Waynesburg

UPCOMING EVENTS

Friday, September 9

Norse Classic - Highland Heights, Ky.

Thomas More

Saturday, September 10

Thiel College Invitational - Greenville, Pa.

Bethany, Thiel, Waynesburg, Westminster

Grove City, Washington & Jefferson - idle

PAC Men's Cross Country Runner of the Week

ASHTON OSTERBERG

Thiel College

Freshman

Edinboro, Pa./General McLane H.S.

Osterberg ran to a ninth-place finish with a time of 28:53.6 at Saturday's Westminster College Fisher Invitational, leading Thiel to a sixth-place finish in the overall team score. Osterberg's time on Saturday was the third-best Division III time at the 84-runner event.

*Also nominated was senior **Ken Hopper** of Bethany, senior **Dan Chittick** of Grove City, sophomore **Matt Rudzki** of Washington & Jefferson, sophomore **Tim Monaghan** of Waynesburg, and freshman **Aaron Titus** of Westminster.*

PAC Women's Cross Country Runner of the Week

ELISA PEDERSEN

Grove City College

Senior

Santa Rosa, Calif./Montgomery H.S.

Pedersen finished in second place in a 120-runner field at the Bill Sudeck Classic, hosted by Case Western Reserve University in Cleveland. Her time of 19:20.18 held the Wolverine women capture the team title in the 10-school field.

*Also nominated was senior **Mallory Roadman** of Bethany, freshman **Erin Long** of Washington & Jefferson, freshman **Megan Grover** of Waynesburg, and freshman **LeighAnn Jordan** of Westminster.*

PAC CROSS COUNTRY CAPSULES



Bethany Bison

Bethany started the 2005 cross country slate at Westminster for the Fisher Invitational ... The women's team placed eighth out of 12 teams at the meet ... Senior **Mallory Roadman** was the top BC runner, as she took 12th overall with a time of 20:24.8 ... Sophomore **Sarah Goho** just missed a top 25 finish (out of 109) by crossing in 26th place ... The men's team took ninth place overall, led by **Ken Hopper** ... The Bethany senior took 25th place overall with a time of 30:15.1 ... The Bison will get an early look at the course that will host the 2005 PAC Championships when it runs at the Thiel Invitational on Saturday.



Thiel Tomcats

Led by freshman **Aston Osterberg's** ninth-place finish, the Thiel men's cross country team finished sixth at Westminster College's Fisher Invitational Saturday in New Wilmington ... The women's team ran as individuals due to an incomplete roster of entrants ... In his first collegiate race, Osterberg finished with a time of 28:53.6, the third-best Division III time at the event ... Senior **Dan Hemme** finished 39th overall with a time of 31:32.9, followed by freshman **Elijah Defassio** in 44th with a time of 32:08.4 ... On the women's side, senior **Jacci Corso** was the Tomcats' top performer, finishing 82nd with a time of 24:41.8...senior **Jill Turrisi** finished 84th with a time of 25:03.



Washington & Jefferson Presidents

W&J opened its 2005 season Saturday at the Sudeck Classic hosted by Case Western Reserve ... The W&J men placed 10th out of 10 teams, while the women's squad competed on an individual basis ... Sophomore **Matt Rudzki** paced the W&J men as he finished in 10th place (27:29.93) ... Freshman **Bobby Regan** was the only other W&J competitor to place in the top 50 as he notched 47th place (29:26.02) ... Freshman **Erin Long** was the top President women's finisher with a 32nd-place showing (21:16.60) ... Sophomore **Crystalyn Lee** placed 64th overall with a time of 22:21.34 ... Both W&J squads continue their 2005 seasons on Saturday, Sept. 17th at Allegheny.



Westminster Titans

Westminster opened the 2005 season this weekend by hosting the annual Fisher Invitational in New Wilmington ... The Titan men placed eighth in a nine-team field, while the Lady Titans placed seventh in a 10-team field ... Leading the way for the men was freshman **Aaron Titus**, who placed 41st out of 84 runners in a time of 31:44.1 ... Other top finishers included sophomore **Willie DeLair** in 46th place in 32:19.1, and junior **Scott Seserko** in 52nd place in 32:48.9 ... The Lady Titan harriers were paced by freshmen **LeighAnn Jordan**, who finished 28th in a 109-runner field (21:24.8) ... Other top times for the women include junior **Amy Carroll** in 46th place (22:20.5), and sophomore **Leanna Stitt** in 50th place (22:38.6).



Grove City Wolverines

The Grove City women's team placed five runners in the top 15 Saturday in winning the 10-team Bill Sudeck Classic at Case Western Reserve University ... Senior **Elisa Pedersen** took second while freshman **Kristen Carter** followed in third ... Also earning top-15 finishes were sophomore **Brittany Croft** (11th), junior **Cara Pierce** (12th) and frosh **Julia Seward** (13th) ... Grove City accumulated 45 points, easily outdistancing runner-up CWUR (71 points) ... The Wolverine men took fifth out of 10, led by senior **Dan Chittick's** 23rd place finish ... Also for the Wolverines, **Chris Andrew** took 24th and **Joey Cortez** grabbed 29th ... Grove City finished with 146 points ... Grove City is idle this week before returning to action Sept. 17 at Allegheny.



Thomas More Saints

Cross country made its return to Thomas More last weekend, as the Saints entered several individuals at the Westminster College Fisher Invitational ... Top TMC finishers on the men's side included **Ben Bach** (53rd, 32:52) and **Stephano Kaiser** (73rd, 38:44), while **Kila Hanrahan** (94th, 25:32) paced the women.



Waynesburg Yellow Jackets

Waynesburg opened its fall season this weekend at the Seagull Opener at Salisbury University ... The women's squad placed sixth overall, while the men's team finished tenth place ... Sophomore **Michelle Propst** placed 16th out of the 86-member field, but it was her former high school teammate and current Yellow Jacket freshman, **Megan Grover**, that finished with best overall time and finish, 14th overall (23:48) ... Sophomores **Haley Hinds** and **Katie Weko** each posted top 50 times ... On the men's side, the U.S. Naval Academy claimed the team title with four top 10 runners ... Newcomer **Tim Monaghan** posted a team-best time of 29:41 to finish 59th in a field with over 100 runners ... Junior **Heath Piper** was second on the squad with a time of 30:04 and a 66th-place finish.

2005 PAC RUNENRS OF THE WEEK

Men

Women

9/4	Ashton Osterberg, THI	Elisa Pedersen, GRO
9/11		
9/18		
9/25		
10/2		
10/9		
10/15		