



CROSS COUNTRY 2005

Presidents' Athletic Conference
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RECENT RESULTS

Friday, September 9

Norse Classic - Highland Heights, Ky.

Thomas More - men's & women's individuals only

Saturday, September 10

Thiel College Invitational - Greenville, Pa.

Men (nine teams)

3. Waynesburg - 106

4. Westminster - 110

7. Thiel - 160

Bethany - individuals only

Women (12 teams)

2. Waynesburg - 54

6. Westminster - 195

7. Bethany - 199

9. Thiel - 255

Grove City, Washington & Jefferson - idle

UPCOMING EVENTS

Saturday, September 17

Allegheny Invitational - Meadville, Pa.

Grove City, Thiel, Washington & Jefferson

Berea Invitational - Berea, Ky.

Thomas More

Marietta Invitational - Marietta, Ohio

Bethany

Penn State-Behrend Invitational - Erie, Pa.

Westminster

St. Francis Invitational - Loretto, Pa.

Waynesburg

PAC Men's Cross Country Runner of the Week

KEN HOPPER
Bethany College
Senior

Charleston, W. Va./George Washington H.S.

Hopper was the top PAC finisher at the 71-runner Thiel Invitational, as he placed ninth in a time of 29:25.85. He was also the second-faster Division III runner at the event, trailing only **Zach Kocian** of Pitt-Greensburg.

*Also nominated was junior **Heath Piper** of Waynesburg, and freshman **Aaron Titus** of Westminster.*

PAC Women's Cross Country Runner of the Week

MICHELLE PROPST
Waynesburg College
Sophomore

Brighton, Colo./Faith Christian H.S.

Propst finished in sixth place in a 107-runner field at the Thiel Invitational posting a time of 24:48.42, leading the Yellow Jackets to a second-place team finish. She posted the top time and finish of all non-scholarship runners at the event.

*Also nominated was senior **Mallory Roadman** of Bethany and freshman **LeighAnn Jordan** of Westminster.*

PAC CROSS COUNTRY CAPSULES



Bethany Bison

Bethany ran in their second meet of the season Saturday by competing at the Thiel Invitational ... The highlight of the meet was senior **Ken Hopper** being the top runner from the PAC to finish ... His time of 29:25.86 placed him ninth overall, behind six runners from D-II Clarion and Seton Hill, an NAIA school ... Pitt-Greensburg's **Zach Kocian** was the only D-III competitor to finish ahead of Hopper ... Freshman **Matthew Schlemmer** was the second Bison to cross, as he placed 28th out of 71 runners ... The women's team, which was seventh out of 12 teams, was paced by senior **Mallory Roadman** in 11th place (25:40.42), while sophomore **Sarah Goho** earned 25th place in the 107-runner field.



Grove City Wolverines

Allegheny.

Both Grove City teams were off last weekend. Grove City will compete in the Allegheny Invitational this weekend ... The Grove City women are the defending champion of that event ... The men placed third last season at



Thiel Tomcats

The Tomcat men's and women's cross country teams hosted the Thiel Invitational Saturday morning at the Greenville Airport ... The men's team finished ninth with 255 points while the women came in seventh with 160 points ... Thiel's top performer on the men's side was senior **Ben Wheeler**, who finished 18th overall with a time of 30:14.44 ... Senior **Dan Hemme** finished 22nd with a time of 30:48.33 ... Senior **Jacci Corso** paced the Thiel women's squad, finishing 49th overall with a time of 29:04.65.



Thomas More Saints

Several Thomas More individuals competed at the Norse Classic on Friday at Highland Heights, Ky. ... Top TMC finishers on the men's side included **Ben Bach** (33rd, 33:42) and **Stephano Kaiser** (38th, 42:54), while **Kila Hanrahan** (22nd, 27:46) paced the women.



Washington & Jefferson Presidents

The Washington & Jefferson College men's and women's cross country squads were idle last week, but both return to action this Saturday morning at the Allegheny Classic ... The meet is scheduled to begin at 10:30 am.



Waynesburg Yellow Jackets

Both Waynesburg teams posted strong finishes at the Thiel Invitational ... The women placed three top-10 finishers as the Yellow Jackets finished second in the 11-team field ... On the men's side, Waynesburg placed third in the nine-team field ... Both Yellow Jacket teams posted the best finishes among the four PAC schools in attendance ... The Colorado native tandem of **Michelle Propst** and **Megan Grover** finishing sixth and seventh, respectively ... Propst ran a time of 24:48:42, just seven seconds better than Grover ... Sophomore **Katie Weko** had a 10th place time of 25:28.16 ... On the men's side, junior **Heath Piper** ran a team-best time of 29:31.36, finishing 10th in the 71-member field ... **Tim Monaghan** finished 25 seconds behind Piper to finish 13th overall.



Westminster Titans

Westminster competed at the Thiel Invitational, with the Titan men finishing fourth out of nine teams and the Lady Titan harriers placing sixth in a 12-team field ... Leading the way for the Titan men was freshman **Aaron Titus**, who placed 14th out of 71 runners in a time of 29:58 ... Other Westminster finishers included freshman **Andrew Brown** in 19th place in 30:26; junior **Scott Seserko** in 23rd place in 30:56; and sophomore **Willie DeLair** in 24th place in 31:10 ... The Lady Titans were paced by freshman **LeighAnn Jordan**, who finished in 26th place in a 107-runner field with a time of 26:53 ... Other times included junior **Amy Carroll** in 33rd place in 27:38; and sophomore **Leanna Stitt** in 40th place in 27:53.

2005 PAC RUNNERS OF THE WEEK

	Men	Women
9/4	Ashton Osterberg , THI	Elisa Pedersen , GRO
9/11	Ken Hopper , BET	Michelle Propst , WAY
9/18		
9/25		
10/2		
10/9		
10/15		