



CROSS COUNTRY 2006

Presidents' Athletic Conference
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RECENT RESULTS

Friday, September 15

Notre Dame Catholic Invitational

Saint Vincent men - 2nd of 19 small colleges

Saint Vincent women - 4th of 19 small colleges

Northern Kentucky Norse Classic - Highland Hts., Ky.

Thomas More men - 3rd of 4 teams

Saturday, September 16

Waynesburg Invitational - Waynesburg, Pa. - 10:30 a.m.

Waynesburg men - 10th of 14 teams

Waynesburg women - 7th of 16 teams

Penn State-Behrend Invitational - Erie, Pa.

Men - 12 teams

3. Grove City (83)

6. Westminster (169)

Women - 12 teams

3. Grove City (73)

5. Westminster (168)

NYU Invitational - New York, N.Y.

Washington & Jefferson men - 13th of 35 teams

Washington & Jefferson women - individuals only

Marietta Invitational - Marietta, Ohio

Bethany men - individuals only

Bethany women - 6th of 8 teams

UPCOMING EVENTS

Friday, September 22

D-III Pre-Nationals - West Chester, Ohio

Saint Vincent (M)

Saturday, September 23

Saint Vincent Invitational - Latrobe, Pa. - 10:30 a.m.

Waynesburg, Westminster

Penn State Invitational - State College, Pa.

Grove City

Otterbein Invitational - Westerville, Ohio

Washington & Jefferson

Bethany, Thomas More - off

PAC Men's Runner of the Week

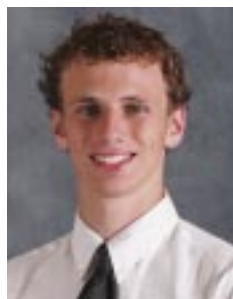
BOBBY REGAN

Washington & Jefferson

Sophomore

Gibsonia, Pa.

Pine-Richland H.S.



Regan finished in 21st place in a 294-runner field with a five-mile time of 28:14 at the New York University Invitational at Van Cortland Park in New York City. He finished just 1:41 behind the race winner, **Ricky Flynn** of Lynchburg (Va.).

Also nominated was sophomore **Eric Scheller** of Bethany, sophomore **Nathan Johnson** of Grove City, freshman **Chad Schmidt** of Thomas More, and senior **Heath Piper** of Waynesburg.

PAC Women's Runner of the Week

KRISTEN CARTER

Grove City

Sophomore

Bellingham, Wash.

Bellingham H.S.



Crater finished in second place in a 105-runner field at the Penn State-Behrend Invitational in Erie, Pa., on Saturday. Carter posted a time of 18:55.15 in the event.

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 competed at the Marietta Invitational over the weekend ... The women's team placed sixth out of eight teams ... A pair of freshmen led BC's efforts, as **Maggie McCort** placed 28th out of 75 runners with a time of 22:49, while **Desiree Finley** crossed in 37th with a time of 23:51 ... Junior **Chantal Stettinius** was the Bison's third best runner with a 46th place showing ... The men's team had just two individuals compete, with sophomores **Eric Scheller** and **Matt Schlemmer** placing 69th and 70th respectively ... Both teams will now have a week off before running at the Franciscan Invitational Sept. 30.



Grove City Wolverines

Both Grove City squads earned third place at the Penn State-Behrend Invitational Saturday in Erie ... Sophomore **Kristen Carter** led Grove City's effort on the women's side with a second-place finish ... She posted a time of 18:55.15 ... Freshman **Candace Coholich** added a ninth-place effort in 20:03.20 while junior **Amanda Hewitt** finished 13th ... Junior **Sarah Sharp** finished 23rd ... The men's team also posted its best effort of 2006 ... Sophomore **Nathan Johnson** grabbed 13th place in 27:55.40 while classmate **Daniel Spaulding** finished 15th ... Sophomore **Brett Kelly** (17th) and junior **Joey Cortez** (20th) joined them in the top 20 ... Freshman **Royce Hyland** crossed in 25th ... Grove City will compete in the Penn State Invitational this Saturday.



Thomas More Saints

For the second straight race, **Chad Schmidt** was the first Thomas More runner across the finish line, finishing 15th in 5:59 ... However, he was the second Division III runner to complete the course ... The Saints will have a week off before running at the Earlham Cross Country Invitational on Sept. 30.



Washington & Jefferson Presidents

The Presidents traveled to the New York University Invitational this past weekend ... The men's squad placed 13th out of 35 teams, while the women competed on an individual basis ... The Presidents were once again led by sophomore **Bobby Regan**, who placed 21st out of 294 competitors with a time of 28:12 in the five-mile race ... Regan was only 1:41 behind the winner ... Freshman **Patrick Thomas** placed 49th (29:11), while classmate **Will Seymour** took 109th place (31:11) ... On the women's side, sophomore **Erin Long** recorded the best time in 15th place (20:26) out of 262 runners ... Long was 1:44 behind the individual champion ... Junior **Ashley Holman** also placed 133rd overall (23:37) ... Both President squads compete Saturday at the Otterbein Invitational.



Waynesburg Yellow Jackets

Waynesburg hosted its annual invitational Saturday, as a combined 30 men's and women's teams programs competed in the race ... The Yellow Jacket women finished seventh in a 16-school field, while the men placed 10th out of 14 teams ... Sophomore **Megan Grover** paced the Yellow Jackets with a time of 24:20 for a 14th-place finish in the 149-runner field ... Freshman **Janet Carson** clocked in at 25:06 to finish 34th, while junior **Michelle Propst** rounded out Waynesburg's top-50 trio, finishing in 25:20 ... Junior **Katie Weko** placed 59th overall (25:59) and classmate Haley Hinds was close behind in 61st (26:06) ... For the men, senior Heath Piper placed 73rd in the 141-runner field with a time of 29:08 ... Just behind Piper was junior **Tim Monaghan**, who crossed the finish line at 29:11 to finish 74th overall.



Westminster Titans

Westminster's men and women placed sixth and fifth, respectively, at the Penn State-Behrend Invitational Saturday ... The Titan men finished in the upper half of the 12-team field with 169 points, nearly matched by the women with 168 points in their 12-team race ... Three Titan women placed in the top 35 ... Reigning PAC runner of the week **Elizabeth Beardsley** led the Titans, as the freshman placed 18th overall (21:01.6) ... Classmate **Michelle Bistrice** and junior **Leanna Stitt** crossed the finish line in 33rd and 34th place with times of 22:38 and 22:45, respectively ... In the men's 5-mile race, like their female teammates, the Titans had three runners in the top 35 ... Senior **Scott Seserko** paced the Titans with a 30th-place time of 30:40.8, followed by junior **Cory Criss** in 31st at 30:56.15 and junior **Will DeLair** in 32nd at 31:08.05.



Saint Vincent Bearcats

The Bearcat men finished 2nd among D2 and D3 schools competing at South Bend, IN in the Notre Dame Catholic Invitational ... **Adam Smith** covered the course in 26:45, good for 35th place among 237 runners, including those from NCAA-I schools ... The Lady Bearcats were 4th among 19 in the small college division at ND, despite missing one of their top runners, **Tess Jones** ... Senior **Kara Shirley** led the way for SVC, with a time of 20:05, good for 12th in the small college division.

2006 PAC RUNNERS OF THE WEEK

	<u>Men</u>	<u>Women</u>
9/3	Bobby Regan , W&J	Kristen Carter , GCC
9/10	Chad Schmidt , TMC	Elizabeth Beardsley , WES
9/17	Bobby Regan , W&J	Kristen Carter , GCC
9/24		
10/1		
10/8		
10/15		