



# CROSS COUNTRY 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, September 17*

### **Allegheny Invitational - Meadville, Pa.**

#### Men (four teams)

2. Grove City - 64
3. Washington & Jefferson - 84
4. Thiel - 124

#### Women (three teams)

1. Grove City - 27
  3. Thiel - 95
- Washington & Jefferson - individuals only

### **Berea Invitational - Berea, Ky.**

#### Men

Thomas More - individuals only

### **Marietta Invitational - Marietta, Ohio**

#### Men

Bethany - individuals only

#### Women (eight teams)

7. Bethany

### **Penn State-Behrend Invitational - Erie, Pa.**

#### Men (10 teams)

7. Westminster - 199

#### Women (14 teams)

8. Westminster - 233

### **St. Francis Invitational - Loretto, Pa.**

#### Men (12 teams)

12. Waynesburg

#### Women (12 teams)

9. Waynesburg

## UPCOMING EVENTS

*Saturday, September 24*

### **St. Vincent Invitational - Latrobe, Pa.**

Bethany, Thiel, Waynesburg

### **Penn State Invitational - State College, Pa.**

Grove City

### **Roanoke Invitational - Roanoke, Va.**

Washington & Jefferson

Thomas More, Westminster - off

## **PAC Men's Cross Country Runner of the Week**

**MATT RUDZKI**

**Washington & Jefferson College**

Sophomore

Pittsburgh, Pa./Fox Chapel H.S.

Rudzki was the top PAC finisher at the Allegheny Invitational in Meadville, Pa., on Saturday, as he finished in fourth place out of 54 runners in a life-time personal-best time of 26:51.

Also nominated was senior **Ken Hopper** of Bethany, freshman **Dan Spaulding** of Grove City, sophomore **Tim Monaghan** of Waynesburg, and sophomore **Nate Mitchell** 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 46-runner field at the Allegheny Invitational in Meadville, Pa., with a time of 23:01 Saturday, as she led the Wolverine women's team to the Allegheny team title (GCC's second of the season).

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

# PAC CROSS COUNTRY CAPSULES



## Bethany Bison

The Bison cross country season continued Saturday, as the teams ran at Marietta ... The women's team, who placed seventh out of eight teams, was led by **Mallory Roadman's** 13th place finish in the 72-runner field ... The BC senior crossed the finish line with a time of 21:58.07 ... Two other runners placed in the top 40, including sophomore **Sarah Goho** (28th) and sophomore **Chantal Stettinius** (39th) ... The men's team did not have enough runners to field a complete team, but they did have two runners earn top 40 finishes ... Senior **Ken Hopper** took 19th place overall (30:19.56), while freshman **Matthew Schlemmer** was 37th.



## Thiel Tomcats

The Thiel men's and women's cross country both competed at Saturday's Allegheny College Classic ... The women's team finished in third place with 95 team points, led by senior **Jacci Corso's** 40th place finish (29:30) ... The men's team placed fourth with 124 points ... Freshman **Ashton Osterberg** paced the team by finishing 29th with a time of 30:05 ... Senior **Ben Wheeler** finished 44th (32:13).



## Washington & Jefferson Presidents

The President men placed third out of four teams, while the W&J women competed on an individual basis in the same meet Saturday in Meadville ... Allegheny won the men's championship, while Grove City captured the women's team title ... The W&J men finished with 84 team points ... Sophomore **Matt Rudzki** led the Presidents with a fourth-place finish in a lifetime personal-best mark of 26:51 ... Freshman **Bobby Regan** placed 17th with a season-best time of 28:47, while classmate **Matt Toldero** turned in a 31st-place finish (31:15) ... On the women's side, freshman **Erin Long** was the top President finisher in the 6K race as she posted an 11th-place showing with a season-best time of 25:09 ... Sophomore **Crystalyn Lee** was the next best W&J finisher in 17th place (26:32).



## Westminster Titans

The Titan men finished in seventh place out of 10 teams, while the Lady Titan harriers finished eighth in a 14-team field at the Penn State-Behrend Invitational in Erie Saturday ... Leading the way for the men was sophomore **Nate Mitchell**, who placed 50th out of 111 runners (30:03) ... Other Westminster finishers included freshman **Aaron Titus** in 54th place (30:19); sophomore **Willie DeLair** in 58th place (30:52); and freshman **Andrew Brown** in 60th place (30:55) ... The Lady Titans were paced by sophomore **Leanna Stitt**, who finished in 51st place in a 124-runner field (22:07) ... Other times for the Westminster women include junior **Amy Carroll** in 60th place (22:37); and freshman **LeighAnn Jordan** in 71st place (23:35).



## Grove City Wolverines

The Grove City women captured their second title of the season Saturday, winning the Allegheny Invitational ... Grove City nipped the hosts, 27-29 ... Four Grove City runners placed in the top nine ... Senior **Elisa Pedersen** took second while frosh **Kristen Carter** was fourth ... Freshman **Julia Seward** took sixth while sophomore Brittany Croft placed ninth ... The GCC men placed second, trailing only host Allegheny ... Freshman **Dan Spaulding** led the Wolverine effort with an 11th-place finish while senior **Dan Chittick** placed 13th ... Sophomore **Chris Andrew** (15th), junior **Andrew Leuenberger** (17th) and freshman **Nathan Johnson** (19th) all had top 20 finishes ... Grove City will compete in the Penn State Invitational Saturday.



## Thomas More Saints

**Larry Stange** made his Thomas More debut in Saturday's race at Berea, finishing 74th in a time of 41:44 ... **Ben Bach** has been the first TMC player across the finish line in all three races, as he placed 43rd in 32:42 at Berea ... **Stephano Kaiser** was 69th in 37:77 ... **Kila Hanrahan** sat out the meet due to an illness.



## Waynesburg Yellow Jackets

Both Waynesburg cross country teams competed at Saint Francis University (Pa.) last weekend in the Red Flash Invitational ... The Yellow Jacket women posted a ninth-place finish, while the men's team placed 12th with both fields being comprised of mainly Division I programs ... Leading the women again was the Faith Christian (Col.) graduate tandem of **Michelle Propst** and **Megan Grover** ... Grover posted a team-best time of 21:49 to finish 36th overall in a field of 119 runners, while Propst finished 38th (21:50) ... Sophomore **Haley Hinds** finished 63rd for the Yellow Jackets (22:51), while classmate **Katie Weko** crossed the finish line 67th in 23:09 ... Sophomore **Tim Monaghan** paced the Jacket men's team with a time of 30:37, while teammate **Heath Piper** finished in 30:54.

## 2005 PAC RUNNERS OF THE WEEK

	Men	Women
9/4	<b>Ashton Osterberg</b> , THI	<b>Elisa Pedersen</b> , GRO
9/11	<b>Ken Hopper</b> , BET	<b>Michelle Propst</b> , WAY
9/18	<b>Matt Rudzki</b> , W&J	<b>Elisa Pedersen</b> , GRO
9/25		
10/2		
10/9		
10/15		