



CROSS COUNTRY 2002

Presidents' Athletic Conference
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LAST WEEK'S RESULTS - September 21

Allegheny Classic - Meadville, Pa.

Men's Results (11 teams)

2. Grove City (62)
4. Westminster (104)
8. Washington & Jefferson (257)
9. Thiel (261)

Women's Results (10 teams)

2. Grove City (50)
6. Westminster (149)
7. Thiel (157)
9. Washington & Jefferson (255)

Marietta Invitational - Marietta, Ohio

Men's Results (eight teams)

6. Bethany

Women's Results (10 teams)

3. Bethany
7. Waynesburg (160)

THIS WEEK'S SCHEDULE - September 28

Bethany, Waynesburg, Westminster at St. Vincent College Invitational - Latrobe, Pa.

Grove City at Salisbury University Invitational - Salisbury, Md.

Thiel at Thiel Homecoming Fun Run

Washington & Jefferson - idle

PAC Men's Cross Country Runner of the Week

RYAN MITCHELL
Grove City College
Senior

Centerville, Ohio/Centerville H.S.

Mitchell was the top PAC finisher at the Allegheny Classic in Meadville, placing fifth in a 117-runner field with a season personal-best time of 27:15.8. It was Mitchell's second consecutive top five finish.

Other nominees included freshman **Ken Hopper** of Bethany, senior **Matt Yokitis** of Washington & Jefferson and senior **Dan Beckwith** of Westminster.

PAC Women's Cross Country Runner of the Week

ELISA PEDERSON
Grove City College
Freshman

Santa Rosa, Calif./Montgomery H.S.

Pederson captured the 88-runner Allegheny Classic by over 10 seconds, posting a personal-best time of 19:08.1. She has two victories and one second place finish in three events this season.

Other nominees included junior **Tiffany Baumgart** of Bethany, freshman **Alexis Orchowski** of Washington & Jefferson and junior **Sara Ialongo** of Westminster.

PAC CROSS COUNTRY NOTES

Bethany Bison

Bethany's cross country teams fared well at the Marietta Invitational Saturday ... The men's team finished sixth out of eight teams, led by freshman **Ken Hopper's** ninth place finish (29:59) ... Freshman **Kevin McGann** was the next best finisher, crossing in 21st place ... The women's team came in third place out of five teams ... Three runners finished in the top 25, led by junior **Tiffany Baumgart** with a 14th place finish (27:28) ... Freshmen **Mallory Roadman** and **Alexis Rinfret** finished 20th and 23rd respectively.

Wash. & Jeff. Presidents

W&J returned to action following a bye week last weekend and competed at the Allegheny Classic in Meadville, Pa. ... The men's squad placed eighth out of 11 teams, while the women's squad posted a ninth-place finish of 10 teams ... Senior **Matt Yokitis** was the Presidents' top runner for the third-straight meet by posting his first sub 30-minute race of the year ... He placed 54th overall in a time of 29:51 ... On the women's side, freshman **Alexis Orchowski** continued her solid season with a 28th place time of 21:50 ... Orchowski's finishing time was her best this season ... Senior **Ravina Kullar** completed her first race in over two years after battling injuries to finish 63rd overall with a time of 25:25.

Grove City Wolverines

Both the GCC men and women finished second to Allegheny Saturday in Meadville ... Freshman **Elisa Pedersen** won her second event in three outings this year, winning at Allegheny by over 10 seconds ... **Janna Sallade** finished sixth, **Katherine Muse** placed eighth and **Theresa Miller** finished 12th for Grove City, which earned 50 team points ... On the men's side, **Ryan Mitchell** nipped teammate **Steve Brown** for fifth place at Allegheny ... **Brad Wray** took 14th while **Nick Gingerich** grabbed the 15th spot for Grove City ... The Wolverine men finished second with 62 team points.

Waynesburg Yellow Jackets

Waynesburg took seventh place at the Marietta College Invitational in Marietta, Ohio, Saturday ... **Chrissy Barnhart** led the Jackets with a time of 28:18 for the 3.77 miles course to finish 17th overall ... **Rachel Feldner**, who returned from an injury suffered two weeks ago at the Thiel Invitational, placed second on the team and 28th overall with a time of 29:16, closely followed by freshman **Michelle Thompson** with a time of 29:25.

Thiel Tomcats

The Thiel College men's and women's cross country teams both participated at the Allegheny College Classic last Saturday in Meadville ... The women's team finished seventh out of ten teams, while the men's team finished ninth out of 11 participating schools ... Leading the way for the women's team was sophomore **MaryBeth Scialabba**, who finished 15th overall with a time of 20:46.0 ... Junior **Mayumi Sasaki** finished 34th with a time of 22:13.9 ... The men were led by freshmen **Brandon Shemack** and **Ben Wheeler** led the men's team, finishing 77th and 78th overall with times of 31:05.7 and 31:10.6.

Westminster Titans

The Westminster cross country teams each competed this weekend at the Allegheny Classic ... The Titan men placed fourth out of 11 teams, while the Lady Titans finished sixth in a 10-team field ... For the Titan men, leading the way was senior **Dan Beckwith**, who placed 16th overall in a 117-runner field with a time of 28:19.7 ... Other top Titan finishers included junior **Sean Gallagher**, who finished 18th in 28:23.0; and junior **Tim Snyder**, who was 23rd in 28:34.6 ... The Lady Titan harriers were led by junior **Sara Ialongo**, who was 18th in an 83-runner field in 20:53.7 ... Lady Titan senior **Nikki Beaver** placed 25th in 21:21.9.

Past PAC Men's Runners of the Week

September 1: Ken Hopper, Bethany
September 8: Steve Brown, Grove City
September 15: Brandon Shemak, Thiel
September 22: Ryan Mitchell, Grove City
September 29:
October 6:
October 13:
October 20:

Past PAC Women's Runners of the Week

September 1: Nicole Beaver, Westminster
September 8: Elisa Pederson, Grove City
September 15: MaryBeth Scialabba, Thiel
September 22: Elisa Pederson, Grove City
September 29:
October 6:
October 13:
October 20: