



CROSS COUNTRY 2006

Presidents' Athletic Conference
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RECENT RESULTS

Friday, September 22

D-III Pre-Nationals - West Chester, Ohio

Saint Vincent (M) - 15th of 16 teams

Saturday, September 23

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

Men - 13 teams

3. Saint Vincent (100)
5. Waynesburg (145)
8. Westminster (224)

Women - 13 teams

2. Saint Vincent (54)
4. Waynesburg (84)
10. Westminster (227)

Penn State Spiked Shoe Invitational - State College, Pa.

- Grove City (M) - 19th of 24 teams
Grove City (W) - 22nd of 25 teams

Otterbein Invitational - Westerville, Ohio

- Washington & Jefferson (M) - 8th of 12 teams
Washington & Jefferson (W) - individuals only

Bethany, Thomas More - off

UPCOMING EVENTS

Friday, September 29

Lehigh Paul Short Invitational - Bethlehem, Pa. - 2 p.m.

Grove City

Saturday, September 30

Westminster Invitational - New Wilmington, Pa. - 10 a.m.

Westminster

Earlham Invitational - Earlham, Ind.

Thomas More

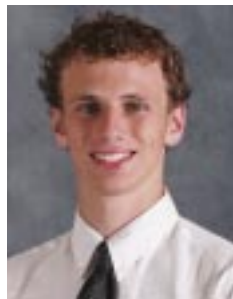
Bethany, Saint Vincent, Washington & Jefferson,
Waynesburg - off

PAC Men's Runner of the Week

BOBBY REGAN

Washington & Jefferson

Sophomore
Gibsonia, Pa.
Pine-Richland H.S.



Regan earned his third PAC Runner of the Week honor this season after placing 17th out of 152 runners for W&J at the Otterbein Invitational in Westerville, Ohio last Saturday. He finished the eight kilometer race in 27:31, 54 seconds behind the race winner.

Also nominated was sophomore **Daniel Spaulding** of Grove City, junior **Tim Monaghan** of Waynesburg, and junior **Cory Criss** of Westminster.

PAC Women's Runner of the Week

MEGAN GROVER

Waynesburg

Sophomore
Arvada, Colo.
Faith Christian H.S.



Grover placed seventh in a 119-runner field at the Saint Vincent Invitational in Latrobe last weekend, posting a time of 20:32 to finish less than a minute behind the overall race leader. She led Waynesburg to a fourth-place team finish.

Also nominated was freshman **Candice Coholich** of Grove City, sophomore **Erin Long** of Washington & Jefferson, and freshman **Elizabeth Beardsley** of Westminster.

PAC CROSS COUNTRY CAPSULES



Bethany Bison

The Bison runners had last week off after competing at the Marietta Invitational Sept. 16 ... Bethany was scheduled to compete at the Franciscan Invitational on Sept. 30 but that match has been cancelled ... At this time, the Bison are not scheduled to run again until the Carnegie Mellon Invitational on Oct. 14.



Grove City Wolverines

Grove City's men and women competed in Penn State University's Spiked Shoe Invitational ... The Wolverines competed against numerous NCAA Division I and II opponents ... On the men's side, sophomore **Daniel Spaulding** placed 77th while frosh **Royce Hyland** took 119th ... Freshman **Candice Coholich** led Grove City's women with a 92nd-place finish ... Sophomore **Kristen Carter** crossed in 109th while senior **Cara Pierce** took 122nd ... Syracuse won both team titles at Penn State ... Grove City will compete in another predominantly-Division I field Friday afternoon at Lehigh's Paul Short Invitational.



Thomas More Saints

Thomas More was off last week ... The Saints will return to action this Saturday at the Earlham Invitational.



Washington & Jefferson Presidents

W&J's men's squad placed eighth of 12 teams Saturday at the Otterbein Invitational, while the women's team competed as individuals ... Sophomore **Bobby Regan** led the men in 17th place with a time of 27:31 ... Freshman **Patrick Thomas** notched 68th place with a time of 29:33, while sophomore **Andrew Nowak** claimed 69th (29:34) ... Freshman **Will Seymour** turned in an 86th place showing (30:10), while freshman **Ryan Bashoum** rounded out the Presidents' top finishers in 30:17, placing 89th ... Sophomore **Erin Long** posted W&J's best women's finish in 14th place (24:13) during the 6K race ... Junior **Ashley Holman** took 78th place in 28:46, while sophomore **Chelsey Golden** grabbed 110th place (36:09).



Waynesburg Yellow Jackets

The Waynesburg women's team finished 4th in a 13-team field at the Bearcat Invitational, hosted by Saint Vincent ... Sophomore **Megan Grover** finished seventh overall in 119-runner field with a time of 20:32, less than a minute behind the overall leader ... Freshman **Janet Carson** continues her impressive campaign, placing 15th overall at 21:03, while junior Michelle Propst finished 17th overall at 21:17 ... Juniors **Haley Hinds** and **Katie Weko** also both finished in the top 25 for the Yellow Jackets ... The men's team placed 5th in a 13-team, 113-runner field ... Junior **Tim Monaghan** led Waynesburg with a time of 29:48 to finish 18th overall ... Teammates **Heath Piper** and **Andy Archbold** placed 21st and 25th, respectively.



Westminster Titans

The Westminster men and women placed eighth and 10th, respectively, at the Saint Vincent Invitational Saturday ... Junior **Cory Criss** led the Titan men with a 27th-place time of 30:27 in the 8-kilometer race, while senior teammate **Scott Seserko** took 29th at 30:32 ... The Titan men's team collected 224 points ... Geneva won the event with 54 points ... The top finisher was Point Park's **Jessie Bender** with a time of 27:55 ... Freshman **Elizabeth Beardsley** paced the Titan women with a 28th-place time of 21:58 on the 5-kilometer course ... Junior **Leanna Stitt** placed 35th at 22:31 ... The Titan women's team absorbed 227 points ... Geneva swept both races as its women's team won the event with 49 points ... Saint Vincent's **Tess Jones** won the individual honors.



Saint Vincent Bearcats

The Bearcat men split their squad this week, running part of the team Friday in the D3 Pre-Nationals ... **Adam Smith** was SVC's top runner, finished 42nd overall with a time of 26:42 ... The SVC women finished second in the SVC Invitational, with **Tess Jones** taking top overall honors with a time of 19:57 ... **Kara Shirley** was third overall, crossing the wire in 20:08.

2006 PAC RUNNERS OF THE WEEK		
	Men	Women
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	Bobby Regan , W&J	Megan Grover , WAY
10/1		
10/8		
10/15		