



CROSS COUNTRY 2005

Presidents' Athletic Conference
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RECENT RESULTS

Saturday, September 24

St. Vincent Invitational - Latrobe, Pa.

Men (11 teams)

- 5. Waynesburg (168)
- 6. Thiel (189)
- 9. Bethany (288)

Women (11 teams)

- 3. Waynesburg (69)
- 6. Bethany (170)
- 8. Thiel (238)

Penn State Spiked Shoe Invitational - State College, Pa.

Men (17 teams)

- 13. Grove City

Women (16 teams)

- 8. Grove City

Roanoke Invitational - Roanoke, Va.

Men (six teams)

- 5. Washington & Jefferson

Women

Washington & Jefferson - individuals only

Thomas More, Westminster - idle

UPCOMING EVENTS

Saturday, October 1

Pitt-Greensburg Invitational - Greensburg, Pa.

Bethany, Westminster

Dickinson Invitational - Carlisle, Pa.

Grove City, Waynesburg

Earlham Invitational - Earlham, Ind.

Thomas More

Thiel, Washington & Jefferson - idle

PAC Men's Cross Country Runner of the Week

BOBBY REGAN

Washington & Jefferson College

Freshman

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

Regan finished in fourth place out of 64 runners at the Roanoke Invitational in Roanoke, Va., as he covered the eight-kilometer course in a lifetime personal-best time of 27:36.

*Also nominated was senior **Ken Hopper** of Bethany, and freshman **Dan Spaulding** of Grove City.*

PAC Women's Cross Country Runner of the Week

ERIN LONG

Washington & Jefferson College

Freshman

McMurray, Pa./Peters Township H.S.

Long posted the best finish by a W&J women's runner in recent history as she placed third out of 59 runners at the Roanoke Invitational in Roanoke, Va. She posted a lifetime personal-best mark of 19:59 over the five-kilometer course.

*Also nominated was senior **Mallory Roadman** of Bethany, senior **Elisa Pedersen** of Grove City, and sophomore **Michelle Propst** of Waynesburg.*

PAC CROSS COUNTRY CAPSULES



Bethany Bison

Bethany ventured out to Latrobe, Pa., to run in the Saint Vincent Invitational Saturday ... The women's team took sixth place out of 11 teams, while the men were ninth out of 11 ... Leading the women was senior **Mallory Roadman**, who placed 11th overall out of 96 runners with a time of 20:25 ... Two other Bison runners placed in the top third, as sophomore **Sarah Goho** took 26th and sophomore **Chantal Stettinius** was 33rd ... Earning top honors for the men was senior **Ken Hopper**, who finished 20th with a time of 30:07, while freshman **Matt Schlemmer** earned 39th place in the 90-runner field ... Both teams return to the courses this weekend at the Pitt-Greensburg Invitational.



Grove City Wolverines

Both Grove City teams competed in the Penn State Spiked Shoe Invitational Saturday ... Grove City's women placed second among the six D-III teams in attendance and eighth overall in the 16-team field ... Senior **Elisa Pedersen** led Grove City with a seventh-place finish in the 201-runner field while freshman **Kristen Carter** took 23rd ... Freshman Julie Seward took 40th ... On the men's side, Grove City finished 13th out of 17 teams ... Freshman **Dan Spaulding** took 60th while senior Dan Chittick finished 64th out of 188 runners ... The meet featured five Division I and three Division II teams ... Grove City will compete in the Dickinson Invitational this weekend ... The NCAA Mid-east Regional meet will also be held at Dickinson Nov. 12.



Thiel Tomcats

The Thiel men's and women's cross country teams participated in Saturday's Saint Vincent College Invitational in Latrobe ... The men's squad finished sixth with 189 points while the women placed eighth with 238 points ... Clarion University's **Sean Williams** won the individual title with a time of 26:56 while Clarion's **Erin Richard** took home the individual title for the women with a time of 18:48 ... Thiel's top performer on the women's side was senior **Jacci Corso**, who finished in 47th place with a time of 23:34 ... Men's individual results were not reported.



Thomas More Saints

Thomas More was off last week ... The Saints will run at the Earlham Invitational on Saturday in Earlham, Ind.



Washington & Jefferson Presidents

The vast improvement of W&J cross country continued Saturday in Virginia as the Presidents placed three runners among the top five ... Sophomore **Matt Rudzki** (26:58) earned third place and was followed by freshman **Bobby Regan**, who notched fourth in the 8K race with a lifetime personal-best mark of 27:36 ... For the W&J women, freshman **Erin Long** also set a lifetime personal-best as she toured the 5K course in 19:59 ... Freshman **Matt Toldero** crossed the finish line with a season-best time of 30:05 in 29th place, while classmates **Rob Clendening** and **Pete Stahl** posted 31st and 37th place showings, respectively ... Sophomore **Crystalyn Lee** placed 17th for the second consecutive week(21:29).



Waynesburg Yellow Jackets

The Yellow Jacket women registered a third-place finish in the 11-team field at the Saint Vincent Invitational Saturday, while the men's squad finished fifth in the 11-team invite ... Both Waynesburg teams posted the highest showing of the non-scholarship competing at the race ... Sophomore **Michelle Propst** again led the team, placing fifth in the 96-member field (19:53) ... Her former high school teammate **Megan Grover** posted another top time for Waynesburg, as she crossed the finish line 10th (20:23) ... St. Vincent marked the second time this season that both Colorado natives finished in the top 10 ... Sophomores **Haley Hinds** and **Katie Weko** each finished in the top 20 ... Leading the men's squad was sophomore **Tim Monaghan**, followed by junior **Heath Piper**.



Westminster Titans

Westminster was off last week ... The Titan and Lady Titan harriers return to action on Saturday (Oct. 1) at the Pitt-Greensburg Invitational in Greensburg, Pa.

2005 PAC RUNNERS OF THE WEEK

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