



# CROSS COUNTRY 2003

Presidents' Athletic Conference  
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LAST WEEK'S RESULTS - September 27  
St. Vincent College Invitational - Latrobe, Pa.  
Men's Results (nine teams)  
2. Westminster (39)  
3. Thiel (95)  
6. Waynesburg (169)  
Bethany - NS

Women's Results (nine teams)  
3. Bethany (87)  
4. Waynesburg (98)  
5. Westminster (139)  
7. Thiel (228)

Wooster Invitational - Wooster, Ohio  
Women's Results (nine teams)  
9. Washington & Jefferson

Grove City - off

UPCOMING SCHEDULE - October 4  
Grove City, Waynesburg, Westminster at Dickinson  
College Invitational - Carlisle, Pa.

Thiel at Thiel Homecoming Fun Run - Greenville, Pa.

Bethany, Washington & Jefferson - off

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

SEAN GALLAGHER  
Westminster College  
Senior  
Valencia, Pa./Mars Area H.S.

Gallagher earned PAC Runner of the Week laurels for the second time this season after finishing as the top PAC runner at the St. Vincent College Invitational in Latrobe. Gallagher finished fourth out of 68 runners with an eight-kilometer time of 28:29 as he led the Titans to a second-place finish in a nine-team field.

Also nominated was sophomore Ken Hopper of Bethany.

## PAC Women's Cross Country Runner of the Week

MALLORY ROADMAN  
Bethany College  
Sophomore  
Wellsburg, W.Va./Brooke H.S.

Roadman earned her fourth PAC Runner of the Week honor in 2003 after capturing the individual title at the St. Vincent College Invitational in Latrobe with a course-record time of 20:47, 14 seconds ahead of the second-place finisher. It was her third invitational win of the season.

Other nominees included freshman Bethann Rosenbauer of Washington & Jefferson, junior Rachel Feldner of Waynesburg, and senior Sara Ialongo of Westminster.

## PAC CROSS COUNTRY NOTES

### Bethany Bison

Mallory Roadman continued her tremendous year when she not only won the St. Vincent Invitational but set a new course record doing it ... Her time of 20 minutes and 47 seconds was more than 14 seconds faster than the second place runner and allowed her to win her third race of the season ... She also won the Westminster Invitational and the Pitt-Johnstown dual meet earlier this season ... Senior Tiffany Baumgart also placed in the top 10 at St. Vincent, crossing in ninth place with a time of 21:40 ... The men could not field a complete team as just three runners competed ... Sophomore Ken Hopper finished ninth overall with a time of 29:34, while sophomore Michael Reese crossed in 18<sup>th</sup> (30:56).

### Wash. & Jeff. Presidents

The Washington & Jefferson women's cross country team placed ninth of nine teams at the Wooster Invitational on Saturday in Ohio ... Freshman Bethann Rosenbauer was W&J's top performer after posting a 57th place finish in a time of 22:47 ... Classmate Nicole Kennedy crossed the finish line in 77th place (24:10), while freshman Marissa Capuzzi placed 97th overall with a time of 27:21 ... Junior Christina Lee finished 101st (28:10) and first-year runner Bonnie McGill rounded out the President competitors in 103rd place (30:15) ... W&J now has two weeks off before competing at Carnegie Mellon on Saturday, October 11<sup>th</sup> at 2:00 pm.

### Grove City Wolverines

Both Grove City squads were idle last weekend ... Grove City will participate in the Dickinson Invitational this weekend in Carlisle, Pa.

### Waynesburg Yellow Jackets

Waynesburg's women's team, led by two top five finishers, finished fourth in the nine-team St. Vincent College Invitational ... The men's team finished in sixth place at the event ... Rachel Feldner finished second overall with a time of 21:01, just 14 seconds behind the overall leader Mallory Roadman of Bethany ... Sophomore Michelle Thompson notched a fourth place overall finish with a time of 21:08 ... Megan Bugala finished third for the Jackets with a time of 22:04, which placed her 13th overall ... Host St. Vincent College (57) claimed first place in the women's race with five runners in the top 20 ... Sean Maloy of Waynesburg finished with a team-best of 34:20 to finish 40th overall, leading the sixth-place men's team.

### Thiel Tomcats

The Thiel men's cross country team finished third at Saturday's Saint Vincent College Invitational in Latrobe ... The Tomcats finished third with 95 points, behind team champion Saint Vincent (20 pts.) and Westminster (39 pts.) ... The women's team finished seventh with a total of 228 points ... Sophomores Brandon Shemak and Dan Hemme paced the men's team while sophomore Jacci Corso was top scorer on the women's side ... Shemak finished 19th with a time of 30:58 and Hemme was right behind him in 20th, finishing with a time of 31:03 ... Sophomore Ben Wheeler rounded out the Tomcats top three performers, finishing 27th with a time of 31:53 ... Corso finished 33rd overall with a time of 23:52.

### Westminster Titans

The Westminster men's and women's cross country teams placed second and fifth, respectively, at the St. Vincent Invitational on Saturday ... The Westminster men were led by the senior duo of Sean Gallagher and Tim Snyder ... Gallagher was the top PAC finisher at the race as he finished fourth out of 68 runners with a time of 28:29 on the eight-kilometer course, followed by Snyder in fifth place in 28:33 ... Senior John Libert also placed in the Top 10, finishing seventh overall in 29:15 ... For the Lady Titans, the duo of senior Sara Ialongo and junior Felicie Reid led the way ... Ialongo was the team's top finisher, placing sixth out of 72 runners with a time of 21:13, followed by Reid in seventh place in 21:22.

### Past PAC Men's Runners of the Week

August 31: Sean Gallagher, Westminster  
September 7: Tim Snyder, Westminster  
September 14: Steve Brown, Grove City  
September 21: Steve Brown, Grove City  
September 28: Sean Gallagher, Westminster  
October 5:  
October 12:  
October 19:

### Past PAC Women's Runners of the Week

August 31: Mallory Roadman, Bethany  
September 7: Mallory Roadman, Bethany  
September 14: Mallory Roadman, Bethany  
September 21: Elisa Pedersen, Grove City  
September 28: Mallory Roadman, Bethany  
October 5:  
October 12:  
October 19: