



CROSS COUNTRY 2002

Presidents' Athletic Conference
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LAST WEEK'S RESULTS - September 28

St. Vincent College Invitational - Latrobe, Pa.

Men's Results (four teams)

1. Westminster (33)
4. Bethany (95)

Women's Results (six teams)

3. Westminster (64)
4. Bethany (85)
5. Waynesburg (105)

Salisbury Invitational - Salisbury, Md.

Men's Results (18 teams)

7. Grove City (173)

Women's Results (15 teams)

4. Grove City (117)

Thiel , Washington & Jefferson - idle

THIS WEEK'S SCHEDULE - October 5

Bethany, Grove City, Thiel, Washington & Jefferson at **Waynesburg Invitational** - Waynesburg, Pa.

Westminster at **Mount Union College Invitational** - Alliance, Ohio

PAC Men's Cross Country Runner of the Week

KEN HOPPER
Bethany College
Freshman

Charleston, W.Va./George Washington H.S.

Hopper was the top PAC finisher at the St. Vincent Invitational, placing third out of 45 runners with a time of 28:27. It was his third Top 5 finish of the season.

Other nominees included senior **Ryan Mitchell** of Grove City and junior **Sean Gallagher** of Westminster.

PAC Women's Cross Country Runner of the Week

SARA IALONGO
Westminster College
Junior

Ellwood City, Pa./Lincoln H.S.

Ialongo posted her first collegiate career victory on Saturday, capturing the 47-runner St. Vincent Invitational with a time of 21:00. She finished 13 seconds ahead of the second place runner.

Other nominees included freshman **Mallory Roadman** of Bethany, sophomore **Janna Sallade** of Grove City and freshman **Michelle Thompson** of Waynesburg.

PAC CROSS COUNTRY NOTES

Bethany Bison

Several Bethany runners had standout days at the St. Vincent Invitational ... On the women's side, freshman **Mallory Roadman** earned her the first top 10 finish of her collegiate career by placing eighth with a time of 21:50 ... Junior **Tiffany Baumgart** wasn't far behind, crossing in 10th place (22:04) ... Also earning top 25 places was freshman **Alexis Rinfret** (18th) and junior **Kristy McGrew** (23rd) ... On the men's side, freshman **Ken Hopper** continued his outstanding year, taking third place out of 45 runners ... His time of 28:27 put him just ahead of two runners from PAC rival Westminster.

Wash. & Jeff. Presidents

The Washington & Jefferson men's and women's cross country team were idle this week for the second time in three weeks, but return to action this weekend as they compete in the Waynesburg Invitational at 10 am ... Senior **Matt Yokitis** has led the W&J men in each of the first three meets of the season, while freshman **Alexis Orchowski** has posted the top women's time in all three events.

Grove City Wolverines

The Grove City women continued their outstanding season by finishing fourth at Salisbury Saturday ... **Elisa Pedersen** finished eighth in the 163-runner field while **Janna Sallade** finished ninth ... **Katherine Muse** took 16th while **Theresa Miller** finished 35th ... **Deb Bruno** was 57th ... Lady Wolverines accumulated 117 team points, 40 behind champion Kutztown State ... On the men's side, **Ryan Mitchell** placed eighth while **Steve Brown** was 27th in the 181-runner field ... **Dans Adams** and Chittick were 43rd and 46th, respectively ... The Wolverine thinclads finished with 173 points.

Waynesburg Yellow Jackets

The Jackets took fifth place in the St. Vincent College Invitational with 105 points, as freshman **Michelle Thompson** ran a team-high time of 21:51 for ninth place ... **Rachel Feldner** followed with a 15th-place time of 22:30, while **Chrissy Barnhart** took 17th with a time of 22:38 ... Waynesburg will host its annual invitational on Saturday, Oct. 5.

Thiel Tomcats

The Thiel men's and women's cross country teams hosted the annual Thiel College Homecoming Fun Run last Saturday ... The teams will next compete at the Waynesburg College Invitational on Oct. 5.

Westminster Titans

The Westminster cross country teams each competed this weekend at the St. Vincent Invitational ... The men captured the team title, placing 10 runners among the top 16 finishers ... The Lady Titans placed third out of six teams ... Lady Titan junior **Sara Ialongo** captured her first career individual title with a time of 21:00, while senior **Nikki Beaver** was the team's only other top 10 finisher as she placed fifth overall in 21:38 ... On the men's side, top 10 finishers included junior **Sean Gallagher** (4th in 28:32), senior **Dan Beckwith** (5th in 28:32), senior **Bryan Mackrell** (7th in 29:12), junior **Tim Snyder** (8th in 29:16), junior **John Libert** (9th in 29:18) and sophomore **Marcus Corvino** (10th in 29:20)

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: Ken Hopper, Bethany
October 6:
October 13:
October 20:

Past PAC Women's Runners of the Week

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