



# CROSS COUNTRY 2004

## Presidents' Athletic Conference

Joe Onderko, Information Director

Phone - (724) 946-6357

Fax - (724) 946-7187

E-Mail: [onderkjm@westminster.edu](mailto:onderkjm@westminster.edu)

Web: [www.westminster.edu/pac](http://www.westminster.edu/pac)

### LAST WEEK'S RESULTS - October 2

#### **Pitt-Greensburg Invitational - Greensburg, Pa.**

##### Men (6 teams)

3. Waynesburg

##### Women (5 teams)

1. Waynesburg

Bethany - individuals only

#### **Washington & Lee Invitational - Lexington, Va.**

##### Men (3 teams)

2. Westminster (47)

##### Women (4 teams)

3. Westminster (64)

Grove City, Thiel, Washington & Jefferson - off

### THIS WEEK'S SCHEDULE - October 9

Thiel, Waynesburg, Westminster at Bethany Invitational -  
Bethany, W.Va. - 10:30 a.m.

Grove City, Washington & Jefferson at Carnegie Mellon  
Invitational - Pittsburgh, Pa. - 11 a.m.

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

**CHRIS DIAMOND**  
**Westminster College**

Freshman  
Dunmurry, Northern Ireland

Diamond, who earned his second PAC Runner of the Week honor of the season, was the top Westminster finisher at the Washington & Lee Invitational in Lexington, Va. He finished fifth in a 37-runner field with an eight-kilometer time of 30:32.

Also nominated was sophomore **Heath Piper** of Waynesburg.

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

**MICHELLE PROPST**  
**Waynesburg College**

Freshman  
Brighton, Col./Faith Christian H.S.

Propst earned PAC Runner of the Week honors for the second straight week and the third time this season after capturing the individual title at the Pitt-Greensburg Bobcat Invitational. Propst finished in a time of 17:46, earning her first collegiate career win by 51 seconds.

Also nominated was senior **Felicie Reid** of Westminster.

## PAC CROSS COUNTRY NOTES

### **Bethany Bison**

The Bison women's cross country team competed at the Pitt-Greensburg Bobcat Harvest Invitational on Saturday, Oct. 2 ... The team did not place due to fielding an incomplete team ... Waynesburg won with 27 points ... **Sarah Goho** led the way with an eighth place finish in a time of 19:47 on the 5K course ... **Michelle Propst** of Waynesburg won the meet in a time of 17:46 ... **Chantel Stettinius** was next for Bethany in 19<sup>th</sup> place in 21:54, while **Dana Culbert** was finished 38<sup>th</sup> in a time of 27:05 ... The fourth and final runner for Bethany was **Ashley Hovanic**, who placed 41<sup>st</sup> in 32:15.

### **Wash. & Jeff. Presidents**

Both Washington & Jefferson cross country squads were idle this past week, but return to action on Saturday at the Carnegie Mellon Invitational in Pittsburgh, Pa.

### **Grove City Wolverines**

Grove City returns to action this week at the Carnegie Mellon Invitational in Pittsburgh.

### **Waynesburg Yellow Jackets**

For the first time in program history, the Waynesburg women's cross country team had the top three finishes in a race ... **Michelle Propst** ran away from the pack at the Bobcat Invitational in 17:46 for her first collegiate win, 51 seconds ahead of teammate **Rachel Feldner** ... Feldner (18:37) and junior **Michelle Thompson** (19:08) rounded out the top three overall runners in the race ... **Katie Weko** finished 9th overall in 19:50 ... On the men's side, Waynesburg finished 3rd overall for its highest finish since the program restarted last season ... **Heath Piper** led all Jacket runners with a time of 28:59 and finished sixth overall, while teammates **Trevor Vaughn** and **Jack Haines** finished eighth and ninth, respectively.

### **Thiel Tomcats**

Thiel's men's and women's cross country squads did not compete last week ... Both teams are set to participate in Saturday's Bethany Invitational (10:30 a.m.).

### **Westminster Titans**

Westminster placed second and third, respectively, at the Washington & Lee Invitational in Lexington, VA ... Freshman **Chris Diamond** was the top men's finisher as he placed fifth in a 37-runner field in 30:32 ... Other Titans included freshman **Nate Mitchell** in eighth place in 30:58; senior **Marcus Corvino**, who placed 12th in 32:12; sophomore **Scott Seserko**, who finished 14th in 32:21; and senior **Brad Zerbe**, who was 16th in 32:35 ... For the Lady Titans, senior **Felicie Reid** led the squad by placing fifth out of 28 runners in 27:03 ... Other finishers included freshman **Leanna Stitt** in 10th in 28:19; sophomore **Amy Carroll** in 16th in 29:33; senior **Sandy Edmiston** in 18th in 30:22; and junior **Sera Stauffer** in 19th in 31:01.

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

September 5: Matt Rudzki, Wash. & Jeff.

September 12: Chris Lee, Grove City

September 19: Chris Diamond, Westminster

September 26: Matt Rudzki, Wash. & Jeff.

October 3: Chris Diamond, Westminster

October 10:

October 17:

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

September 5: Michelle Propst, Waynesburg

September 12: Elisa Pedersen, Grove City

September 19: Elisa Pedersen, Grove City

September 26: Michelle Propst, Waynesburg

October 3: Michelle Propst, Waynesburg

October 10:

October 17: