

# 2011 PAC Cross Country Release Week 5 - October 3



**Presidents' Athletic Conference**  
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## 2011 PAC RESULTS/SCHEDULE

### LAST WEEK

Saturday, October 1, 2011

#### Pitt-Greensburg Bobcat Invitational

Men (nine teams)

1. Thiel - 29
  2. Geneva - 61
  3. Wash. & Jeff. - 71
- Bethany - individuals only

Women (12 teams)

1. Geneva - 63
2. Thiel - 80
3. Bethany - 91
5. Wash. & Jeff. - 117
7. Chatham - 137

#### Greater Louisville Classic

Men (35 teams)

25. Thomas More

Women

Thomas More - individuals only

Grove City/Saint Vincent/Waynesburg/  
Westminster - off

### THIS WEEK

Saturday, October 8, 2011

Chatham/Geneva/Thiel/Washington &  
Jefferson/Westminster at **Carnegie Mellon  
Invitational** - Schenley Park - Pittsburgh,  
Pa. - 10 a.m.

Saint Vincent/Waynesburg at **DeSales  
University Invitational** - Center Valley,  
Pa. - 10:30 a.m.

Bethany/Grove City/Thomas More - off

**LEADERS OF THE PAC:** Several conference teams competed Saturday at the Pitt-Greensburg Bobcat Invitational in Greensburg, Pa. ... Behind the efforts of W&J junior **Haley Roberts**, all runners at the Bobcat Invitational donned teal ribbons to raise awareness for ovarian cancer ... Thiel, which captured the UP-G men's team title, was paced by senior **Richard Peterson** (second in 27:43.4) and freshman **Lynsay Girts** (seventh, 26:13.4) ... Geneva captured the women's team crown, led by **Shannon Rech**'s fourth-place finish (25:45), while **Nick Edinger** finished third in the men's race for the GTs ... W&J swept the individual titles (see right) and finished third and fifth, respectively, in team competition ... Bethany senior **Joanna Mongelluzzo** placed second overall in the women's race in 24:27.1, while **Bison Cory Yarrington** was seventh in 28:44.5 for the men ... Leading Chatham's finishers at UP-G was **Rachel Leftwich** (13th, 26:30.2) ... Thomas More was led at the Greater Louisville Classic by **Matt Wurtzler** (39th, 27:42.0) and **Celia Arlinghaus** (59th, 20:39.23).

### Men's Runner of the Week

#### SCOTT RYAN

Wash. & Jeff.

Junior

Williamsville, N.Y.  
Williamsville East H.S.



Ryan earned his second PAC weekly award this season after capturing the individual title in an 85-runner field at the Pitt-Greensburg Bobcat Invitational in Greensburg, Pa., Saturday. The junior finished the eight-kilometer course in 26:56, 47 seconds ahead of the second-place finisher.

Also nominated was sophomore **Cory Yarrington** of Bethany, junior **Nick Edinger** of Geneva, senior **Richard Peterson** of Thiel, and sophomore **Matt Wurtzler** of Thomas More.

### Women's Runner of the Week

#### KRISTEN GALLIGAN

Wash. & Jeff.

Freshman

Frederick, Md.  
Governor Thomas  
Johnson H.S.



Galligan capture the first individual title of her collegiate career when she touched the tape of the six-kilometer course in 23:30 at the Pitt-Greensburg Bobcat Invitational in Greensburg, Pa. She finished nearly one minute ahead of her closest competitor in the 112-runner field.

Also nominated was senior **Joanna Mongelluzzo** of Bethany, sophomore **Rachel Leftwich** of Chatham, junior **Shannon Rech** of Geneva, freshman **Lynsay Girts** of Thiel, and junior **Celia Arlinghaus** of Thomas More.



### 2011 PAC CROSS COUNTRY RUNNERS OF THE WEEK

#### Men

September 6: **Richard Peterson**, THI  
September 12: **Scott Ryan**, W&J  
September 19: **Kevin Wanichko**, SVC  
September 26: **Nick Edinger**, GEN  
October 3: **Scott Ryan**, W&J  
October 10:  
October 17:

#### Women

**Ivette Mejia**, SVC  
**Ivette Mejia**, SVC  
**Jennifer Krueger**, WES  
**Ivette Mejia**, SVC  
**Kristen Galligan**, W&J

### Bethany Bison

Despite cold, rainy weather, the Bethany women finished third out of 12 teams and the Bison men placed three runners in the top 24 at Saturday's Pitt-Greensburg Invitational ... **Joanna Mongelluzzo** turned in another outstanding effort, as she finished second out of 112 runners ... Her time of 24:27.1 was behind only **Kristen Galligan** from W&J and more than 40 seconds ahead of the third place runner ... The Bison senior had help from teammates **Rhianna Petrone**, who earned 11<sup>th</sup> (26:28.4), while **Jess Olson** claimed 17<sup>th</sup> ... The three Bison men who competed at the race were not enough to score as a team, but all finished in the top 24 out of 86 runners ... **Cory Yarrington** continued his stellar season by claiming seventh place overall in 28:44.5.



### Chatham Cougars

Chatham placed 7<sup>th</sup> out of 12 complete teams at the Pitt-Greensburg Invitational ... Two runners placed in the Top 20: **Rachel Leftwich** placed 13<sup>th</sup> with 26:3.2, while **Lizz King** was 20<sup>th</sup> in a personal-record 27.50.1 ... **Tessa Hochberg** was right behind her in 27.50.7 ... Leftwich continues to be the team leader and shave seconds off of her time ... The Cougars moved up one place from last week and will compete at Carnegie Mellon Saturday.



### Geneva Golden Tornadoes

It was a very successful Saturday for Geneva's cross country teams ... The women's team took first place and men second place at the Pitt-Greensburg Invitational ... On the women's side, **Shannon Rech** paced the women's team with a fourth place overall finish while teammates **Anna Kluitenberg**, **Heidi Steiner** and **Emily Hoobler** all cracked the Top 10 to lead Geneva to a victory over 11 other competing schools ... The men's team featured a second place finish from **Nick Edinger** despite a couple slips on the muddy track ... Teammates **Nate Mansor**, **Charles Parker**, **Jacob Beschner** and **Aaron Ferguson** all broke the Top 25 ... Geneva will head to Carnegie Mellon for another test this Saturday.



### Grove City Wolverines

The Wolverines return to action in the DeSales University Invitational in Allentown this Saturday (Oct. 8) ... DeSales will also host the Mideast Region Championships November 12.



### Saint Vincent Bearcats

The Bearcats were idle last weekend after the men took home first-place and the women finished third the annual Saint Vincent Bearcat Invitational the previous weekend ... Senior **Ivette Mejia** captured the individual title for the third-straight year at the home meet.



### Thiel Tomcats

The Tomcat men's and women's cross country teams put together one of their best cumulative performances of the season Saturday at University of Pittsburgh at Greensburg Bobcat Invitational ... The Tomcat men's team won the nine-team event while the women's squad finished second in the 12-team field ... The men were again paced by **Richard Peterson**, who finished second in the 85-runner field with a time of 27:43.4 ... The men had five runners finish in the top 11 ... **Lynsay Girts** led the way for the Tomcat women, finishing seventh in the 112-runner field with a time of 26:13.4.



### Thomas More Saints

The men's team finished 25th out of 35 teams at the Greater Louisville Classic with 637 points ... Sophomore **Matt Wurtzler** led the Saints as he finished 39th with a time of 26:58.71 ... Rounding out the Saints' runners were freshman **Peter Curnutte** in 57th (27:27.71), junior **Andrew Fuller** in 212th (31:01.06), freshman **Logan Pattison-Knutson** in 218th (31:22.91) and sophomore **Joel Daley** in 260th (36:48.86) ... The women's team didn't record a team score ... Junior **Cecilia Arlinghaus** paced the women's team with a time of 20:39.23 and a 59th place finish ... Junior **Sarah Miller** finished 102nd (21:28.53), sophomore **Ashley Jordan** finished 159th (22:30.16) and sophomore **Morgan Bensman** finished 216th (23:46.09).



### Washington & Jefferson Presidents

Behind the efforts of W&J junior **Haley Roberts**, all runners at the Pitt-Greensburg Bobcat Invitational donned teal ribbons to raise awareness for ovarian cancer ... W&J swept the individual competition as junior **Scott Ryan** and freshman **Kristen Galligan** both placed first ... Ryan ran the course in 26:56, 47 seconds ahead of the next finisher ... Junior **Benjamin Kopchick** completed the race in 29:30, good for 11<sup>th</sup> place, while freshman **Josh Makepeace** turned in an 18<sup>th</sup> place showing (30:09) ... Galligan paced the women's team, as she finished the 8K race with a time of 26:56 ... Sophomore **Kia Ruhkamp** was close behind Galligan with a career-best third place finish (25:09) ... Sophomore **Nicole Montecalvo** was 24th in 28:03.



### Waynesburg Yellow Jackets

The Yellow Jackets had a week off to prepare for Saturday's trip to Center Valley, where they will compete in the DeSales University Invitational ... Waynesburg was last in action on Saturday, Sept. 24, at the Dickinson Long Course/Short Course Invitational.



### Westminster Titans

The Westminster men's and women's cross country teams were idle last week.



## Bethany Bison

		Men	Women
Sept. 3	at Westminster Fisher Invitational	NTS	11th/16 (284)
Sept. 10	at Waynesburg Invitational	NTS	4th/7 (125)
Sept. 20	Bethany 5K Invitational	NTS	1st/2 (15)
Oct. 1	Pitt Greensburg Invitational	NTS	3rd/12 (91)
Oct. 15	at Oberlin Inter-Regional Invitational		
Oct. 29	PAC Championships (host Westminster)		
Nov. 12	NCAA Mid-East Regionals (DeSales University)		

## Chatham Cougars

			Women
Sept. 3	at Westminster Fisher Invitational		14th/16 (411)
Sept. 10	at Waynesburg Invitational		9th/11 (236)
Sept. 24	at Saint Vincent Invitational		8th/11 (236)
Oct. 1	at Pitt-Greensburg Invitational		7th/12 (137)
Oct. 8	at Carnegie Mellon Invitational		
Oct. 29	PAC Championships (host Westminster)		
Nov. 12	NCAA Mid-East Regionals (DeSales University)		

## Geneva Golden Tornadoes

		Men	Women
Sept. 1	GENEVA 5K	2nd/4 (34)	2nd/4 (49)
Sept. 3	at Westminster Fisher Invit.	4th/13 (104)	10th/16 (207)
Sept. 10	at Waynesburg Invitational	3rd/8 (62)	3rd/11 (84)
Sept. 24	at Saint Vincent Invitational	3rd/9 (88)	4th/11 (100)
Oct. 1	at Pitt-Greensburg Invitational	2nd/9 (61)	1st/12 (63)
Oct. 8	at Carnegie Mellon Invitational		
Oct. 15	at Oberlin Inter-Regional Invitational		
Oct. 29	PAC Championships (host Westminster)		
Nov. 12	NCAA Mid-East Regionals (DeSales University)		

## Grove City Wolverines

		Men	Women
Sept. 3	at Westminster Fisher Invit.	5th/13 (113)	2nd/16 (108)
Sept. 10	at Waynesburg Invitational	2nd/8 (58)	1st/11 (45)
Oct. 8	at DeSales Invitational		
Oct. 15	at Oberlin Inter-Regional Invitational		
Oct. 29	PAC Championships (host Westminster)		
Nov. 12	NCAA Mid-East Regionals (DeSales University)		

## Saint Vincent Bearcats

		Men	Women
Sept. 3	at Duquesne Duals (M)	3rd/7	---
Sept. 3	at California (Pa.) Invitational (W)	---	6th/16 (163)
Sept. 10	at Waynesburg Invitational (W)	---	4th/11 (94)
Sept. 16	at Notre Dame Catholic Invitational	5th/20	12th/22
Sept. 24	SAINT VINCENT INVITATIONAL	1st/9 (35)	3rd/11 (91)
Oct. 8	at DeSales Invitational		
Oct. 15	at Oberlin Inter-Regional Rumble (M)		
Oct. 15	at Gettysburg Invitational (W)		
Oct. 29	PAC Championships (host Westminster)		
Nov. 12	NCAA Mid-East Regionals (DeSales University)		

## Thiel Tomcats

		Men	Women
Sept. 1	at Geneva 5K	1st/4 (32)	4th/4 (71)
Sept. 17	at Calvin-Knight Invitational	10th/16	15th/16
Sept. 24	at Otterbein Invitational	4th/13 (84)	11th/14 (280)
Oct. 1	at Pitt-Greensburg Invitational	1st/9 (29)	2nd/12 (80)
Oct. 8	at Carnegie Mellon Invitational		
Oct. 15	at Oberlin Inter-Regional Invitational		
Oct. 29	PAC Championships (host Westminster)		
Nov. 12	NCAA Mid-East Regionals (DeSales University)		

## Thomas More Saints

		Men	Women
Sept. 3	at Mount St. Joseph Invitational	NTS	4th/4 (94)
Sept. 10	at Queen City Invitational	10th/13 (305)	13th/15 (395)
Sept. 24	at Otterbein Invitational	10th/13 (270)	12th/14 (322)
Oct. 1	at Greater Louisville Classic	35th/35 (637)	NTS
Oct. 14	at Wilmington Fall Classic		
Oct. 29	PAC Championships (host Westminster)		
Nov. 12	NCAA Mid-East Regionals (DeSales University)		

## Washington & Jefferson Presidents

		Men	Women
Sept. 10	at Waynesburg Invitational	4th/8 (100)	6th/11 (169)
Sept. 24	at Dickinson Invitational	13th/16 (335)	14th/16 (394)
Oct. 1	at Pitt Greensburg Invitational	3rd/9 (71)	5th/12 (117)
Oct. 8	at Carnegie Mellon Invitational		
Oct. 15	at Oberlin Inter-Regional Rumble		
Oct. 29	PAC Championships (host Westminster)		
Nov. 12	NCAA Mid-East Regionals (DeSales University)		

## Waynesburg Yellow Jackets

		Men	Women
Sept. 1	at Geneva 5K	3rd/4 (60)	1st/4 (43)
Sept. 3	at Westminster Fisher Invit.	8th/13 (199)	4th/16 (134)
Sept. 10	WAYNESBURG INVITATIONAL	5th/8 (122)	2nd/11 (67)
Sept. 24	at Dickinson Invitational	16th/16 (475)	11th/16 (284)
Oct. 8	at DeSales Invitational		
Oct. 15	at Oberlin Inter-Regional Rumble		
Oct. 29	PAC Championships (host Westminster)		
Nov. 12	NCAA Mid-East Regionals (DeSales University)		

## Westminster Titans

		Men	Women
Sept. 1	at Geneva 5K	4th/4 (109)	3rd/4 (62)
Sept. 3	FISHER INVITATIONAL	8th/13 (199)	8th/16 (189)
Sept. 17	at PS-Behrend Invitational	7th/14 (180)	3rd/11 (75)
Sept. 24	at Saint Vincent Invitational	7th/9 (133)	2nd/11 (74)
Oct. 8	at Carnegie Mellon Invitational		
Oct. 15	at Oberlin Inter-Regional Invitational		
Oct. 29	PAC Championships (host Westminster)		
Nov. 12	NCAA Mid-East Regionals (DeSales University)		