



CROSS COUNTRY 2007

Presidents' Athletic Conference
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RECENT RESULTS

Saturday, October 6, 2007

Pitt-Greensburg Invitational - Greensburg, Pa.

Men (8 teams)

3. Thiel
5. Waynesburg

Women (8 teams)

2. Waynesburg
- Thiel - individuals only

Dickinson College Invitational - Carlisle, Pa. - 10:30 a.m.

Men (15 teams)

3. Saint Vincent
9. Washington & Jefferson

Women (12 teams)

8. Saint Vincent
10. Washington & Jefferson

Slippery Rock Invitational - Slippery Rock, Pa.

Men (5 teams)

2. Grove City
- Geneva - individuals only

Women (5 teams)

3. Grove City
4. Geneva

Bethany, Thomas More, Westminster - off

UPCOMING EVENTS

Friday, October 12, 2007

Wilmington Invitational - Wilmington, Ohio

Thomas More

Saturday, October 13, 2007

Waynesburg Invitational - Waynesburg, Pa.

Waynesburg

Carnegie Mellon Invitational - Pittsburgh, Pa. - 10:30 a.m.

Bethany, Geneva, Saint Vincent (M), Thiel, Washington & Jefferson, Westminster

Gettysburg Invitational - Gettysburg, Pa.

Grove City, Saint Vincent (W)

PAC Men's Runner of the Week

MATTHEW RUDZKI **Washington & Jefferson**

Senior
Pittsburgh, Pa.
Fox Chapel H.S.



Rudzki led W&J at the Dickinson Long-Short Invitational in Carlisle, Pa., on Saturday by placing sixth out of 144 runners in the long event. He posted a time of 27:14, as the President men finished fifth out of 21 teams on the 8.1 kilometer course.

*Also nominated was freshman **Garrett Cichowitz** of Grove City, freshman **Derek Workman** of Thiel, and senior **Tim Monaghan** of Waynesburg.*

PAC Women's Runner of the Week

KRISTEN CARTER **Grove City**

Junior
Bellingham, Wash.
Bellingham H.S.



Carter captured her fourth PAC honor this season after winning the individual title at the Slippery Rock University Open on Saturday in Slippery Rock, Pa. She posted a time of 22:51.4 to capture the individual title in the 93-runner field (comprised with numerous NCAA Division II runners) by over 25 seconds on the 6K course.

*Also nominated was junior **Erin Long** of Washington & Jefferson and senior **Michelle Propst-Cross** of Waynesburg.*

PAC CROSS COUNTRY CAPSULES

Bethany Bison



The Bison were off last weekend ... They will return to the trails Saturday at the Carnegie Mellon Invitational, which will be their final tune-up in preparation for PAC Championships on Oct. 27.

Geneva Golden Tornadoes



In overwhelming heat, Geneva's cross country teams competed at Slippery Rock on Saturday ... **Beth Bartolomeo** brought home a top 15 finish, but the women still managed to finish just fourth out of five teams ... On the men's side, Geneva had just four runners finish the race and as a result were held off the team scoreboard.

Grove City Wolverines



The Grove City cross country teams competed in the Slippery Rock University Open Saturday morning at nearby Cooper's Lake Campground ... The men's team placed second behind host SRU while the Grove City women took third, behind NCAA D-II powers Indiana and Slippery Rock ... Junior **Kristen Carter** posted her second straight individual victory, winning in 22:51.4 ... Junior **Julia Seward** took sixth while freshman **Emily Pierce** placed 11th ... On the men's side, freshman **Garrett Cichowitz** took eighth overall while junior **Nathan Johnson** finished 14th ... **Brett Kelly** (22nd), **Gordon Grob** (24th) and **Tim Su** (25th) also finished in the Top 25 ... Grove City will compete in the Gettysburg Invitational Saturday.

Saint Vincent Bearcats



Both SVC cross country squads participated at the Dickinson Invitational Saturday ... As a team, the Lady Bearcats finished 8th of 17 teams in the event's 6K race, 14th of 20 in the 4K ... In the long race, **Laura Magnuson** earned a medal with an eighth place finish (24:41) ... **Kelsey Sullivan** finished 35th overall with a time of 26:14 ... In the short race, SVC was led by **Kathy Stodola's** 73rd-place (17:04) finish ... On the men's side, SVC had individual champions in both races, as **Wayne Hooper** captured the individual title in the 4K (12:25) and **Adam Smith** finished first overall in the 8.1K (26:29) ... As a team, the men finished 9th of 21 teams in the 4K, 2nd of 21 in the 8K.

Thiel Tomcats



Tomcat freshman **Derek Workman** ran to an eighth-place finish with a time of 30:57.6 at Saturday's Pitt-Greensburg Bobcat Invitational, helping the Tomcat men's squad earn a third-place finish at the eight-team event ... Freshman **Alex Bent** was 15th overall with a time of 32:07.9 followed by junior **Klavin Boyd** in 16th place with a time of 32:16.2 ... Junior **Deighton Williams** earned 19th place with a time of 32:29.3.

Thomas More Saints



Thomas More was off last week and will return to action Friday at the Wilmington College Invitational.

Washington & Jefferson Presidents



W&J competed at the Dickinson Long-Short Invitational Saturday ... A total of 28 teams participated, but only 15 men's teams and 12 women's teams competed in both races for each gender ... In the 8.1K men's race, W&J placed fifth of 21 teams led by senior **Matthew Rudzki** and junior **Bobby Regan**, who placed sixth (27:14) and seventh (27:18), respectively, among the 144-runner field ... Sophomore **Will Seymour** led W&J with a 82nd-place finish in a 171-runner, 4K race field ... Junior **Erin Long** finished sixth in the 6K race (24:37) ... Junior **Megan Duffett** earned 36th place (26:15) ... Freshman **Laura Procaro** paced the Presidents' 4K team in 121st place (159 total runners).

Waynesburg Yellow Jackets



The Yellow Jackets competed at the annual Bobcat Invitational, hosted by Pitt-Greensburg, Saturday ... The women finished second overall in the eight-team field, just two points behind NCAA D-II Seton Hill, while the men finished fifth ... Senior **Michelle Propst-Cross** led Waynesburg with a third-place finish in 25:38.8 (the best time of any non-scholarship runner) ... Fellow seniors **Katie Weko** and **Haley Hinds** finished fifth and seventh overall, respectively, while sophomore **Janet Carson** and junior **Megan Grover** also posted top-15 times ... Senior **Tim Monaghan** led the men with a time of 31:03.0 and 11th place overall (second among non-scholarship runners).

Westminster Titans



The Westminster College men's and women's cross country teams were off for a consecutive weekend as the Westminster Invitational was canceled ... The teams are scheduled to run at Carnegie Mellon Saturday in their last race before the PAC Championships on Oct. 27.