



CROSS COUNTRY 2006

Presidents' Athletic Conference
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RECENT RESULTS

Saturday, October 7

Pitt-Greensburg Invitational - Greensburg, Pa.

Men (seven teams)

1. Waynesburg (64)
6. Westminster (100)

Women (nine teams)

1. Waynesburg (26)
4. Westminster (81)

Dickinson Invitational - Carlisle, Pa. - 10 a.m.

Men (13 teams)

9. Washington & Jefferson

Women (17 teams)

6. Saint Vincent
- Washington & Jefferson - individuals only

Penn State National Invitational - State College, Pa.

Saint Vincent (men) - 15th of 17 teams

Bethany, Grove City, Thomas More - off

UPCOMING EVENTS

Friday, October 13

Wilmington Invitational - Wilmington, Ohio

Thomas More

Saturday, October 14

Carnegie Mellon University Invitational - Pittsburgh, Pa.

Bethany, Grove City, Saint Vincent (M), Washington & Jefferson, Waynesburg

Gettysburg Invitational - Gettysburg, Pa.

Saint Vincent (W), Westminster

PAC Men's Runner of the Week

TIM MONAGHAN

Waynesburg

Junior

Marietta, Pa.

Donegal H.S.



Monaghan was the top finisher for the Yellow Jackets, who captured the team championship at the seven-team Pitt-Greensburg Bobcat Invitational in Greensburg, Pa., on Saturday. He finished in sixth place in a 65-runner field with a time of 29:09.

Also nominated was freshman **Patrick Thomas** of Washington & Jefferson, and senior **Scott Seserko** of Westminster.

PAC Women's Runner of the Week

MEGAN GROVER

Waynesburg

Sophomore

Arvada, Col.

Faith Christian H.S.



Grover captured the individual title at the Pitt-Greensburg Bobcat Invitational on Saturday in Greensburg, Pa., crossing the tape in a time of 24:27 to win by seven seconds over teammate Michelle Propst and by 43 seconds over the third-place finisher. Her victory led the Yellow Jacket women to the invitational team title as well.

Also nominated was sophomore **Erin Long** of Washington & Jefferson, and freshman **Elizabeth Beardsley** of Westminster.

PAC CROSS COUNTRY CAPSULES



Bethany Bison

The Bison were off last week and will run at the Carnegie Mellon Invitational in Schenley Park this weekend ... It will be the team's final tune-up for the Oct. 28 PAC Championships, which will be held at Waynesburg College.



Grove City Wolverines

Grove City's teams enjoyed an off week last Saturday ... The Wolverines will make final preparations for the Oct. 28 PAC Championships this Saturday at the Carnegie Mellon Invitational in Schenley Park ... Grove City last competed at CMU in 2004 ... That year, the women's team won the 17-team event while the men's team finished fourth out of 16.



Thomas More Saints

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Washington & Jefferson Presidents

W&J sophomores **Bobby Regan** and **Erin Long** posted the top Presidents' finishes Saturday at the Dickinson Long/Short Course Invitational ... The invitational was designed with two races on both the men's and women's sides ... The men competed in 4K and 8K races, while the women ran 4K and 6K courses ... As a combined team, the W&J men finished in 9th place out of 13 teams, while the President women competed as individuals ... Regan placed 14th out of 138 competitors with a personal best time of 27:12 in the 8K race ... Freshman **Patrick Thomas** ran his best race of the season after claiming 66th place (28:59) ... Long turned in a strong 11th-place showing to lead the women ... She finished the 6K race in 23:42.



Waynesburg Yellow Jackets

For the second straight season, the Waynesburg men's & women's cross country teams each captured an invitational title ... Saturday, the Yellow Jackets claimed both titles at the Bobcat Invitational, hosted by Pitt-Greensburg ... The women won the eight-team race (26 points), while the men topped a seven-team field (64) ... Sophomore **Megan Grover** posted a first-place time of 24:27 to capture her first collegiate race ... Junior **Michelle Propst** and freshman **Janet Carson** took second and fourth, respectively ... The men placed two runners among the top 10 overall ... Junior **Tim Monaghan** placed sixth with a time of 29:09 and was followed by senior **Heath Piper** in 10th place, 29:44 ... Sophomore **Shane Gottschalk** placed 13th in 30:06, and freshman **Andrew Archbold** took 15th.



Westminster Titans

Westminster's men's and women's teams competed at the Bobcat Invitational hosted by Pitt-Greensburg on Saturday ... The Titan women placed fourth in a nine-team field, while the Titan men finished sixth out of seven teams ... Titan senior **Scott Seserko** paced Westminster's men's team with a time of 29:30, good for seventh place overall in the 65-man field ... Freshman **Elizabeth Beardsley** cracked the top 10 as the Titans' top finisher in the women's race ... Beardsley ran the course in 26:05 to place eighth overall in the field of 66 runners ... Westminster absorbed 81 points while the Westminster men took on 100 points.



Saint Vincent Bearcats

The SVC Lady Bearcats finished sixth in the long race (6K) at the Dickinson Invitational, despite missing the team's top two runners on the year ... **Kara Shirley** finished 28th overall in a time of 24:21 ... **Rachel Gregory** was the team's top runner in the 4K, timed in 17:06. The men's team finished 15th at Penn State, competing against several NCAA-I and II schools ... **Adam Smith** was the Bearcats' top runner, covering the 5.2-mile course in 27:30, finishing 79th overall.

2006 PAC RUNNERS OF THE WEEK

	<u>Men</u>	<u>Women</u>
9/3	Bobby Regan , W&J	Kristen Carter , GCC
9/10	Chad Schmidt , TMC	Elizabeth Beardsley , WES
9/17	Bobby Regan , W&J	Kristen Carter , GCC
9/24	Bobby Regan , W&J	Megan Grover , WAY
10/1	Dan Spaulding , GRO	Elizabeth Beardsley , WES
10/8	Tim Monaghan , WAY	Megan Grover , WAY
10/15		