



CROSS COUNTRY 2004

Presidents' Athletic Conference

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LAST WEEK'S RESULTS - October 9

Bethany Invitational - Bethany, W.Va.

Men (three teams)

1. Westminster (15)
2. Waynesburg (50)
3. Thiel (78)

Bethany - individual only

Women (three teams)

1. Waynesburg (21)
2. Westminster (51)
3. Bethany (57)

Thiel - individuals only

Carnegie Mellon Invitational - Pittsburgh, Pa.

Men (16 teams)

4. Grove City (135)
12. Washington & Jefferson

Women (17 teams)

1. Grove City (62)

Washington & Jefferson - individuals only

THIS WEEK'S SCHEDULE - October 15-16

Friday, October 15

Grove City at Wilmington Invitational - Wilmington, Ohio - 4:30 p.m.

Saturday, October 16

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

Washington & Jefferson at Gettysburg Invitational - Gettysburg, Pa. - 11 a.m.

PAC Men's Cross Country Runner of the Week

CHRIS DIAMOND
Westminster College

Freshman
Dunmurry, Northern Ireland

Diamond earned PAC Runner of the Week honors for the second consecutive week and the third time this season after winning the individual title at the Bethany Invitational. Diamond finished first out of 30 runners in 28:39.4 to win by 28 seconds, while leading the Titans to the team title.

Also nominated was sophomore **Andrew Kloes** of Grove City, and freshman Matt Rudzki of Washington & Jefferson.

PAC Women's Cross Country Runner of the Week

ELISA PEDERSEN
Grove City College

Junior
Santa Rosa, Calif./Montgomery H.S.

Pedersen earned PAC Runner of the Week honors for the third time this season after capturing the 129-runner Carnegie Mellon Invitational. She posted a five-kilometer time of 18:27 to help lead the Lady Wolverines to the team championship at the 17-team CMU event.

Also nominated was freshman **Ashlee Osterberg** of Thiel, freshman **Victoria Caruso** of Washington & Jefferson, freshman **Michelle Propst** of Waynesburg, and senior **Felicie Reid** of Westminster.

PAC CROSS COUNTRY NOTES

Bethany Bison

The Bethany women's cross country team placed third at the Bethany Invitational Saturday ... Waynesburg won with 21 points, followed by Westminster (51) and Bethany (57) ... Thiel also competed but fielded an incomplete team ... Freshman **Sarah Goho** paced the team by placing sixth with a time of 26:11 on the 6K course ... Junior **Mallory Roadman** was close behind Goho in seventh place in a time of 26:45, while freshman **Chantal Stettinius** crossed the finish line in 28:04 to earn 11th place ... **Dana Culbert** was next in 21st place with a time of 34:10 and the fifth runner for the Bison was **Callie Chapman**, who was 27th in a time of 37:05.

Wash. & Jeff. Presidents

The W&J cross country teams returned to action after a bye week Saturday at the Carnegie Mellon Invitational ... The W&J men placed 12th out of 14 teams, while the women's squad competed on an individual basis ... Freshman **Matt Rudzki** once again paced the President men with a 10th-place finish out of 140 competitors in 27:25 ... Freshman **Preston Lockwood** was W&J's next best finisher in 39th place in 29:12 ... Both Rudzki and Lockwood set personal-best times in the meet ... Freshman **Victoria Caruso** was W&J's top female runner as she placed 19th out of 129 runners in 20:18 ... Freshman **Alyssa Pagano** came in 67th place (22:05), while senior **Jessica Mondani** finished 88th overall (23:21).

Grove City Wolverines

Both Grove City teams turned in solid outings Saturday in Pittsburgh at the CMU Invitational ... The women's team won their second team title of the season while the men's team rebounded for a fourth-place finish ... Junior **Elisa Pedersen** won the individual race with a time of 18:27 ... That time is a new Grove City 5K record ... It is Pedersen's second title of the season ... Sophomore **Cara Pierce** took seventh while freshman **Rachael Smith** finished 15th ... On the men's side, sophomore **Andrew Kloes** led the Wolverines with an eighth-place finish in 27:14 while **Dan Chittick** (28th) and **Chris Lee** (29th) each had top 30 finishes ... Grove City finished third among Division III teams.

Waynesburg Yellow Jackets

For the second time in as many weeks, the Waynesburg women's cross country team returned from a weekend race with a first-place finish at an invitational ... This week it was from the Bethany College Invitational, as three Yellow Jackets finished in the top four. ... Freshman Michelle Propst finished first overall in 23:51, 57 seconds ahead of the second-place runner, teammate Rachel Feldner (24:58) ... Junior **Michelle Thompson** finished fourth overall in 25:49 ... **Katie Weko** and **Haley Hinds** also secured top 10 finishes for the Jackets finishing eighth and ninth overall, respectively ... The men's cross country finished second ... **Heath Piper** and **Trevor Vaughan IV** cracked the top 10 ... Piper finished seventh, while Vaughan was ninth.

Thiel Tomcats

The Thiel men's and women's cross country teams competed at the Bethany College Invitational Saturday morning ... The men's team finished third with 78 team points while the women completed as individuals due to an insufficient number of competitors ... Junior **Ben Wheeler** finished 14th overall with a time of 31:44 to lead the Tomcats ... Junior **Dan Hemme** was 16th overall with a time of 32:14 ... Freshman **Ashlee Osterberg** ran to a third-place finish for the women, finishing with a time of 25:37 ... Sophomore **Emily Slade** finished 15th overall with a time of 30:49.

Westminster Titans

The Westminster men captured the team title at the Bethany Invitational, while the Lady Titans placed second ... Freshman **Chris Diamond** captured his first collegiate individual title for the Titans, finishing the 8K course in first place out of 30 competitors in 28:39.4, winning by over 28 seconds ... Rounding out the top five finishers for the Titans were senior **Marcus Corvino**, who placed second in 29:07.9; freshman **Nate Mitchell** in third place in 29:45.2; freshman **Willie DeLair** in fourth place in 30:00.8; and sophomore **Scott Seserko**, who finished fifth in 30:07.1 ... For the Lady Titans, senior **Felicie Reid** led the squad by placing fifth out of 28 runners with a time of 25:58.8 on the six-kilometer course.

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: Chris Diamond, Westminster

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: Elisa Pedersen, Grove City

October 17: