



# CROSS COUNTRY 2006

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## RECENT RESULTS

*Saturday, October 14*

### **Carnegie Mellon University Invitational - Pittsburgh, Pa.**

*Men (19 teams)*

- 7. Saint Vincent (177)
- 12. Grove City (315)
- 14. Washington & Jefferson (414)
- 16. Waynesburg (451)

*Women (20 teams)*

- 12. Grove City (290)
- 14. Waynesburg (381)
- 18. Washington & Jefferson (521)
- 19. Bethany (564)

### **Gettysburg Invitational - Gettysburg, Pa.**

*Men (20 teams)*

- 16. Westminster (471)

*Women (19 teams)*

- 7. Saint Vincent
- 14. Westminster (416)

## UPCOMING EVENTS

*Saturday, October 21*

### **Southeastern Meet - Berea College - Berea, Ky.**

Thomas More

*Saturday, October 28*

### **2006 PAC Cross Country Championships**

Waynesburg College - Waynesburg, Pa. - 9:30 a.m.

*Saturday, November 11*

### **NCAA Division III Mideast Regional Championships**

Waynesburg College - Waynesburg, Pa.

## PAC Men's Runner of the Week

### **BOBBY REGAN**

#### **Washington & Jefferson**

Sophomore  
Gibsonia, Pa.  
Pine-Richland H.S.



Regan finished in 35th place in a 220-runner field at the Carnegie Mellon Invitational in Pittsburgh, posting a time of 27:00 over the eight-kilometer course.

Also nominated was sophomore **Daniel Spaulding** of Grove City, and senior **Scott Seserko** of Westminster.

## PAC Women's Runner of the Week

### **KRISTEN CARTER**

#### **Grove City**

Sophomore  
Bellingham, Wash.  
Bellingham H.S.



Carter placed seventh out of 212 runners (second among NCAA Division III runners) at the Carnegie Mellon Invitational in Pittsburgh last weekend with a time of 19:03 over the five-kilometer course.

Also nominated was freshman **Maggie McCort** of Bethany, sophomore **Erin Long** of Washington & Jefferson, sophomore **Megan Grover** of Waynesburg, and freshman **Elizabeth Beardsley** of Westminster.

# PAC CROSS COUNTRY CAPSULES



## Bethany Bison

Bethany's women competed at the Carnegie Mellon Invitational Saturday, in what was their final race before the Oct. 28 PAC Championships ... BC's men did not compete because of injuries ... The top runner for the Bison women was freshman **Maggie McCort**, who placed 119<sup>th</sup> in the 212-runner field with a time of 22:01.27 ... Freshman **Desiree Finley** wasn't far behind, as she took 123<sup>rd</sup> ... The other BC runners who competed were junior **Chantal Stettinius**, senior **Bethany Sloane** and sophomore **Laura Strassguetl** ... Bethany will take this week off to prepare for the conference championship meet, which will be held Oct. 28 at Waynesburg College, which is the same course that will host the NCAA Regional race in mid-November.



## Grove City Wolverines

Grove City's teams continued their preparations for the upcoming PAC Championships by competing in the Carnegie Mellon Invitational Saturday in Pittsburgh ... Sophomore **Kristen Carter** helped lead the Grove City women to a 12-place finish in the 20-team field by placing seventh overall ... Carter finished second among Division III competitors ... **Candice Coholich** took 55<sup>th</sup> while **Cara Pierce** placed 67<sup>th</sup> ... A total of 212 runners competed ... Grove City's men's team also placed 12<sup>th</sup> out of 19 participating squads ... Sophomore **Daniel Spaulding** placed 45<sup>th</sup> overall while classmate **Nathan Johnson** took 76<sup>th</sup> ... The Wolverines are off this week in preparation for the PAC Championships Oct. 28 ... Grove City is the defending champion in both men's and women's competition.



## Thomas More Saints

Thomas More was off last week ... The Saints will return to action Saturday (October 21) at the Southeastern Meet hosted by Berea College in Berea, Ky. ... It will be the last competition prior to the PAC Championships on October 28,



## Washington & Jefferson Presidents

W&J's top six male runners all set new personal best times Saturday at the Carnegie Mellon Invitational ... Sophomore **Erin Long** highlighted the women's side by setting a new school record in the 5K race as she took 16th place out of 212 competitors in 19:23 ... Classmate **Bobby Regan** earned the best men's showing in 35th place out of 220 runners with a personal-best time of 27:00 ... Sophomore **Matt Toldero** took 129th place for the men in a time of 29:35, while freshman **Will Seymour** grabbed 138th (29:54) ... Junior **Ashley Holman** placed 164th for the women with a personal-best mark of 23:26 ... Freshman **Danielle Rohland** turned in a 181st-place showing (24:40), while classmate **Ashley Reasey** finished 190th (25:30).



## Waynesburg Yellow Jackets

The Yellow Jacket cross country teams competed at the 20-team Carnegie Mellon Invitational on Saturday ... The women's team finished 14th overall, while the men's team placed 19th ... Sophomore **Megan Grover** led the Yellow Jackets with a 20th-place overall finish in the 212-runner field with a time of 19:29 ... Freshman **Janet Carson** placed 65th with a time of 20:32, while junior **Michelle Propst** ran the 5K race in 20:42 to place 74th overall ... On the men's side, freshman **Andrew Archbold** led Waynesburg with his time of 28:38 to finish 105th overall in a field of 220 runners ... Junior **Tim Monaghan** finished the race in 28:51, while senior **Heath Piper** finished third for Waynesburg with a time of 29:48.



## Westminster Titans

The Westminster cross country teams competed at the Gettysburg College Cross Country Invitational Meet Saturday ... The Titan men (471) placed 16th out of 20 teams, while the women (416) took 14th out of 20 teams ... Senior **Scott Seserko** ran the 8-kilometer course in 29:01.32 and placed 111th overall out of 208 racers to lead the men's team ... The top time was recorded by the U.S. Coast Guard Academy's **Mike Flint** at 25:42.27 ... Loyola College (50 points) placed first in the men's team standings ... Westminster freshman **Elizabeth Beardsley** led the Titan women by running the 6-kilometer race with a 70th-place time of 25:46.01 ... Johns Hopkins' **Laura Paulsen** won the women's race with a time of 22:17.52 leading a field of 192 runners ... St. Thomas placed first as a team(32).



## Saint Vincent Bearcats

The Saint Vincent men placed seventh in a 19-team field at the Carnegie Mellon Invitational, while the Lady Bearcats placed seventh out of 21 teams at the Gettysburg Invitational over the weekend ... **Adam Smith** finished 11<sup>th</sup> overall in the CMU Invitational, timed in 26:27. A total of 17 Bearcats finished the 5-mile course in less than 30 minutes ... Senior **Kara Shirley** earned a medal at Gettysburg, finishing 14<sup>th</sup> in the 6K event, timed in 23:45 ... **Tess Jones** finished 19<sup>th</sup> in 24:01 ... One of SVC's leading runners, **Laura Magnuson**, has been out of action for several weeks due to injury but is expected to return for the PAC Championships.

2006 PAC RUNNERS OF THE WEEK		
	Men	Women
9/3	<b>Bobby Regan</b> , W&J	<b>Kristen Carter</b> , GCC
9/10	<b>Chad Schmidt</b> , TMC	<b>Elizabeth Beardsley</b> , WES
9/17	<b>Bobby Regan</b> , W&J	<b>Kristen Carter</b> , GCC
9/24	<b>Bobby Regan</b> , W&J	<b>Megan Grover</b> , WAY
10/1	<b>Dan Spaulding</b> , GRO	<b>Elizabeth Beardsley</b> , WES
10/8	<b>Tim Monaghan</b> , WAY	<b>Megan Grover</b> , WAY
10/15	<b>Bobby Regan</b> , W&J	<b>Kristen Carter</b> , GCC