



CROSS COUNTRY 2005

Presidents' Athletic Conference
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RECENT RESULTS

Saturday, October 15

Waynesburg Invitational - Waynesburg, Pa.

Men (11 teams)

6. Waynesburg (186)

7. Westminster (193)

10. Thiel (255)

Bethany - individuals only

Women (13 teams)

3. Waynesburg (75)

7. Westminster (201)

8. Bethany (226)

10. Thiel (249)

Rochester Invitational - Rochester, N.Y.

Men (nine teams)

6. Washington & Jefferson

Women - W&J individuals only

Grove City, Thomas More - idle

UPCOMING EVENTS

Saturday, October 29

2005 PAC Cross Country Championships

hosted by Thiel College - Greenville Airport - Greenville, Pa.

PAC Men's Cross Country Runner of the Week

MATT RUDZKI

Washington & Jefferson College

Sophomore

Pittsburgh, Pa./Fox Chapel H.S.

Rudzki captured his second consecutive PAC Runner of the Week award of the season, as he finished in 10th place in 26:53 to lead W&J at the University of Rochester Yellow Jacket Invitational in Rochester, N.Y., on Saturday.

*Also nominated was senior **Ken Hopper** of Bethany, sophomore **Tim Monaghan** of Waynesburg, and sophomore **Willie DeLair** of Westminster.*

PAC Women's Cross Country Runner of the Week

MEGAN GROVER

Waynesburg College

Freshman

Arvada, Col./Faith Christian H.S.

Grover led the Yellow Jackets to a third place finish at the 13-team Waynesburg Invitational by finishing in sixth place out of 92 runners in 24:53. She posted the top finish of any non-scholarship runner in the field.

*Also nominated was senior **Mallory Roadman** of Bethany, freshman **Erin Long** of Washington & Jefferson, and junior **Amy Carroll** of Westminster.*

PAC CROSS COUNTRY CAPSULES



Bethany Bison

The Bison competed in their final tune-up for PAC Championships Saturday by racing at Waynesburg ... The women took eighth place out of 16 teams and were led by senior **Mallory Roadman** ... She finished in 10th place overall and was behind only two other Division III competitors with a time of 25:55 ... Sophomore **Sarah Goho** finished in 22nd place overall out of 92 runners with a time of 27:18 ... The men's team was not scored, but senior **Ken Hopper** grabbed 25th place out of 107 runners ... His time of 29:08 was also the top time turned in by a PAC runner ... BC is off this weekend and will next compete at the 2005 PAC Championships, which will be held at Thiel College.



Grove City Wolverines

Both Grove City teams were idle last week in preparation for the 2005 PAC Championships in Greenville Oct. 29.



Thiel Tomcats

The Thiel cross country teams participated in the Waynesburg Invitational Saturday afternoon ... The women's team finished in 10th place (of 13) with 249 points, while the men also finished 10th (of 11) with 255 points ... Sophomore **Ashlee Osterberg** was the top finisher for the women, crossing in 38th place with a time of 28:51 ... Senior **Jacci Corso** finished in 44th place (29:53), while junior **Emily Slade** finished 46th (30:05) ... Senior **Ben Wheeler** finished in 34th place with a time of 30:56 to pace the men's squad ... Senior **Dan Hemme** finished 38th with a time of 31:15 ... The Tomcats will return to action on Saturday, Oct. 29 when they host the Presidents' Athletic Conference (PAC) Cross Country Championships.



Thomas More Saints

The Saints were off this week and will return to action on Oct. 29 at the PAC Championships.



Washington & Jefferson Presidents

The W&J men placed sixth out of nine teams, while the women ran as individuals at the 2005 Rochester Yellow Jacket Cross Country Invitational Saturday ... Sophomore **Matt Rudzki** posted the Presidents' top male finish as he crossed the tape in 10th place (26:53) ... Freshman **Bobby Regan** turned in a 45th place showing (28:59), while freshman **Rob Clendening** notched 59th place (30:07) ... Clendening, freshman **Alan Canella**, junior **Logan Weygandt** and freshman **Zack Klingensmith** all set personal lifetime best times ... Freshman **Erin Long** paced the President women after notching 16th place (24:08) ... Sophomore **Crystalyn Lee** racked up 43rd with a lifetime personal best time of 26:21 ... W&J is idle this week to prepare for the PAC Championships in two weeks.



Waynesburg Yellow Jackets

Waynesburg hosted its sixth-annual invitational, which coincided with Homecoming Saturday ... The Yellow Jacket women posted a third-place finish in the 16-team field, the highest finish of any non-scholarship school in attendance ... The men's team finished in sixth place in a field of 15 teams ... Freshman **Megan Grover** led the women, finishing sixth overall (24:53) ... Completing the race just eight seconds behind her was sophomore **Michelle Propst**, whose time of 25:01 placed seventh overall ... Sophomore **Tim Monaghan** paced the Yellow Jacket men's squad with a time of 29:35 to finish in 28th place ... Junior teammate **Heath Piper** crossed the finish line 18 second later to finish 29th overall.



Westminster Titans

Westminster closed its regular season at the Waynesburg Invitational Saturday, with each team placing seventh ... The Titan men were led by sophomore **Willie DeLair** in 36th place out of 107 runners with a time of 30:21 ... Other Titan finishers included freshman **Aaron Titus** in 42nd place in 31:00, and sophomore **Joe Knott** in 51st place in 31:31 ... The Lady Titans were paced by junior **Amy Carroll**, who finished in 30th place in a 92-runner field in 28:00 ... Other Westminster times included sophomore **Leanna Stitt** in 29th place in 28:25, and senior **Maggie Muir** in 42nd place in 29:30 ... Westminster is off until the PAC Championships, hosted by Thiel College in Greenville on Oct. 29.

2005 PAC RUNNERS OF THE WEEK

	<u>Men</u>	<u>Women</u>
9/4	Ashton Osterberg , THI	Elisa Pedersen , GRO
9/11	Ken Hopper , BET	Michelle Propst , WAY
9/18	Matt Rudzki , W&J	Elisa Pedersen , GRO
9/25	Bobby Regan , W&J	Erin Long , W&J
10/2	Ken Hopper , BET	Elisa Pedersen , GRO
10/9	Ken Hopper , BET	Michelle Propst , WAY
10/16	Matt Rudzki , W&J	Megan Grover , WAY