

2011 PAC Cross Country Release

Week 7 - October 17



Presidents' Athletic Conference
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2011 PAC RESULTS/SCHEDULE

LAST WEEK

Friday, October 14, 2011

Wilmington Classic

Men (26 teams)

22. Thomas More (570)

Women (26 teams)

21. Thomas More (595)

Saturday, October 15, 2011

Oberlin Inter-Regional Rumble

Men (34 teams)

3. Saint Vincent - 193

18. Thiel - 524

23. Grove City - 589

29. Geneva - 771

30. Wash. & Jeff. - 772

31. Westminster - 922

33. Waynesburg - 1015

Bethany - individuals only

Women (33 teams)

10. Grove City - 322

17. Westminster - 492

20. Waynesburg - 517

23. Geneva - 617

26. Wash. & Jeff. - 708

27. Bethany - 732

32. Thiel - 809

Gettysburg Invitational

Women (31 teams)

16. Saint Vincent - 429

Chatham - off

NEXT WEEK

Saturday, October 29, 2011

2011 PAC Championships

Westminster College - New Wilmington, Pa.

Men's race - 10:30 a.m.

Women's race - 11:30 a.m.

LEADERS OF THE PAC: Most PAC teams competed at the Oberlin Inter-Regional Rumble on Saturday in their final tune-up before the 2011 PAC Cross Country Championships, scheduled for Saturday, Oct. 29 beginning at 10:30 a.m. at Westminster College in New Wilmington, Pa. ... For W&J, leading the way was junior **Scott Ryan** (seventh, 25:49) and freshman **Kristen Galligan** (eighth, 22:45) ... Pacing Thiel was **Richard Peterson** (ninth, 25:58.8) and **Valerie White** (109th, 25:00.4) ... For Westminster, senior **Jennifer Krueger** (25th, SR-23:11.2) and sophomore **Aaron Sutton** (83rd, 27:19.8) led the way ... Top finishers for Grove City were **Alec Schultz** (70th) and **Ella Smith** (29th) ... Waynesburg's top times were posted by **Bre Paul** (50th, 23:47.7) and **Jonathan Blatt** (192nd, 28:53.7) ... **Nick Edinger** (44th) and **Shannon Rech** (75th) were the pace setters for Geneva ... Top placers for Bethany were **Cory Yarrington** (100th) and **Joanna Mongelluzzo** (33rd, PR-23:23.8) ... In other weekend action, the Saint Vincent women placed 16th at the 31-team Gettysburg Invitational ... Finally, Thomas More competed Friday at the Wilmington Fall Classic, with top Saint finishers including **Matt Wurtzler** (53rd, 26:49.17) and **Celia Arlinghaus** (63rd, 20:38.27) ... Chatham was off last weekend.

Men's Runner of the Week

SCOTT RYAN

Wash. & Jeff.

Junior

Williamsville, N.Y.

Williamsville East H.S.



Ryan was the top PAC finisher at the Oberlin Inter-Regional Rumble in Ogio Saturday, as he placed seventh overall in a 315-runner field with an 8-kilometer time of 25:49. It is his third PAC weekly honor this season.

Also nominated was sophomore **Cory Yarrington** of Bethany, sophomore **Alec Schultz** of Grove City, senior **Kevin Wanichko** of Saint Vincent, sophomore **Matt Wurtzler** of Thomas More, sophomore **Jonathan Blatt** of Waynesburg, and sophomore **Aaron Sutton** of Westminster.

Women's Runner of the Week

IVETTE MEJIA

Saint Vincent

Senior

New York, N.Y.

Henry Street Int'l H.S.



Mejia earned her fourth PAC weekly honor of the 2011 season after she won the individual title over a field of 360 runners (including numerous D-I, D-II and NAIA scholarship athletes) at the Gettysburg Invitational in Gettysburg, Pa. Her 6K time of 23:24 was more than 16 seconds ahead of the second-place finisher.

Also nominated was senior **Joanna Mongelluzzo** of Bethany, junior **Ella Smith** of Grove City, junior **Celia Arlinghaus** of Thomas More, freshman **Kristen Galligan** of Washington & Jefferson, sophomore **Bre Paul** of Waynesburg, and senior **Jennifer Krueger** of Westminster.

2011 PAC CROSS COUNTRY RUNNERS OF THE WEEK

Men

September 6: **Richard Peterson**, THI
September 12: **Scott Ryan**, W&J
September 19: **Kevin Wanichko**, SVC
September 26: **Nick Edinger**, GEN
October 3: **Scott Ryan**, W&J
October 10: **Richard Peterson**, THI
October 17: **Scott Ryan**, W&J

Women

Ivette Mejia, SVC
Ivette Mejia, SVC
Jennifer Krueger, WES
Ivette Mejia, SVC
Kristen Galligan, W&J
Kristen Galligan, W&J
Ivette Mejia, SVC



Bethany Bison

Bethany junior **Joanna Mongelluzzo** finished 33rd out of 285 runners to highlight the Bison cross country teams at the Oberlin Inter-Regional Rumble Saturday ... As a team, BC's women finished 27th out of 33 teams at the meet, while the Bison men only competed as individuals ... The story of the day was Mongelluzzo, who set a personal record in addition to scoring well ... She came in with a pack of runners and her time of 23:23.8 was a PR by 45 seconds and just a second away from placing 30th ... For the men, sophomore **Cory Yarrington** was the top runner for the Green & White ... He finished in 100th place out of 315 runners by crossing the finish line in 27:34.5 ... The meet was the final one for the Bison before the 2011 PAC Championships.



Chatham Cougars

The Cougars were off Saturday and are now idle in competition until the PAC Championships hosted by Westminster on Sat. Oct. 29th.



Geneva Golden Tornadoes

Running against the best field to date in 2011, the Geneva cross country teams got an up close look at some of the best runners in the country ... With over 300 racers on both the men's and women's side, it was some very fierce competition ... Only **Nick Edinger** finished in the top 100 on the men's side with a tremendous sub-27 minute effort on the 8K course ... Edinger's time was good enough for 44th position ... Both Charles Parker and Will Pinson set personal best records of over a minute each ... Freshman **Aaron Ferguson** posted his personal best by 1:30 and moved into Geneva's #5 spot ... In women's action, **Shannon Rech** set a personal best and finished 75th overall as Geneva's only female runner in the top 100.



Grove City Wolverines

The Wolverines made their final preparations for the conference championships by competing in the Oberlin College Inter-Regional Rumble in Oberlin, Ohio ... The men's team took 23rd in a 34-team field and the women captured 10th out of 33 ... **Ella Smith** led the women's team by taking 29th in a 282-runner field ... Junior **Anna Dunsworth** took 63rd and sophomore **Laurel Skorup** captured 66th place ... On the men's side, sophomore **Alec Schultz** led Grove City by placing 70th out of 315 competitors ... Classmate **Mark Talbott** earned 107th ... The Wolverines are off this week in preparation for the conference championships October 29 in New Wilmington, Pa.



Saint Vincent Bearcats

The Bearcat men finished third among 34 teams at the NCAA Inter-Regional Rumble hosted by Oberlin ... The Bearcats finished ahead of the seven other PAC schools that were competing on the day, as well as five teams that are ranked in the top 10 in their respective regions ... Senior **Kevin Wanichko** finished 10th overall in the field of 315 with a time of 26:02 to lead the Bearcats ... The Saint Vincent women finished 16th among 31 teams at the Gettysburg Invitational ... Senior **Ivette Mejia** placed first overall in the field of 360 runners, including athletes from NCAA Divisions I and II and the NAIA, with a time of 23:24, more than 16 seconds ahead of her nearest competitor.



Thiel Tomcats

At the Otterbein Invitational in Oberlin, Ohio, **Richard Peterson** claimed the ninth overall spot in the 315-runner field with a time of 25:58.8 ... Peterson's top 10 finish on Saturday was his fifth of the season ... For the women, **Valerie White** led all Tomcat runners, finishing 109th in the 282 competitor field with a time of 25:00.4.



Thomas More Saints

The TMC women placed 21st out of 26 teams at the Wilmington Fall Classic with 595 points ... The Saints were paced by junior **Celia Arlinghaus**, who finished 63rd with a time of 20:38.27 ... Rounding out the Saints' runners were junior **Sarah Miller** in 104th (21:32.32), sophomore **Ashley Jordan** in 161st (22:42.77), junior **Michelle Lonnemann** in 194th (23:55.47) and sophomore **Morgan Bensman** in 210th (24:46.42) ... The men finished with 570 points and placed 22nd out of 26 teams ... Thomas More had two runners place in the Top-60 as sophomore **Matt Wurtzler** placed 53rd (26:49.17) and freshman **Peter Curnutte** placed 59th (27:03.56).



Washington & Jefferson Presidents

Junior Scott Ryan finished seventh at the 315-runner Oberlin Inter-Regional Rumble 8K race on Saturday in Ohio ... Freshman **Kristin Galligan** finished eighth overall in the 6K women's race with a time of 22:45... Both Ryan and Galligan were the top finishers among PAC athletes ... The W&J men finished 30th of 34 teams, while the women finished 26th out of 33 ... Sophomore **Kia Ruhkamp** earned 69th place for the W&J women with a time of 24:06 ... Senior **Kaitlyn Loy** ran a time of 27:51 to place 247th ... W&J sophomore **Haley Roberts** was featured in Monday's Pittsburgh Tribune-Review for her efforts in turning the October Pitt-Greensburg Invitational into an ovarian cancer awareness event.



Waynesburg Yellow Jackets

The Waynesburg men's and women's cross country teams wrapped up the regular season portions of their schedules at Oberlin's Inter-Regional Rumble ... The men placed 33rd out of the 34-team field, while the women ended up in 20th place out of 33 squads ... The Jacket men were led by sophomore **Jonathan Blatt**, who crossed the finish line in 192nd place with a time of 28:53.7 ... Waynesburg's women's runners were paced by sophomore **Bre Paul**, who put together a 50th-place showing with a time of 23:47.7.



Westminster Titans

Senior **Jennifer Krueger** broke the Westminster women's cross country team's school record for the 6-kilometers with a 25th-place time of 23:11.2 at the Oberlin Inter-Regional Rumble Saturday ... The Titan women placed 17th out of 33 teams with 492 points while the Titan men placed 31st out of 34 teams with 922 points ... Krueger's time eclipsed **Brittany Kaltenbaugh's** time of 23:16 set on Oct. 17, 2009 ... The next highest finisher for the Titan women was freshman **Jenny Jones** with a 70th-place time of 24:07.3 ... On the men's side, sophomore **Aaron Sutton** led the Titans with an 8-kilometer time of 27:19.8 for 83rd place, followed by senior **Morgan Hanes** in 207th at 28:39.7.



Bethany Bison

		Men	Women
Sept. 3	at Westminster Fisher Invitational	NTS	11/16 (284)
Sept. 10	at Waynesburg Invitational	NTS	4/7 (125)
Sept. 20	Bethany 5K Invitational	NTS	1/2 (15)
Oct. 1	Pitt Greensburg Invitational	NTS	3/12 (91)
Oct. 15	at Oberlin Inter-Regional Invitational	NTS	27/33 (732)
Oct. 29	PAC Championships (host Westminster)		
Nov. 12	NCAA Mid-East Regionals (DeSales University)		

Chatham Cougars

			Women
Sept. 3	at Westminster Fisher Invitational		14/16 (411)
Sept. 10	at Waynesburg Invitational		9/11 (236)
Sept. 24	at Saint Vincent Invitational		8/11 (236)
Oct. 1	at Pitt-Greensburg Invitational		7/12 (137)
Oct. 8	at Carnegie Mellon Invitational		14/15 (394)
Oct. 29	PAC Championships (host Westminster)		
Nov. 12	NCAA Mid-East Regionals (DeSales University)		

Geneva Golden Tornadoes

		Men	Women
Sept. 1	GENEVA 5K	2/4 (34)	2/4 (49)
Sept. 3	at Westminster Fisher Invit.	4/13 (104)	10/16 (207)
Sept. 10	at Waynesburg Invitational	3/8 (62)	3/11 (84)
Sept. 24	at Saint Vincent Invitational	3/9 (88)	4/11 (100)
Oct. 1	at Pitt-Greensburg Invitational	2/9 (61)	1/12 (63)
Oct. 15	at Oberlin Inter-Regional Rumble	29/34 (771)	23/33 (617)
Oct. 29	PAC Championships (host Westminster)		
Nov. 12	NCAA Mid-East Regionals (DeSales University)		

Grove City Wolverines

		Men	Women
Sept. 3	at Westminster Fisher Invit.	5/13 (113)	2/16 (108)
Sept. 10	at Waynesburg Invitational	2/8 (58)	1/11 (45)
Oct. 8	at DeSales Invitational	12/45 (342)	4/41 (201)
Oct. 15	at Oberlin Inter-Regional Rumble	23/34 (589)	10/33 (322)
Oct. 29	PAC Championships (host Westminster)		
Nov. 12	NCAA Mid-East Regionals (DeSales University)		

Saint Vincent Bearcats

		Men	Women
Sept. 3	at Duquesne Duals	3/7	---
Sept. 3	at California (Pa.) Invitational	---	6th/16 (163)
Sept. 10	at Waynesburg Invitational	---	4th/11 (94)
Sept. 16	at Notre Dame Catholic Invitational	5/20	12th/22
Sept. 24	SAINT VINCENT INVITATIONAL	1/9 (35)	3rd/11 (91)
Oct. 8	at DeSales Invitational	4/45 (151)	23/41 (562)
Oct. 15	at Oberlin Inter-Regional Rumble	3/34 (193)	---
Oct. 15	at Gettysburg Invitational	---	16/31 (429)
Oct. 29	PAC Championships (host Westminster)		
Nov. 12	NCAA Mid-East Regionals (DeSales University)		

Thiel Tomcats

		Men	Women
Sept. 1	at Geneva 5K	1/4 (32)	4/4 (71)
Sept. 17	at Calvin-Knight Invitational	10/16	15/16
Sept. 24	at Otterbein Invitational	4/13 (84)	11/14 (280)
Oct. 1	at Pitt-Greensburg Invitational	1/9 (29)	2/12 (80)
Oct. 8	at Carnegie Mellon Invitational	8/13 (188)	12/15 (323)
Oct. 15	at Oberlin Inter-Regional Rumble	18/34 (524)	32/33 (809)
Oct. 29	PAC Championships (host Westminster)		
Nov. 12	NCAA Mid-East Regionals (DeSales University)		

Thomas More Saints

		Men	Women
Sept. 3	at Mount St. Joseph Invitational	NTS	4/4 (94)
Sept. 10	at Queen City Invitational	10/13 (305)	13/15 (395)
Sept. 24	at Otterbein Invitational	10/13 (270)	12/14 (322)
Oct. 1	at Greater Louisville Classic	35/35 (637)	NTS
Oct. 14	at Wilmington Fall Classic	21/26 (595)	22/26 (570)
Oct. 29	PAC Championships (host Westminster)		
Nov. 12	NCAA Mid-East Regionals (DeSales University)		

Washington & Jefferson Presidents

		Men	Women
Sept. 10	at Waynesburg Invitational	4/8 (100)	6/11 (169)
Sept. 24	at Dickinson Invitational	13/16 (335)	14/16 (394)
Oct. 1	at Pitt Greensburg Invitational	3/9 (71)	5/12 (117)
Oct. 8	at Carnegie Mellon Invitational	9/12 (258)	9/15 (270)
Oct. 15	at Oberlin Inter-Regional Rumble	30/34 (772)	26/33 (708)
Oct. 29	PAC Championships (host Westminster)		
Nov. 12	NCAA Mid-East Regionals (DeSales University)		

Waynesburg Yellow Jackets

		Men	Women
Sept. 1	at Geneva 5K	3/4 (60)	1/4 (43)
Sept. 3	at Westminster Fisher Invit.	8/13 (199)	4/16 (134)
Sept. 10	WAYNESBURG INVITATIONAL	5/8 (122)	2/11 (67)
Sept. 24	at Dickinson Invitational	16/16 (475)	11/16 (284)
Oct. 8	at DeSales Invitational	29/45 (859)	12/41 (396)
Oct. 15	at Oberlin Inter-Regional Rumble	33/34 (1015)	20/33 (517)
Oct. 29	PAC Championships (host Westminster)		
Nov. 12	NCAA Mid-East Regionals (DeSales University)		

Westminster Titans

		Men	Women
Sept. 1	at Geneva 5K	4/4 (109)	3/4 (62)
Sept. 3	FISHER INVITATIONAL	8/13 (199)	8/16 (189)
Sept. 17	at PS-Behrend Invitational	7/14 (180)	3/11 (75)
Sept. 24	at Saint Vincent Invitational	7/9 (133)	2/11 (74)
Oct. 8	at Carnegie Mellon Invitational	10/12 (330)	8/14 (225)
Oct. 15	at Oberlin Inter-Regional Rumble	31/34 (922)	17/33 (492)
Oct. 29	PAC Championships (host Westminster)		
Nov. 12	NCAA Mid-East Regionals (DeSales University)		