

## **PCAA Cross-Country Championship at PSU Scranton on Sat. Oct. 17, 2009**

There were five medalists for Men/Women and team awards

Top Five Women:

- 1.) Sophia Downey, Phil. 29:21
- 2.) Angela Holmes, Johnson College 30:52
- 3.) Teri Williams, Phil. 32:47
- 4.) Edna Marrant, Phil. 34:03
- 5.) Siobhan Richardson, Phil. 36:29

PCAA Women's Champion: Community College of Philadelphia/1st place 13 points.

Female runner of the year: Sophia Downey, Phil.

PCAA Coach of the year: Roger Glispy, Phil.

Top Five Men:

- 1.) Chad Barninger, Thaddeus Stevens College 30:41
- 2.) Melchizek Bryant, Phil. 33:24
- 3.) Ed Hawi, Phil. 33:44
- 4.) Tyrik Smith, Phil. 34:28
- 5.) Thomas Ilgenfritz, Thaddeus Stevens College 34:39

PCAA Men's Champion: Community College of Philadelphia/1st place 22 points.

Male runner of the year: Chad Barninger, Thaddeus Stevens College

PCAA Coach of the year: Roger Glispy, Phil.