

CROSS COUNTRY PCAA Championships

Hello all,

I wanted to thank coach Girod and PSU Fayette for hosting a great championship this weekend! I also wanted to extend my appreciation to Westmorland CC for handling the awards and t-shirts for the PCAA. Please join me in congratulating Valley Forge Military College and the Community College of Philadelphia for winning the team titles for men and women respectively. The men's race ended in a tie between VFMAC and Luzerne both attaining 38 points. The tie breaker went to VFMAC. Luzerne finished 2nd, CCAC Boyce 3rd with 73 points, Stevens 4th with 88 points, Philadelphia 5th with 102 and Westmorland 6th with 149 points. On the women's side Philadelphia was the only school to field a full team. The top 10 finishers receiving league medals are as follows (coaches please send any misspellings to dschloss@ptd.net):

Men- Caesar Gatete CCAC Allegheny, Bornfase Omurwa Luzerne, Anthony Shaffo CCAC Boyce, Will Ashby Valley Forge, James Ryan Luzerne, Jeremy Palmer Valley Forge, Patrick Stokes CCAC North, Richard Hall Stevens, Colin Myers Valley Forge, Tyler Angeli Luzerne.

Women- Janelle Baldwin CCAC North, Iyanna Crawley Philadelphia, Megan Wenning Valley Forge, Samantha Tolbert West Moreland, Whitney Reed Stevens, Kristyn Green Philadelphia, Shamira Colquitt Philadelphia, Vilmaria Davilla Valley Forge, Janine Vazquez Luzerne, Nneka Kennedy Luzerne

Caesar Gatete and Janelle Baldwin received runner of the year honors and coach of the year honors went to VFMAC and Philadelphia.

Rogers Glispy