

# POINT PARK UNIVERSITY WOMEN'S CROSS COUNTRY 2010 QUICK FACTS

## GENERAL INFORMATION

Location: Pittsburgh, Pa.  
Founded: 1960  
Enrollment: 3,800  
Nickname: Pioneers  
Colors: Green and Gold  
Affiliation: NAIA  
Conference: American Midwest  
President: Dr. Paul Hennigan  
Athletic Director: Dan Swalga  
Athletic Phone: (412) 392-3844

## COACHING STAFF

Head coach: Jim Irvin  
Years at Point Park: seventh season  
Assistant coach: Tim Lyman, second season

## SPORTS INFORMATION

Contact: Kevin Taylor, SID  
Office: (412) 392-3997  
Email: ktaylor@pointpark.edu  
Point Park website: www.pointpark.edu/athletics  
Point Park address: 201 Wood St., Pittsburgh, PA 15222

## PLAYER INFORMATION:

### **Returning runners**

Lindsay Dill (Jr., Erie, Pa.)  
Sarah Austin (Jr., Sweet Valley, Pa.)  
Carina Jollie (Sr., Pittsburgh, Pa.)  
Leticia Henry (Jr., Ellicott, Md.)  
Leah Bubeck (So., Moon Twp., Pa.)  
Martine Saul (Jr., Augusta, Ga.)  
Kayleigh Townsend (So., Pittsburgh, Pa.)

### **Newcomers**

Justine Michael (So., Gainesville, Fla.)  
Keri Rouse (Fr., Greensburg, Pa.)  
Lyndsay Monaco (Jr., Chesterfield, OH)  
Becky Lessner (Fr., Fawn Grove, Pa.)  
Carleigh Dettorre (Jr., Hummelstown, Pa.)

### **Runner lost**

Makenzie Smith (Sr., Butler, Pa.)

### **Notes**

Led the team in 5 of 7 meets in 2009, best 5K time last year was 21:10 (at Cal.)  
Led the team in 2 meets in 2009, best 5K time last year was 21:41 (at Cal)  
Competed in 6 of 7 meets, career-best 5K time 22:19 at AMC meet  
Competed in all seven meets in '09, best 5K time was 23:37 (at AMC meet)  
Competed in all seven meets as freshman, best 5K time was 24:21 (at Walsh)  
Competed in 6 of 7 meets in '09, best 5K time was 24:36 (at Walsh)  
Competed in 6 of 7 meets in '09, best 5K time was 28:52 (at Walsh)

### **Notes**

Transfer from NCAA DII Florida Southern, best 5K time was 20:46 in '09  
Participated in cross country and volleyball at Hempfield  
In H.S. Earned three letters each in cross country, basketball and track and field  
Freshman from Fawn Grove, Pa. and Cyber Charter School  
Junior from Hummelstown, Pa. and Lower Dauphin H.S.

### **Notes**

Was part of program for five years, 22:20 was best 5K time in '09

## 2010 WOMEN'S CROSS COUNTRY ROSTER

| <b>Name</b>       | <b>Year</b> | <b>Hometown/High school</b>              | <b>Major</b>           |
|-------------------|-------------|--|------------------------|
| Sarah Austin      | Jr.         | Sweet Valley, Pa./Lake-Lehman            | Cinema & Digital Arts  |
| Leah Bubeck       | So.         | Moon Twp., Pa./Moon Area                 | Cinema & Digital Arts  |
| Carleigh Dettorre | Jr.         | Hummelstown, Pa./Lower Dauphin           | Psychology/Biology     |
| Lindsay Dill      | Jr.         | Erie, Pa./McDowell                       | Photojournalism        |
| Leticia Henry     | Jr.         | Ellicott City, Md./Howard                | Broadcasting           |
| Carina Jollie     | Sr.         | Pittsburgh, Pa./Oakland Catholic         | Cinema & Digital Arts  |
| Becky Lessner     | Fr.         | Fawn Grove, Pa./Cyber Charter School     | Photojournalism        |
| Justine Michael   | So.         | Gainesville, Fla./Buchholtz/Fla.Southern | Photography            |
| Lyndsay Monaco    | Jr.         | Chesterfield, Ohio/West Geauga           | International Business |
| Keri Rouse        | Fr.         | Greensburg, Pa./Hempfield                | Journalism             |
| Martine Saul      | Jr.         | Augusta, Ga./Academy of Richmond Co.     | Psychology             |
| Kayleigh Townsend | So.         | Pittsburgh, Pa./Brashear                 | Elementary Education   |

**Head coach:** Jim Irvin, seventh season

## 2010 MEN'S AND WOMEN'S CROSS COUNTRY SCHEDULE

| <b>Day/Date</b> | <b>Event</b>                        | <b>Time</b>     |                   |
|-----------------|-------------------------------------|-----------------|-------------------|
| Sat., Sept. 4   | Westminster Invitational            | Women: 10 a.m.  | Men: 10:45 a.m.   |
| Sat., Sept. 11  | Waynesburg Invitational             | Women: 10:30    | Men: 11 a.m.      |
| Sat., Sept. 25  | St. Vincent Invitational            | Men: 10 a.m.    | Women: 11:15 a.m. |
| Sat., Oct. 2    | Pitt-Greensburg Invitational        | Women: 10 a.m.  | Men: 11 a.m.      |
| Sat., Oct. 9    | Carnegie Mellon Invitational        | Men: 10:30 a.m. | Women: 11:30 a.m. |
| Sat., Oct. 23   | Walsh Invitational                  | Women: 11 a.m.  | Men: 11:45 a.m.   |
| Sat., Nov. 6    | AMC Championship Meet (at Houghton) | TBA             |                   |

## HEAD COACH JIM IRVIN, seventh season at Point Park

Jim Irvin enters his seventh season as the head coach of the Point Park men's and women's cross country teams. Before becoming the head coach in 2004, he was an assistant coach for both teams for two seasons. A longtime running enthusiast, Irvin has completed a number of marathons and 5K races. He believes that the key to being a successful runner lies with a strong work ethic. While Irvin is pleased with how far the cross country programs have come in the past few years, he believes that the program is far from peaking.

# 2009 POINT PARK WOMEN'S CROSS COUNTRY

## MEET-BY-MEET RESULTS (FINAL)

Runners listed alphabetically

First number is placement on Point Park team

Second number is overall individual placement

|   | <b>Sept. 5<br/>California<br/>(Pa.)</b> | <b>Sept. 12<br/>Waynesburg</b> | <b>Sept. 19<br/>Penn State-<br/>Behrend</b> | <b>Oct. 3<br/>Pitt-<br/>Greensburg</b> | <b>Oct. 10<br/>Carnegie<br/>Mellon</b> | <b>Oct. 24<br/>Walsh</b> | <b>Nov. 7<br/>AMC Meet</b> |
|---|---|--------------------------------|---|--|--|--------------------------|----------------------------|
| <b>Point Park Place</b>                         | 9 <sup>th</sup> of 10                   | 4 <sup>th</sup> of 8           | 7 <sup>th</sup> of 18                       | 7 <sup>th</sup> of 11                  | 11 <sup>th</sup> of 13                 | 7 <sup>th</sup> of 8     | 11 <sup>th</sup> of 11     |
| <b>Team Champion</b>                            | Grove City                              | CMU                            | Cal (Pa.)                                   | Grove City                             | CMU                                    | Malone                   | Malone                     |
| <b>Total Runners</b>                            | 108                                     | 62                             | 75  | 90                                     | 158                                    | 88                       | 121                        |
| <b>Distance of race</b>                         | 5K                                      | 6K                             | 6K  | 6K                                     | 5K                                     | 5K                       | 5K                         |
| <b>Winning Time</b>                             | 18:38                                   | 23:39                          | 23:35                                       | 24:23                                  | 17:32                                  | 19:01                    | 18:09                      |
| <b>Sarah Austin</b><br>So., Sweet Valley, Pa.   | 2-36<br>21:41                           | 1-11<br>25:37                  | 2-22<br>26:25                               | 3-43<br>30:00                          | 2-49<br>21:52                          | 1-42<br>21:46            | 3-67<br>22:23              |
| <b>Nansay Benansio</b><br>So., Pittsburgh, Pa.  | DNR                                     | 10-62<br>45:31                 | DNR   | DNR                                    | DNR                                    | 9-88<br>34:32            | DNR                        |
| <b>Leah Bubeck</b><br>Fr., Moon, Pa.            | 4-81<br>24:49                           | 5-37<br>29:58                  | 5-50<br>29:38                               | 4-50<br>30:57                          | 4-95<br>24:08                          | 4-65<br>24:21            | 7-108<br>25:35             |
| <b>Lindsay Dill</b><br>So., Erie, Pa.           | 1-35<br>21:10                           | 2-12<br>25:38                  | 1-14<br>25:47                               | 1-16<br>26:49                          | 1-45<br>21:36                          | 2-50<br>22:17            | 1-47<br>21:34              |
| <b>Leticia Henry</b><br>So., Ellicott City, Md. | 5-60<br>25:41                           | 7-41<br>30:36                  | 6-55<br>30:20                               | 5-62<br>32:38                          | 6-102<br>24:45                         | 6-72<br>25:38            | 5-94<br>23:37              |
| <b>Carina Jollie</b><br>Jr., Pittsburgh, Pa.    | 3-50<br>23:26                           | 4-31<br>28:48                  | 3-39<br>27:31                               | 2-28<br>28:20                          | 5-96<br>24:08                          | DNR                      | 2-63<br>22:19              |
| <b>Tiffany Lehman</b><br>Fr., Leechburg, Pa.    | DNR                                     | 9-61<br>41:18                  | DNR   | 7-85<br>40:28                          | 9-153<br>32:10                         | 8-85<br>31:09            | 9-121<br>31:22             |
| <b>Martine Saul</b><br>So., Augusta, Ga.        | 6-61<br>25:48                           | 6-39<br>30:19                  | 7-60<br>31:36                               | DNR                                    | 7-119<br>25:42                         | 5-68<br>24:36            | 6-105<br>24:53             |
| <b>Makenzie Smith</b><br>Sr., Butler, Pa.       | DNR                                     | 3-24<br>30:19                  | 4-40<br>27:28                               | DNR                                    | 3-61<br>22:20                          | 3-51<br>22:23            | 4-79<br>22:48              |
| <b>Crystal Woods</b><br>Fr., Pittsburgh, Pa.    | 7-70<br>34:16                           | 8-58<br>38:16                  | DNR   | 6-81<br>39:39                          | 8-147<br>30:13                         | 7-83<br>28:52            | 8-119<br>28:57             |