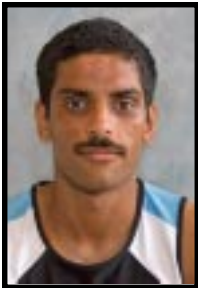




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*NEW JERSEY ATHLETIC CONFERENCE*  
**MEN'S CROSS COUNTRY RUNNERS OF THE WEEK**

**WEEK ENDING 9/6/09**



***RUNNER OF THE WEEK***

**ABAD AKHTAR • Richard Stockton College  
Junior • Atlantic City, NJ/Atlantic City**

Akhtar earns the first NJAC Men's Cross Country Runner of the Week selection after traveling to Doylestown, PA compete at the Delaware Valley College Invitational. He placed first in a field of 160 total competitors in the 8K race to claim the individual championship with a winning time of 27:03. Akhtar's winning time, which was 28 seconds faster than the second place finisher, helped propel the Ospreys to a third place finish in the 17-team meet.



***ROOKIE OF THE WEEK***

**STEPHEN MENNITT • Rowan University  
Freshman • Edison, NJ/Edison**

Mennitt earns the first NJAC Men's Cross Country Runner of the Week selection after traveling to Salisbury, MD to compete in the Salisbury University Sea Gull Invitational. In the first collegiate meet of his career, he placed third overall in a field of 81 total competitors in the 8K race with a time of 26:32. Mennitt's performance helped propel the Profs to a third place finish in the nine-team meet.