



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

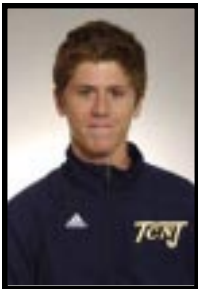
WEEK ENDING 11/15/09



RUNNER OF THE WEEK

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

Akhtar earns NJAC Men's Cross Country Runner of the Week honors for the fourth time this season after traveling to Morris, NY to compete at the NCAA Atlantic Regional hosted by SUNY Geneseo. He placed 16th in a field of 264 total competitors in the 8K race with a time of 25:36. Akhtar, who became the first Osprey runner since 2002 to earn an individual spot in the NCAA National Championship, helped propel Stockton to a 26th place finish in the 38-team NCAA Atlantic Regional.



ROOKIE OF THE WEEK

MAX SPARSHATT • The College of New Jersey
Freshman • Rumson, NJ/Rumson Fair Haven

Sparshatt earns NJAC Men's Cross Country Rookie of the Week honors after traveling to Morris, NY to compete at the NCAA Atlantic Regional hosted by SUNY Geneseo. He placed 44th in a field of 264 total competitors in the 8K race with a time of 26:21. Sparshatt's performance helped propel the Lions to a 10th place finish in the 38-team NCAA Atlantic Regional.