



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

WEEK ENDING 11/22/09



RUNNER OF THE WEEK

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

Akhtar earns the final NJAC Men's Cross Country Runner of the Week selection, his fifth of the season, after traveling to Highland Hills, OH to compete at the NCAA Division III National Championship hosted by Baldwin Wallace College. He posted a conference-best 180th place finish in a total field of 276 competitors in the 8K race with a time of 27:22. Akhtar's performance capped off a junior season which saw him become only the second runner in school history to qualify for the NCAA National Cross Country Championship race.

ROOKIE OF THE WEEK

NO NOMINATIONS