



---

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

**WEEK ENDING 9/27/09**



***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 second time this season after competing in Stockton's own Osprey Open in Pomona. He placed first among a field of 57 competitors in the 6K race with a winning time of 19:11. Akhtar, who won the race by 51 seconds over his nearest competitor, helped propel the Ospreys to a first-place team finish in the six-team meet.



***ROOKIE OF THE WEEK***

**MATT ARDELEAN • Richard Stockton College**  
**Freshman • Margate, NJ/Atlantic City**

Ardelean earns NJAC Men's Cross Country Rookie of the Week honors after competing in Stockton's own Osprey Open in Pomona. He placed second overall among a field of 57 total competitors on his home 6K course with a time of 20:02. Ardelean's runner-up performance helped propel Stockton to a first-place team finish in the six-team meet.