



---

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

**WEEK ENDING 10/11/09**



***RUNNER OF THE WEEK***

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

Akhtar earns NJAC Runner of the Week honors for the third time this season after traveling to Center Valley, PA to compete at the DeSales University Invitational. He placed fourth overall in a field of 282 total competitors on the 8K course with a time of 26:32. Akhtar's performance helped propel the Ospreys to an eighth place team finish in the 27-team meet.



***ROOKIE OF THE WEEK***

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

Ardelean earns NJAC Rookie of the Week honors for the second time this season after traveling to Center Valley, PA to compete at the DeSales University Invitational. He placed 34th overall in a field of 282 total competitors in the 8K race with a time of 28:06. The performance by Ardelean helped vault Stockton to an eighth place finish in the 27-team race.