

2010 RUTGERS-CAMDEN MEN'S CROSS COUNTRY

Alec Connelly

Ht: 6-0 **Wt:** 132
High School: Paul VI
Major: Political Science

Sophomore

Born: December 28, 1990
Hometown: Cherry Hill, NJ



Alec Connelly joined the Rutgers-Camden athletic program during the indoor track season of 2009-10 after a standout freshman cross country season at Gloucester County College. Connelly made an immediate impact with the Scarlet Raptors, turning in a pair of strong seasons during the indoor and outdoor track campaigns. This fall he will spend his first season with the Raptors' cross country team.



Outdoor Track 2010: Participated in six invitationals, competing in the 5,000-meter run (three times), the 1,500-meter run (twice) and the 3,000-meter run (once)...Posted his top 5,000-meter time (15:59.88) at the Danny Curran Invitational (March 26) to finish sixth of 19 in his sectional...Was fourth of 21 runners in the 1,500 M at the Osprey Open (April 3), posting a 4:12.71 clocking...Finished 21st of 44 in his only 3,000-meter run of the season, posting a 9:07.92 clocking at the New Jersey Invitational (April 10)...Was 12th of 50 runners in the 1,500 M (4:11.56) at the Lions Invitational (April 24)...Finished fifth of 12 runners at 5,000 M (16:10.80) at the New Jersey Athletic Conference Championships (May 8).

Indoor Track 2009-10: Competed in six invitationals, running the mile, the 3,000- and 5,000-meter runs and competing once on the distance medley relay team...Made Raptor debut at the Gotham Cup (Jan. 15), posting his top time of the season at 3,000 meters (9:11.15) to finish 31st of 58 runners...Anchored the DMR at the Collegeville Classic (Jan. 22), posting a 10:57.83 time to finish second of three teams...Placed 11th of 25 runners at 5,000 meters with his top time of 16:07.09 at the

Haverford Quad (Feb. 7)...Posted a 4:42.25 clocking in the mile at the Keogh Invitational (Feb. 19) to finish 37th out of 65 runners.

Pre-Rutgers: Earned NJCAA Honorable Mention All-American status running on the Gloucester County College cross country team during the 2009 season...Finished 13th overall and helped the Roadrunners place seventh nationally with a time of 28:50 at the NJCAA Division III Cross Country Championship (Nov. 7) at Finger Lakes Community College...Earned All-Northeast District honors by finishing ninth overall (Oct. 31) and All-Region XIX honors by finishing second overall (Oct. 24) at those meets, when he placed second on the Roadrunners team each week...Helped GCC win the Region 19 championship...During the regular season finished first on the GCC squad at three meets and second on the Roadrunners at two events...Was the overall champion at the season-opening Dukes Invitational (Sept. 5) at Cumberland County College...Also honored as an Academic All-American.

High School: Star athlete at Paul VI High School...Earned six varsity letters in cross country, indoor track and outdoor track...Olympic Conference National Division First Team cross country runner as a senior...Added All-Non-Public Second Team honors from the *Courier-Post* newspaper.

Personal: Political Science major at Rutgers-Camden...Plans on attending law school...Alec is the son of Robert Connelly and Sandra Wright of Cherry Hill.



Alec Connelly's Rutgers-Camden personal bests

<i>Event</i>	<i>Time/Distance</i>	<i>Invitational</i>	<i>Date</i>
		Indoor Track (2009-10)	
Mile	4:42.25	Keogh Invitational	Feb. 19, 2010
3,000 M	9:11.15	Gotham Cup	Jan. 15, 2010
5,000 M	16:07.09	Haverford Quad	Feb. 7, 2010
Distance Medley	10:57.83	Collegeville Classic	Jan. 22, 2010
		Outdoor Track (2010)	
1,500 M	4:11.56	Lions Invitational	Apr. 24, 2010
3,000 M	9:07.92	New Jersey Invitational	Apr. 10, 2010
5,000 M	15:59.88	Danny Curran Invitational	Mar. 26, 2010