

Tenaflly's Uram voted Runner of the Week

Paul Schwartz NorthJersey.com
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After four days of voting, Tenaflly senior Jaden Uram has been selected as the North Jersey Boys Cross-Country Runner of the Week.

Uram led the Tigers to the Big North National team title with a winning individual effort and his leadership has been outstanding all season.

Here are the other nominees:

North Patriot title.

Younes Abada

Secaucus junior

It was a busy and successful week for Abada. He was second to Carroll at the NJIC meet setting a school record at Darlington and then won the small schools race at the New York City XC Carnival at Van Cortlandt Park.

Sean Fortunato

Ridgewood senior

The Boston College bound Fortunato didn't miss a beat in his return to action in the Big North Freedom meet. He was second and ran a Darlington time that was in the top 20 in course history.

Paul Schwartz covers high school track and field for NorthJersey.com. For full access to live scores, breaking news and analysis from our Varsity Aces team, subscribe today. To get breaking news directly to your inbox, sign up for our newsletter and download our app.

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Ekuyami Conteh

Fort Lee junior

Conteh became the first Bridgeman to win a league title since 2001 when he captured the Big North American title. He also was third in the small school race at the North Jersey Invitational.

Aidan Carroll

Glen Rock senior

Carroll continued his comeback from some back issues by running a personal best time to win the inaugural NJIC Conference title.

Alex Saldana

River Dell sophomore

Saldana is one of the top sophomores in the state and gets better each race. He handily won the Big

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Jaden Uram is barely a stride ahead of Tenaflly teammate, Jacob Wolmer during the last straight away Darlington County Park, in Mahwah. The teammates took the first two spots in the race on Oct. 14. KEVIN R. WEXLER-NORTHJERSEY.COM