



ALL-COUNTY GIRLS TRACK & FIELD

Track Athlete of the Year DIVINE BAMGBOYE

URBANA JUNIOR SPRINTS

■ A dynamic sprinter who led Urbana to a second-place finish in Class 4A at the state meet. The Hawks finished with 70 points, which was 12.5 behind 4A champion Woodlawn.

■ The highlight of her season came at the Frederick County championship meet when she won four events, leading the Urbana girls to a ninth consecutive county team title in the process. She won the 100-meter dash in 12.36 seconds, the 100 hurdles in 14.79 seconds and the 300 hurdles in 45.73 seconds, in addition to running a leg for the Hawks' 4x200 relay team, which won a county title in 1 minute, 43.06 seconds.

■ Went on to claim the 4A state title in the 300 hurdles with a personal-best time of 42.96 seconds after placing third (46.37) a week earlier at the 4A West regional meet.

■ Also placed sixth in the 100 dash (11.99) at states and ran a leg for the 4x200 relay, which placed second (1:39.41).



Field Athlete of the Year AVA ALLEN

MIDDLETOWN SENIOR JUMPS, SPRINTS

■ Capped her sensational track and field career at Middletown by winning her 10th state title overall. This one was in the Class 2A girls pole vault, as she cleared 12 feet for her sixth state title in the pole vault overall, counting her three championships in the event during the indoor season. She also won a national title at the New Balance Nationals Outdoors in Philadelphia in June of 2023.

■ Aside from the pole vault, which she holds the state record for all classifications at the outdoor meet (12 feet, 7 inches), she won the 2A triple jump twice, the 55-meter hurdles during the indoor season and a 4x400 relay at the state meet during her time at Middletown.

■ She also placed second in the 100 hurdles (a personal-best 14.54) and third in the triple jump (34 feet, 11 inches) at states.

■ Will continue her track and field career at Clemson University.

FIRST TEAM

JANINE AMEFIA SENIOR JUMPS URBANA

■ Summoned her best effort in an important moment, winning the 4A triple jump at states with a personal-best leap of 38 feet, 9 inches. Also placed third in the long jump and fourth in the high jump at the state meet to help the Hawks finish second in the team standings.



AURIANNA GLADDEN SENIOR SPRINTS URBANA

■ Won the county title in the 200-meter dash with a time of 25.55 seconds and also shined at the 4A state meet in the 300 hurdles (third, a personal-best 44.10) and 4x200 relay (second, 1:39.41) for the second-place Hawks.



CAROLINE GREGORY SENIOR DISTANCE FREDERICK

■ Maintained her status as the top distance runner in the county, winning the county title in the 3,200-meter run (11:32.15) before going on to place second in the region and sixth in the state for 4A. Also ran a leg for the Cadets' fourth-place 4x800 relay at states.



HAILEY LANE SOPHOMORE MID-DISTANCE TUSCARORA

■ Her terrific season included Frederick County titles in both the 800-meter run (2:20.75) and the 1,600 (5:12.3). She also ran legs for Tuscarora's 4x800 and 4x400 relays, which placed fourth and seventh, respectively, at the 3A state meet.



JULIANA NARDINI JUNIOR SPRINTS, JUMPS LINGANORE

■ Won the 400-meter dash at the county championships with a personal-best time of 57.79 seconds and placed third at the 3A West regional meet (58.23). Also ran a leg for the Lancers' regional championship 4x200 team (1:46.69).



ANGE SARAH NGANOU SENIOR THROWS OAKDALE

■ Finished her high-school throwing career in style, winning county (a personal-best 116 feet, 2 inches) and 3A West regional (110-10) titles in the discus before placing fourth at states (110-5). Also won the Central Maryland Conference title in the shot put (33-7 1/4).



SERGIA NYAMBI SOPHOMORE JUMPS, RELAYS BRUNSWICK

■ Enjoyed a terrific season in the high jump, winning the Frederick County title by going over the bar at 5 feet and then placing second in the 1A West regional and 1A state meet with an identical height. Also ran a leg for Brunswick's 4x200 and 4x400 relays, which placed at states.



BRUNELL OWUSU JUNIOR POLE VAULT THOMAS JOHNSON

■ Matched her personal-best height in the pole vault of 11 feet, 6 inches to win her first state title in the 4A meet. Also finished second in the event at the 4A West regional meet and third at the county championships.



LILLIAN SCHULTZ JUNIOR POLE VAULT OAKDALE

■ Backed up her Class 3A state indoor championship in the pole vault by winning her first state outdoor title in the event. Her winning height at states was 12 feet, which matched a personal best. Also won Central Maryland Conference and region titles in the event.



FELICIA SIEWE JUNIOR JUMPS, HURDLES, THROWS URBANA

■ Perhaps the most versatile athlete in the county who placed second in the 4A state meet in the long jump, third in the shot put and seventh in the 100-meter hurdles to help the Hawks finish second overall in the team standings.



AMELIA SLAGLE JUNIOR DISTANCE FREDERICK

■ One of the top distance runners in the state who placed fifth in the 800-meter run at states with a personal-best time of 2:18.56 and helped the Cadets place fourth in the state in the 4x800 relay. Also finished second in the county in the 3,200 run.



HONORABLE MENTION

Brunswick—Gabby DeMarco, Allison George, Jaida Moody, Lexy Partyka, Eden Smallwood, Reilly Teague

Catoctin—Olivia Baker, Katelyn Bell, Aniston Casne, El Hossain, Keira Taylor, Grace Williams

Frederick—Juliana Brawner, Lucinda Slagle, Areyana Snowden, Jordyn Summers

Linganore—Haylie Keegan, Josslyn Quansah, Morgan Roberts

Maryland School for the Deaf—Leticia Detrow

Middletown—Victoria Candelaria, Kaylee Franklin, Naomi Layne, Alivia Lipinski, Nani Orem, Lucinda Rodriguez, Corinne Sullivan

Oakdale—Morgan Booth, Madison Chorney, Fiona Collins, Heather Twum

Thomas Johnson—Folake Oke, Bridget Nwachukwu, Gabriela Umpierre, Ella Wilson

Tuscarora—Jennifer Attia, Assiatou Camara, Nina Connors, Ava Elliott, Taionna Jackson, Biangca LeFevre, Celeste Rodriguez-Aguilar

Urbana—Daniela Delgado, Ava Duerr, Jaidah Ezcaman, Keira Mistry, Maya Osher, Avery Radwinsky, Emana Rehemtula, Anna Rodrigues, Maddie Roque, Bailey Smith, Sade Taiwo, Casey Willard

Walkersville—Kailey Nicholas, Orlane Tossah

Campenaerts wins a 3-man sprint to take Tour de France

By THE ASSOCIATED PRESS

BARCELONETTE, France — Belgian rider Victor Campenaerts posted the biggest win of his career Thursday as he claimed the tough and hilly 18th stage of the Tour de France after a three-man sprint.

Two-time Tour champion Tadej Pogacar kept the race leader's yellow jersey as the top of the overall standings remained unchanged with just three days of racing left.

Campenaerts spent most of the day at the front and jumped away from a breakaway group some 35 ki-

lometers (22 miles) from the finish together with Frenchman Matteo Vercher and former world champion Michal Kwiatkowski of Poland.

Campenaerts, who won a Giro stage in 2021, patiently waited behind his rivals in the last kilometer and did not panic when Vercher attacked. He stayed in the wheel of Kwiatkowski, then launched his sprint from behind.

The Lotto Dstny rider celebrated his win with his partner and baby on a video call straight after the finish.

There was a flurry of attacks at the start of the rollercoaster 180-ki-

lometer stage featuring five climbs as riders tried to break away before the first ascent, the Col du Festre. But the peloton rode at a high speed, thwarting all those early efforts.

About 20 riders finally managed to open a gap during that climb and were joined by Wednesday's stage winner Richard Carapaz and other talented contenders for the stage win, including Ben Healy and Geraint Thomas.

With the best-placed rider in that large group already lagging nearly 34 minutes behind Pogacar overall, the pack let the break get away. The

main contenders for the overall win, including Pogacar and his rivals Jonas Vingegaard and Remco Evenepoel, finished 13 minutes and 40 seconds behind Campenaerts.

Earlier, Healy attacked twice from the leading group in the Cote de Saint-Apollinaire but his move eventually backfired as the Irishman got dropped when others upped the pace. A pivotal moment came in the Cote des Demoiselles when Kwiatkowski accelerated to move away and was later joined by Campenaerts and Vercher. The trio collaborated well as counter-attackers looked hesitant and reacted too

late to catch them.

With only three stages left, Pogacar has a comfortable lead of 3:11 over two-time defending champion Vingegaard. Tour debutant Evenepoel is lagging 5:09 off the pace.

The battle between Pogacar, Vingegaard and Evenepoel is expected to resume on Friday. At less than 150 kilometers, the 19th stage to the ski resort of Isola 2000 is short, but tough. Riders will climb above 2,000 meters three times, including the climb to the summit of La Bonette, the highest road in France at an altitude of 2,802 meters.