

ALL-COUNTY BOYS TRACK & FIELD

Runner of the Year

JASIRI BELOTE

TUSCARORA JUNIOR SPRINTER

- The fastest sprinter in Frederick County during the 2025 season won Frederick County, Central Maryland Conference Large School and Class 3A West regional championships in both the 100 and 200 meter dashes before placing in the top six in both races at the state meet.
- He ran his personal-best times in the the 100 (10.52 seconds) and 200 (21.58) at the CMC meet. He went on to place second at the Class 3A state meet in the 100 dash (10.74) and sixth in the 200 dash (21.73).
- Also played a significant role on the Titans' 4x100 and 4x200 relay teams. The 4x100 team finished second at the 3A West regional meet (42.79) before going on to place fifth at the state meet (43.25). Meanwhile, the 4x200 team was second at counties (1:29.28) and third at regionals (1:32.44).





Field Athlete of the Year

NANJO LEVEC

MIDDLETOWN SENIOR JUMPS/POLE VAULT

- Established himself as one of the most dynamic and versatile athletes in Frederick County while battling a left ankle injury for most of the season.
- He won the Class 2A state championship in the triple jump with a personal-best leap of 46 feet, 9 inches. He also placed second in the pole vault (a personal-best 14 feet, 6 inches), third in the 110-meter hurdles (14.68 seconds), fourth in the high jump (6–2), sixth in the long jump (20–7 $^{1}/4$) and ran a leg for the Knights' 4x100 relay, which finished fifth in 2A in 43.27 seconds.
- The Middletown boys finished third in the Class 2A team standings at the state meet, and Levec provided 30 of those points by himself over the course of his five individual events. Plus, he helped provide team points in the relay.

FIRST TEAM

DARIUS EUBANK SENIOR JUMPS

FREDERICK

■ Claimed Central Maryland Conference and Frederick County titles in the long jump and the triple jump before placing eighth in the Class 4A state meet in the long jump (21 feet, 9.25 inches). Also ran a leg for the Cadets' 4x100 relay, which qualified for states.



MARK GWYNN

JUNIOR HURDLES, JUMPS

MARYLAND SCHOOL FOR THE DEAF

■ Set a new school record in the triple jump



■ Charged from behind over the last 230 meters to win the Class 4A 1,600 run and his first state title. His winning time was a personal-best mark of 4 minutes, 15.46 seconds. Also ran the anchor leg for Urba-

KOREY KAUFLIN

URBANA

JUNIOR MID-DISTANCE. RELAYS



GRANT LOHR SENIOR THROWS OAKDALE

 $\blacksquare \textbf{Capped his terrific throwing career at}$ Oakdale with another fine season, winning Frederick County and Class 3A regional titles in the shot put and discus before placing second in both events at states. Hit his personal-best



MASIAH MARTIN SOPHOMORE JUMPS, RELAYS WALKERSVILLE

■ Matched his personal-best height in the

high jump (6 feet, 8 inches) to win the Class 2A state championship. Also ran legs for the Lions' 4x100 and 4x200 relays, which won CMC Small School titles and qualified for states. The 4x100 team placed eighth in 2A.



■ Delivered his best effort when it mattered the most, unfurling a put of 49 feet, 6.25 inches to win the Class 1A championship in the shot out at the state meet. The mark fell just short of his personal-best (50-5), which he used to win the Dwight Scott Invitational



GIDEON MENSAH

JUNIOR HURDLES THOMAS JOHNSON

■ Performed his best in one of the toughest events on the track, the 300-meter hurdles, winning Frederick County (40 seconds), Central Maryland Conference (40.54) and Class 4A West regional (40.15) titles on his way to the state meet.



DYLAN PAGENDARM

SENIOR MID-DISTANCE, RELAYS LINGANORE

■ Found his groove as a middle-distance sprinter, winning the Frederick County title in the 400-meter dash (50.18) before placing second in the race at the 3A West regional meet (49.85). Also ran legs for the Lancers' county champion



JONATHAN REGULES

SENIOR MID-DISTANCE, RELAYS THOMAS JOHNSON

■ As reliable as can be in the middle-distance races, won Frederick County titles in the 800 (1:56.78) and 1,600 (4:19.61) meter runs before finishing second in the 800 (a personal-best 1:54.24) in the Class 4A state meet. Also contributed on relays.



JONAS SPARKS JUNIOR POLE VAULT

OAKDALE

■ Gradually got better over the course of the season, winning Frederick County (14 feet, 1/2 inch), Class 3A West regional (a personal-best 14-8) and 3A state (14-3) titles in the pole vault. It was his third state pole-vaulting title overall



SHAYMUS STULL SENIOR SPRINTS, JUMPS

CATOCTIN

Really shined in the long jump all season for the Cougars and won Class 1A West regional (21 feet, 43/4 inches) and 1A state (20–11 3/4) titles in the event. Also qualified for states in the 100-meter dash and helped the Cougars place fourth at states in the 4x100 relay.



HONORABLE MENTION

Brunswick—Asher Adelman, Collin Aldridge, Patrick Campbell, Simon McGillivray, Chris Rogers; Catoctin—Ben Belluomo, Konnor Dodson, Owen French, Kendall Jones, Noah Riling, Gavin Scheetz, Gabriel Torrado; Frederick—Jordan Bennett Austin Cheek, Nicholas Cherry, Ronte Faunteroy, Tyrico Morgan Jr., Jayden Parsley, Ian Tumi; Linganore—Alex Adetolu, Jacob Araujo, Jake Brown, Quinton Dodds, Devin Doyle, Ricky Johnson, Alex Lambert, Bradly Matthews, Amari Parker, Chase Roberts; Maryland School for the Deaf—Josiah Lockhart; Middletown—Levi Derr, Garrett Howes, Devlin McCollum, Daniel Michaels, Evan Raymond, Hudson Smith, Asher White; Oakdale—Ralph Etaba Ateba, Dean Browning, Mauricio Encalada, Andrew Gregorio, Kyler Valley; Thomas Johnson—Isaiah Adamson, Elijah Alexander, Dominic Castillo, Scott Rudy, Giovanni Stewart, Dash Wexler, Tyler Wilson; Tuscarora—Nathan Boateng, Kevin Bukula, Samuel Cooper, Dorian Lewis, Samuel Oji II, Christian Tait, Isaiah Harris Talbott; Urbana—Nadjimou Agbere, Stefan Behrsing, Cole Cline, Koen Edwards, Riley Gallogly, Murphy Hines, Evan Madraymootoo, Easton Malone, Joshua Ogbummor, Ryan O'Rear, Joshua Rothery; Walkersville—Owen Ansong, Shane Fawehinmi, Carl Mbella, Awoenam Nutakor, Tyler Shuler, Alexander Simmons, Patrick Word.

DUCKPIN BOWLING

Hagerstown man breaks duckpin world mark in Walkersville

By DANIEL KAUFFMAN The Herald-Mail

On June 28, Hagerstown's bowling world record that was complished that feat in Frederick County.

Gue, 31, set the National Duckpin Bowling Congress icant accomplishments for Ğue. world record for a nine-game bowling in the Duckpins4Ever Triples league at Walkersville Lanes. The previous record had stood for 36 years.

"I was keeping track of my average and my total, but never put any effort into looking at the records," Gue said. "I was just out there bowling, and then when I was done, they told me I broke the nine-game world record. I was like, 'What are you talking about?' Then I was like,

One of his friends sent me a with the No. 1 average, a 152. message on Facebook and said,

the world record!" said mother Michelle Beddow. "I was like, 'Are you kidding me?' Then I got Colton Gue broke a duckpin on Facebook and saw the video he had posted of Colton breakolder than himself, and he ac- ing the record. Then Colton he was 3 years old and was a regcalled me and told me he had broken the record."

It's the latest in a list of signif-

He was the Duckpin Professet with a score of 1,563 while sional Bowlers Association's rookie of the year in 2017 and has two victories in DPBA Tour events, winning the Southside Bowl title in Hagerstown in 2018 and the Suitland Bowl title in

> Gue also won the Frank Barber Memorial Eastern Duckpin Classic in Connecticut, the oldest continuously-running duckpin tournament in the sport's history, in 2021. He averaged a 158.8 over 12 games.

In 2022, Gue finished the year

"He's the type of person bowled like that for two years.

'Oh my god, Colton just broke who doesn't let anything bother him," Beddow said. "He puts could start bowling in a Saturit all on the lanes and just does his thing. I love to brag on him. That's what mothers do.'

Gue has been bowling since ular on the lanes, along with his grandparents, his mother and his stepfather, throughout his childhood growing up in Fred-

"My grandfather introduced me to bowling," Gue said. "I would bowl just for fun while they were bowling in a league."

'I started bowling when I was 6 or 7 in Frederick. My mom and dad got me into it, and I'm the one in the family who continued to bowl, said Michelle Beddow. "I would take Colton to the bowling alley on league nights and he would want to bowl. He started out throwing the ball over his head — he would take both of his hands and throw the ball over his head, and he

day morning youth league. Usually, you don't start until you are 5 years old, but he started in a league early. He just wanted to bowl and I couldn't get him off the lanes, he just wanted to bowl, bowl, bowl.

"My mom and stepdad know how I bowl, as well as my brother," Gue said. "I can ask them what I'm doing wrong and they'll help me fix it. They all helped me learn to bowl and we all have a good relationship about that."

In the 2023 Suitland DPBA event, Gue's opponent in the championship game was a very familiar face — his younger brother, Zander Beddow. Gue prevailed, 182-120.

"I threw it in his face a couple times," Gue admitted.

"Zander started bowling with Colton in tournaments and against him at 17," Michelle Bedas a role model and wants to him."

"I asked the owner if he bowl like him. I sit there and I pace back and forth when they are bowling in tournaments. I'm so nervous and want them to do so good, and when they do, I get so teary-eyed. My mom and dad would be so proud of (Colton) if they could see what he's done."

Gue played better and better as he set the nine-game world record on June 28. His final three games were a 185 (tied for third best), a 201 (his best) and a 187 (his second best).

Gue, who works at Meritus Medical Center, regularly plays in leagues at Southside on Wednesdays and Thursdays. And just as Gue bowled as a kid under the watchful eyes of his older family members many years ago, now his own son, Brayden, age 7, is following in the family tradition.

"He's already carrying a 70 average," Gue said. "I'm just dow said. "He looks up to Colton waiting to pass everything on to