



# ALL-COUNTY BOYS CROSS-COUNTRY

## Runner of the Year

### KYLE LUND

#### OAKDALE SENIOR

■ A burst near the end of the Class 2A state meet race gave Lund — a middle-distance star in track and field who is known for his closing kick — a time of 15 minutes, 47.76 to set the course record at Hereford High and sew up his second straight Runner of the Year season. Coach Dave Lillard attributed Lund's record run to "increased maturity and easy-going attitude with the desire to excel no matter how hard the race."

■ His 2A win paced the Bears to the state crown — and a sweep of the championship meets: CMC, FCPS, Class 2A West and Class 2A. The state title was Oakdale's first. And Lillard credited Lund's ability to help his teammates maintain focus.

■ Lund also captured individual wins at the CMC and Frederick County championships. He placed second in the 2A West race, but redeemed himself resoundingly a week later at states.



## FIRST TEAM

### CARSON BUCK LINGANORE SENIOR

■ "Fearless, tough runner," according to coach Andres Wright. Buck finished the season strong, including leading the Lancers to a regional championship. Was state medalist for the second consecutive year. County: Third  
3A West: Second  
3A State: 20th



### SPENCER BUCKWALTER OAKDALE JUNIOR

■ The state-champion Bears' consistent No. 4 runner gained strength this season to deal with the 5K distance. Coach Dave Lillard also lauded Buckwalter's ability to keep things light among his teammates. County: 10th  
2A West: 10th  
2A State: 19th



### ALEX CONTRERAS CATOCTIN FRESHMAN

■ Announced himself with a stellar first season for the Cougars, recording top-five finishes in each of the season's biggest meets. County: Fifth  
1A West: Fourth  
1A State: Fifth



### COLLIN DEMPSEY OAKDALE SENIOR

■ Natural leader and "rock of the team," according to coach Dave Lillard, he was part of a three-punch finish that allowed the Bears to easily win the 2A state title. County: Second  
2A West: Third  
2A State: Seventh



### MARIO MARTINEZ FREDERICK JUNIOR

■ He established himself as the Cadets' leader. Said coach Frank Strakonsky, Martinez is "one of the most goal driven and focused athletes I've ever coached." County: Eighth  
3A West: Fifth  
3A State: 87th



### JOSHUA MILLIKEN OAKDALE SENIOR

■ A crucial cog between the Bears' top two and final pair of scoring runners. Coach Dave Lillard called him "that No. 3 runner that would have been No. 1 on any other team." County: Sixth  
2A West: Sixth  
2A State: 17th



### CHARLES PARROTT OAKDALE SENIOR

■ Steady performer saw steady improvement throughout the season, fully embracing his role as the No. 5 runner on the 2A state-champion Bears. County: Seventh  
2A West: 16th  
2A State: 27th



### COLE WILLIAMSON LINGANORE FRESHMAN

■ He formed a one-two punch with teammate Buck. Called a "natural racer" by coach Andres Wright, Williamson broke 17 minutes for 5K and was a state medalist (Top 25) in his first year of running. County: Fourth  
3A West: Fourth  
3A State: 24th



### JEFF YOUNG TUSCARORA SENIOR

■ Made the jump from honorable mention last season to the first team in his final fall season for the Titans. County: Ninth  
3A West: Eighth  
3A State: 30th



## HONORABLE MENTION

**Brunswick**—Caleb Shullenbarger, Noah McGillivray

**Catocotin**—Marshall Hahn

**Frederick**—Carter Stevenson

**Linganore**—Jack Sears

**Oakdale**—Justin Cherry

**Thomas Johnson**—Gabe Caprarola-Bianco

**Tuscarora**—Sean Heare

**Urbana**—Luke Hartlaub

**Walkersville**—Haven Barren, Owen Welty

## ShortTakes

from wire reports

### No Ravens missing at last practice before Browns rematch

The Ravens had full participation at practice Friday, with all 53 players on their active roster working out ahead of Sunday's game against the Cleveland Browns.

Defensive tackle Brandon Williams, who missed Thursday's practice for noninjury reasons, was back in action. Left tackle Ronnie Stanley and inside linebacker Chris Board, who missed the Ravens' Week 15 win over the New York Jets after suffering concussions, participated in their third straight practice.

"Real positive," coach John Harbaugh said of the team's good health. "I think it's the best we've been all year that way. Everybody's practicing. That's pretty unusual — the first time I think it's happened for us this year, I think."

### Cowboys QB Prescott might not throw until just before game Sunday

FRISCO, Texas — There is no question that Dallas Cowboys quarterback Dak Prescott will play in Sunday's game against the Philadelphia Eagles.

Too much in on the line for him not to play, as the Cowboys could clinch the NFC title and a playoff berth with a victory.

But the fourth-year Cowboys quarterback, who is seeking

his second consecutive division title and third since joining the team as a fourth-round pick in 2016, will be less than 100 percent because of a sprained right shoulder, suffered in last Sunday's 44-21 victory against the Los Angeles Rams.

Prescott has been limited in practice all week with backup Cooper Rush taking the reps with the first team in practice Wednesday and Thursday. He is still experiencing pain and soreness in the shoulder and has yet to throw a football since the Rams game.

There is a chance, head coach Jason Garrett said, that Prescott might not throw a football until right before Sunday's game against the Eagles.

Prescott will attempt to do something on Friday and maybe Saturday. But he said he will go through a full workout before the game to test his arm.

### Daniel Jones returns as Giants starter, Eli back on bench

Rookie Daniel Jones is returning as the New York Giants starting quarterback after missing two weeks with an ankle injury.

Jones again replaces two-time Super Bowl MVP Eli Manning, who had returned to the starting lineup with Jones sidelined.

Manning is in the final year of his contract, so the decision to start Jones Sunday against the Washington Redskins

might signal the end of his 16-year career with the Giants.

If he doesn't play again, Manning went out a winner. He threw two touchdowns Sunday while leading New York to a 36-20 victory over the Miami Dolphins. It snapped a franchise record-tying, nine-game losing streak.

Jones replaced the 38-year-old Manning after losses in the first two games of the season. The sixth-pick overall in the draft, he leads rookies with 18 touchdown passes.

### Seahawks defensive lineman Woods suspended 4 games for PEDs

RENTON, Wash. — Seattle Seahawks defensive tackle Al Woods has been suspended for four games for violating the league's policy on performance-enhancing substances.

Woods is the second Seattle player to be suspended this week. Wide receiver Josh Gordon was suspended indefinitely on Monday for violating policies on performance-enhancers and "substances of abuse."

Woods will miss the final two regular season games — beginning with Sunday's game against Arizona — and at least two potential playoff games. He could return for either the NFC championship or the Super Bowl should Seattle make it that far, depending on the Seahawks' playoff seed.

Woods was an important role player for Seattle's defensive line.