

## Conroy, Izer lead Coe runners

Written by Metro Sports Report  
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Lucy Conroy and Ryan Izer led the Coe cross country teams at the Lamb-Kohawk Invitational at Noelridge Park Saturday.

Conroy finished fourth in the women's 6K race in 23 minutes, 27.3 seconds. Izer placed sixth in the men's 8K race in 27:07. Conroy and Izer are both freshmen at Coe.

Cornell won the women's title. Coe placed fourth.

Lake Forest captured the men's title. The Kohawks finished second.

## WOMEN'S RESULTS

### Team Standings

1. Cornell 25, 2. Monmouth 66, 3. Lake Forest 84, 4. Coe 102, 5. Grinnell 114, 6. Carroll 144, 7. Knox 177, 8. Illinois College 246, 9. Culver-Stockton 265.

Winner - Sanjuanita Martinez, Cornell, 22:06.8.

Coe - 4. Lucy Conroy 23:27.3, 16. Maddie Bain 24:53.5, 17. Mareena Franke 24:58.6, 37. Abie Mellick 25:58.3, 41. Samaya Lewis 26:11.1.

## MEN'S RESULTS

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### Team Standings

1. Lake Forest 46, 2. Coe 67, 3. Cornell 88, 4. Carroll 122, 5. Monmouth 144, 6. Knox 158, 7. Grinnell 173, 8. Coe Alumni 204, 9. Illinois College 239, 10. Cornell Alumni 243.

Winner - Jonathan Stern, Lake Forest, 26:35.3.

Coe - 6. Ryan Izer 27:07.0, 11. Nathan Haerr 27:15.9, 14. Nick Poff 27:38.4, 15. Austin Springsteen 27:39.3, 21. Derek Dinderman 27:57.6.