

## Conroy, Bowman win races at 5th Seasons Dual

Written by Metro Sports Report  
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PALO - Lucy Conroy of Coe and Evan Bowman of Mount Mercy were the individual winners at the Fifth Seasons Dual cross country meet at Morgan Creek Park in Palo Saturday.

Conroy, a freshman, covered the women's three-mile race in 18 minutes, 46.2 seconds. Bowman, a junior, captured the men's four-mile race in 21 minutes, 46.7 seconds.

Mount Mercy won the women's title and Coe took the men's title in the two-school meet.

### WOMEN'S RESULTS

Mount Mercy 20, Coe 41

Coe - 1. Lucy Conroy 18:46.2, 7. Mareena Franke 19:27.5, 10. Beth Heims 20:11.9, 11. Kaylee Alvarez 20:19.1, 12. Samaya Lewis 20:26.1.

Mount Mercy - 2. Liz Mosbach 18:55.4, 3. Katie Hoffert 19:09.5, 4. Molly Pruett 19:11.4, 5. Lindsay Brunson 19:18.5, 6. Dana Ewan 19:20.4.

### MEN'S RESULTS

Coe 24, Mount Mercy 35

Coe - 2. Ryan Izer 21:52.4, 3. Nathan Haerr 22:01.3, 4. Nick Poff 22:06.1, 7. Derek Dinderman 22:29.9, 8. Colton James-Wells 22:57.8.

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Mount Mercy - 1. Evan Bowman 21:46.7, 5. James Lindstrom 22:18.4, 6. Colton Forster 22:21.3, 12. Michael Marshall 23:53.6, 13. Jacob Herndon 24:24.7.