

Keppoch Open - 11/7/2020**Keppoch
Results****Women 6k Run CC**

Name	Year Team	Finals	H#	Points
Results - Women				
1 Wilson, Colleen	Halifax Road Ham	24:17.00	1	
2 Lewis, Abby	Chebucto Athletics	24:35.00	1	
3 James, Paula	Valley Athletics	25:33.00	1	
4 Canning, Mairin	Xtfc	25:42.00	1	
5 Johnstone, Zoe	Stfx	25:44.00	1	
6 Higgins, Madalyn	Acadia University	25:51.00	1	
7 Sandluck, Breanna	Stfx	26:28.00	1	
8 Chisholm, Paige	Stfx	26:44.00	1	
9 Robinson, Anna	Xtfc	26:54.00	1	
10 Sandluck, Allie	Stfx	26:57.00	1	
11 Lavallee, Sarah	Acadia University	27:43.00	2	
12 Benoit, Eileen	Stfx	28:03.00	2	
13 Knowles, Sophie	Acadia University	28:05.00	2	
14 Stevanovich-Thomsom, Ava	Acadia University	29:07.00	2	
15 Burke, Tanna	Stfx	29:10.00	2	
16 Keedwell, Bridget	Stfx	29:16.00	2	
17 Walker, Chloe	Stfx	29:18.00	2	
18 Beach, Heather	Unattached	29:19.00	2	
19 Beaton, Kali	Stfx	29:23.00	2	
20 Armstrong, Kessie	Acadia University	29:52.00	2	
21 Allam, Nour	Yhz Track and Field	30:13.00	3	
22 Archibald, Emma	Chebucto Athletics	30:14.00	3	
23 Liem, Lauren	Stfx	30:36.00	3	
24 Crouse, Kelsey	Acadia University	30:37.00	3	
25 Myles, Lindsay	Acadia University	30:51.00	3	
26 Miller, Ireland	Acadia University	31:04.00	3	
27 Borrens, Sara	Acadia University	31:31.00	3	
28 Gasser, Isa	Unattached	32:33.00	3	
29 MacIsaac, Justine	Unattached	32:48.00	3	
30 Thiesen, Abby	Truro Lions	34:31.00	3	
31 Taylor, Samantha	Stfx	37:14.00	4	
32 Shaw, Jillian	Unattached	37:46.00	4	
33 Kwen, Kee	Truro Lions	38:32.00	4	

Men 6k Run CC

Name	Year Team	Finals	H#	Points
Results - Men				
1 Staples, Graydon	Stfx	21:56.00	1	
2 MacLellan, Paul	Halifax Road Ham	22:14.00	1	
3 Gallant, Luc	Stfx	22:24.00	1	
4 Benoit, Jacob	Stfx	22:49.00	1	
5 Good, Ben	Chebucto Athletics	23:00.00	1	
6 Beaton, Nolan	Stfx	23:22.00	1	
7 Baker, Tyler	Stfx	23:24.00	1	
8 Knight, Evan	Stfx	23:32.00	1	
9 Gallant, Joel	Unattached	23:47.00	1	
10 Demchuk, Dorian	X Run Crew	23:50.00	1	
11 Eastwood, Ezra	Yhz Track and Field	24:30.00	2	
12 Saul, Targun	Unattached	24:39.00	2	
13 Flemming, Owen	Halifax Road Ham	24:43.00	2	

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14	Wierzbicki, Jack	Stfx	25:15.00	2
15	Tareke, Yared	Stfx	25:31.00	2
16	Knight, Eric	Stfx	26:14.00	2
17	Marshall, Vaughan	Unattached	27:35.00	2
18	MacDougall, Anthony	Unattached	27:36.00	2
19	Kruszewski, Vance	Run Nova Scotia	29:25.00	2
20	MacKinnon, Chris	Cape Breton Endu	29:40.00	2
21	Dutkewych, Andreas	Run Nova Scotia	30:23.00	3
22	Eastwood, Peter	Yhz Track and Field	32:24.00	3
23	Baard, Tertius	Yhz Track and Field	34:17.00	3
24	Smith, Troy	Valley Athletics	45:01.00	3

Mixed 4k Run CC

Name	Year	Team	Finals	H#	Points
Results - Mixed					
1	Gamble, Griffen	M Chebucto Athletics	14:26.00	2	
1	MacLean, Lily	W Unattached	16:35.00	1	
2	MacKenzie, Conlan	M Djhg	14:39.00	2	
2	Moon, Poppy	W Yhz Track and Field	17:05.00	1	
3	Lawton, Matthew	M Unattached	14:56.00	2	
3	Logan, Chloe	W Yhz Track and Field	17:23.00	1	
4	Quinton, Alex	M Yhz Track and Field	14:57.00	2	
4	Morrow, Kate	W Yhz Track and Field	17:27.00	1	
5	Elliot, Liam	M Yhz Track and Field	15:44.00	2	
5	Archibald, Mya	W Chebucto Athletics	17:41.00	1	
6	MacLean, Tyler	M Pictou County At	16:22.00	2	
6	Allen, Ellie	W Yhz Track and Field	17:52.00	1	
7	Heighton, Dominic	M Djhg	17:21.00	2	
7	Sneddon-Simons, Katherin	W Yhz Track and Field	18:16.00	1	
8	Morrison, Max	M Yhz Track and Field	17:47.00	2	
8	Tobin, Evelyn	W Yhz Track and Field	19:04.00	1	
9	Quinton, Jack	M Yhz Track and Field	17:52.00	3	
9	Lewis, Morgan	W Chebucto Athletics	20:00.00	1	
10	Mombourquette, Dylan	M Xtfc	18:02.00	3	
10	Reid, Rachel	W Unattached	20:47.00	1	
11	Gillis, Nate	M Sajs	19:42.00	3	
11	Stewart, Nora	W Sajs	21:21.00	2	
12	Quinton, Emma	W Yhz Track and Field	22:16.00	2	