

**Capital XC Challenge - 2019-10-05****Capital XC Challenge  
Terry Fox Athletic Facility  
Results****Event 5 Girls 3k CC 12 & 13 Years Old**

Name	Year Team	Avg 1K	Finals	Points
Results - Women				
1 Streek, Grace	Sir Winston	3:54.9	11:44.69	1
2 Coughlin, Quinn	Cobden Cougars	3:57.7	11:53.06	2
3 Lyons, Waverley	Glashan	4:06.8	12:20.38	3
4 Orchard, Hannah	Fisher Park	4:08.7	12:26.04	4
5 Hertz, Rachel	Ottawa Lions T.F.C.	4:13.9	12:41.72	5
6 Fraserwall, Adrienne	Ottawa Lions T.F.C.	4:15.5	12:46.28	6
7 Park, Ainsley	Longfields D	4:16.5	12:49.46	7
8 Hawkes, Elizabeth	Broadview - Ottawa	4:19.8	12:59.32	8
9 Paris, Jacqueline	Fisher Park	4:20.9	13:02.56	9
10 Johnston-Zemek, Kate	Turnbull School	4:21.2	13:03.61	10
11 Frank, Addison	Broadview - Ottawa	4:23.4	13:09.97	11
12 Jennings, Gabrielle	Glashan	4:24.0	13:11.87	12
13 Welburn, Georgia	Hopewell	4:27.6	13:22.68	13
14 Yach, Koree	Arnrior	4:28.4	13:25.22	14
15 Knight, Tessa	Unattached Ontario	4:29.5	13:28.48	15
16 Birinberg, Victoria	Longfields D	4:34.9	13:44.70	16
17 Simard, Lara	Longfields D	4:36.7	13:49.93	17
18 Aubin, Jacqueline	Mother Teres	4:39.2	13:57.49	18
19 Graidia, Sara	Longfields D	4:39.4	13:58.06	19
20 Murchison, Juliette	Mother Teres	4:40.0	13:59.94	20
21 Dilabio, Olivia	Fisher Park	4:41.3	14:03.69	21
22 Watchorn, Charlotte	Fisher Park	4:41.6	14:04.60	22
23 Nash, Emma	De La Salle	4:42.5	14:07.24	23
24 Bradley, Skylar	Longfields D	4:43.6	14:10.74	24
25 Fay, Emma	Turnbull School	4:43.6	14:10.82	25
26 Fan, Olivia	Longfields D	4:44.5	14:13.50	26
27 Kebedom, Naomi	Longfields D	4:45.0	14:14.98	
28 Hussein, Hamda	Longfields D	4:45.5	14:16.45	
29 Brazeau, Liliane	Gisèle-Lalon	4:47.5	14:22.45	27
30 Hill, Mckenna	Cedarview - Nepean	4:49.1	14:27.09	28
31 Hidalgo, Luce	Lycee Claude	4:52.2	14:36.55	29
32 Danks, Chloe	Turnbull School	4:57.1	14:51.14	30
33 Dvorkin, Petra	Longfields D	4:58.0	14:53.93	
34 Varghese, Jenna	Longfields D	5:02.8	15:08.34	
35 Steil, Susannah	Lycee Claude	5:10.3	15:30.76	31
36 Hao, Delilah	Lycee Claude	5:11.5	15:34.36	32
37 Sabha, Rita	Franco-Cite	5:11.9	15:35.53	33
38 Fraser, Emma	Lycee Claude	5:17.3	15:51.88	34
39 Essoussi, In?s	Lycee Claude	5:22.1	16:06.25	35
40 Ngokila, Daydia	Lycee Claude	5:23.0	16:08.74	36
41 Machac, Eloane	Lycee Claude	5:23.0	16:08.95	
42 Ataib, Aniya	Carleton Hei	5:23.1	16:09.12	37
43 Black, Ashlyn	310 Running	5:23.3	16:09.64	38
44 Flibotte Roy, Maya	Lycee Claude	5:33.1	16:39.12	
45 Gaboury, Alexia	Lycee Claude	5:34.2	16:42.63	
46 Perrier, Alice	Lycee Claude	5:46.0	17:17.95	
47 Hautier, Emma	Lycee Claude	5:55.0	17:44.87	
48 Mao, Janine	Ashbury Coll	5:55.5	17:46.24	39
49 Richardson, Danika	Fisher Park	6:15.9	18:47.57	40
50 Holt, Rose	310 Running	6:20.5	19:01.44	41
51 Karoui, Arij	Lycee Claude	6:26.2	19:18.50	

