

FEMSPORT

“Women’s Strength + Fitness Challenge”

presented by



FEMSPORT Whitehorse Challenge – April 27, 2013

NOVICE

TEAM: TOTALS

TEAM NAME - NOVICE	POINTS	PLACE
WATERSTONE	76.5	1
MacKay LLP	134.5	2
Chub From the Hub	156.5	3
It Works	227.5	4

NOVICE

INDIVIDUAL: TOTALS

#	NOVICE NAME	TEAM	Final Rank	Overall Points
15	Taylor Hanna	WATERSTONE	1	21.5
10	Michelle Bergsma	MacKay LLP	2	23.5
13	Angela Burke	WATERSTONE	3	26
14	Karen Hanna	WATERSTONE	4	29
2	Rachel Hanna	Chub from the Hub	5	49
11	Sarah Hanson	MacKay LLP	6	51
3	Tina Harrison	Chub from the Hub	7	52
17	Marianne Phelps		8	54.5
1	Brittany Weber	Chub from the Hub	9	55.5
12	Thoa Pattison	MacKay LLP	10	60
9	Shayna Jordan	It Works	11	60.5
8	Heather Jordan	It Works	12	68.5
5	Jill Lawrence		13	70
16	Louise Marshall		14	83.5
4	Jasmina Randhawa		15	86
7	Bev Greek	It Works	16	98.5
18	Tracey West		17	102.5

NOVICE

INDIVIDUAL: EVENT RESULTS

KETTLEBELL LIFT – NOVICE							
#	NAME	TEAM	KB TIME	PENALTY	FINAL KB TIME	Rank	Point Score
15	Taylor Hanna	WATERSTONE	00:36.47		00:36.47	1	1
14	Karen Hanna	WATERSTONE	00:36.69		00:36.69	2	2
13	Angela Burke	WATERSTONE	00:37.03		00:37.03	3	3
2	Rachel Hanna	Chub from the Hub	00:37.84		00:37.84	4	4
11	Sarah Hanson	MacKay LLP	00:38.14		00:38.14	5	5
10	Michelle Bergsma	MacKay LLP	00:38.25		00:38.25	6	6
1	Brittany Weber	Chub from the Hub	00:38.53		00:38.53	7	7

17	Marianne Phelps		00:38.78		00:38.78	8	8
9	Shayna Jordan	It Works	00:38.84		00:38.84	9	9
12	Thoa Pattison	MacKay LLP	00:38.87		00:38.87	10	10
16	Louise Marshall		00:40.06		00:40.06	11	11
3	Tina Harrison	Chub from the Hub	00:40.12		00:40.12	12	12
8	Heather Jordan	It Works	00:42.00		00:42.00	13	13
4	Jasmina Randhawa		00:42.10		00:42.10	14	14
7	Bev Greek	It Works	00:44.16		00:44.16	15	15
5	Jill Lawrence		00:44.97		00:44.97	16	16
18	Tracey West		00:51.69		00:51.69	17	17

TIRE DRAG – NOVICE

#	NAME	TEAM	DRAG TIME	PENALTY	FINAL DRAG TIME	Rank	Point Score
10	Michelle Bergsma	MacKay LLP	00:12.10		00:12.10	1	1
14	Karen Hanna	WATERSTONE	00:12.23		00:12.23	2	2
2	Rachel Hanna	Chub from the Hub	00:12.32		00:12.32	3	3
5	Jill Lawrence		00:14.19		00:14.19	4	4
3	Tina Harrison	Chub from the Hub	00:14.54		00:14.54	5	5
17	Marianne Phelps		00:14.66		00:14.66	6	6
9	Shayna Jordan	It Works	00:15.03		00:15.03	7	7
11	Sarah Hanson	MacKay LLP	00:15.12		00:15.12	8	8
4	Jasmina Randhawa		00:15.28		00:15.28	9	9
15	Taylor Hanna	WATERSTONE	00:16.87		00:16.87	10	10
13	Angela Burke	WATERSTONE	00:17.09		00:17.09	11	11
16	Louise Marshall		00:18.47		00:18.47	12	12
12	Thoa Pattison	MacKay LLP	00:18.63		00:18.63	13	13
1	Brittany Weber	Chub from the Hub	00:18.78		00:18.78	14	14
8	Heather Jordan	It Works	00:23.59		00:23.59	15	15
7	Bev Greek	It Works	00:24.75		00:24.75	16	16
18	Tracey West		00:36.28		00:36.28	17	17

INVERTED ROW – NOVICE

#	NAME	TEAM	Row Reps	Rank	Point Score
12	Thoa Pattison	MacKay LLP	70.0	1	1
14	Karen Hanna	WATERSTONE	68.0	2	2
15	Taylor Hanna	WATERSTONE	55.0	3	3
10	Michelle Bergsma	MacKay LLP	55.0	3	3
11	Sarah Hanson	MacKay LLP	52.0	5	5
1	Brittany Weber	Chub from the Hub	51.0	6	6
13	Angela Burke	WATERSTONE	48.0	7	7
3	Tina Harrison	Chub from the Hub	48.0	7	7
17	Marianne Phelps		47.0	9	9
8	Heather Jordan	It Works	39.0	10	10
9	Shayna Jordan	It Works	37.0	11	11
7	Bev Greek	It Works	27.0	12	12
18	Tracey West		27.0	12	12
4	Jasmina Randhawa		26.0	14	14
5	Jill Lawrence		22.0	15	15
16	Louise Marshall		21.0	16	16
2	Rachel Hanna	Chub from the Hub	19.0	17	17

BOX JUMPS – NOVICE						
#	NAME	TEAM	Box Reps	Box TIME	Rank	Point Score
13	Angela Burke	WATERSTONE	50	00:46.90	1	1
15	Taylor Hanna	WATERSTONE	50	00:49.28	2	2
14	Karen Hanna	WATERSTONE	50	00:50.53	3	3
1	Brittany Weber	Chub from the Hub	50	00:52.03	4	4
3	Tina Harrison	Chub from the Hub	50	01:04.69	5	5
10	Michelle Bergsma	MacKay LLP	50	01:06.22	6	6
12	Thoa Pattison	MacKay LLP	50	01:07.41	7	7
9	Shayna Jordan	It Works	50	01:08.06	8	8
11	Sarah Hanson	MacKay LLP	50	01:17.56	9	9
8	Heather Jordan	It Works	50	01:23.22	10	10
2	Rachel Hanna	Chub from the Hub	50	02:10.16	11	11
16	Louise Marshall		50	02:13.97	12	12
4	Jasmina Randhawa		50	02:25.29	13	13
5	Jill Lawrence		50	02:27.22	14	14
18	Tracey West		50	03:00.00	15	15
7	Bev Greek	It Works	34	03:00.00	16	16
17	Marianne Phelps		15	03:00.00	17	17

TIRE FLIP – NOVICE					
#	NAME	TEAM	Flip Time	Rank	Point Score
13	Angela Burke	WATERSTONE	00:16.25	1	1
2	Rachel Hanna	Chub from the Hub	00:16.31	2	2
10	Michelle Bergsma	MacKay LLP	00:17.34	3	3
15	Taylor Hanna	WATERSTONE	00:17.60	4	4
3	Tina Harrison	Chub from the Hub	00:19.16	5	5
5	Jill Lawrence		00:19.25	6	6
17	Marianne Phelps		00:20.75	7	7
12	Thoa Pattison	MacKay LLP	00:21.28	8	8
9	Shayna Jordan	It Works	00:21.34	9	9
8	Heather Jordan	It Works	00:21.40	10	10
1	Brittany Weber	Chub from the Hub	00:22.09	11	11
4	Jasmina Randhawa		00:23.28	12	12
16	Louise Marshall		00:24.41	13	13
14	Karen Hanna	WATERSTONE	00:24.88	14	14
11	Sarah Hanson	MacKay LLP	00:26.75	15	15
18	Tracey West		00:28.28	16	16
7	Bev Greek	It Works	00:30.43	17	17

OBSTACLE COURSE (x 1.5) – NOVICE							
#	NAME	TEAM	OC TIME	PENALTY	FINAL OC TIME	Rank	Point Score
15	Taylor Hanna	WATERSTONE	00:47.75		00:47.75	1	1.5
13	Angela Burke	WATERSTONE	00:47.72	00:01.00	00:48.72	2	3.0
10	Michelle Bergsma	MacKay LLP	00:48.03	00:01.00	00:49.03	3	4.5
14	Karen Hanna	WATERSTONE	00:49.72	00:01.00	00:50.72	4	6.0
17	Marianne Phelps		00:50.12	00:01.00	00:51.12	5	7.5
11	Sarah Hanson	MacKay LLP	00:52.91		00:52.91	6	9.0
8	Heather Jordan	It Works	00:53.06		00:53.06	7	10.5
2	Rachel Hanna	Chub from the Hub	00:54.35		00:54.35	8	12.0
1	Brittany Weber	Chub from the Hub	00:54.43		00:54.43	9	13.5

5	Jill Lawrence		00:54.84		00:54.84	10	15.0
9	Shayna Jordan	It Works	00:54.90		00:54.90	11	16.5
3	Tina Harrison	Chub from the Hub	00:55.07		00:55.07	12	18.0
16	Louise Marshall		00:56.07		00:56.07	13	19.5
12	Thoa Pattison	MacKay LLP	00:56.50		00:56.50	14	21.0
7	Bev Greek	It Works	00:59.75		00:59.75	15	22.5
4	Jasmina Randhawa		01:01.90		01:01.90	16	24.0
18	Tracey West		01:01.90	00:01.00	01:02.90	17	25.5

OPEN

TEAM: TOTALS

TEAM NAME – OPEN	POINTS	PLACE
The Rainmakers	61.0	1
The Ladybugs	75.5	2

OPEN

INDIVIDUAL: TOTALS

#	NAME – OPEN	TEAM	Final Rank	Overall Points
23	Jennifer Russell	The Rainmakers	1	10
20	Jessica Barone	The Ladybugs	2	13.5
22	Carmen Reinhardt	The Rainmakers	3	23.5
19	Jen Hamel	The Ladybugs	4	25
24	Shawntal Onneken	The Rainmakers	5	27.5
21	Lyndsey Amundson	The Ladybugs	6	37

OPEN

INDIVIDUAL: EVENT RESULTS

KETTLEBELL LIFT – OPEN							
#	NAME	TEAM	KB TIME	PENALTY	FINAL KB TIME	Rank	Point Score
24	Shawntal Onneken	The Rainmakers	00:33.13		00:33.13	1	1
23	Jennifer Russell	The Rainmakers	00:36.22		00:36.22	2	2
20	Jessica Barone	The Ladybugs	00:36.19	00:01.00	00:37.19	3	3
22	Carmen Reinhardt	The Rainmakers	00:37.81		00:37.81	4	4
19	Jen Hamel	The Ladybugs	00:39.72		00:39.72	5	5
21	Lyndsey Amundson	The Ladybugs	00:42.41		00:42.41	6	6

TIRE DRAG – OPEN							
#	NAME	TEAM	DRAG TIME	PENALTY	FINAL DRAG TIME	Rank	Point Score
20	Jessica Barone	The Ladybugs	00:13.06		00:13.06	1	1
23	Jennifer Russell	The Rainmakers	00:13.34		00:13.34	2	2
22	Carmen Reinhardt	The Rainmakers	00:15.91		00:15.91	3	3
21	Lyndsey Amundson	The Ladybugs	00:19.10		00:19.10	4	4
19	Jen Hamel	The Ladybugs	00:22.47		00:22.47	5	5
24	Shawntal Onneken	The Rainmakers	00:25.75		00:25.75	6	6

INVERTED ROWS – OPEN					
#	NAME	TEAM	Row Reps	Rank	Point Score
23	Jennifer Russell	The Rainmakers	63.0	1	1
19	Jen Hamel	The Ladybugs	49.0	2	2
24	Shawntal Onneken	The Rainmakers	40.0	3	3
20	Jessica Barone	The Ladybugs	34.0	4	4
22	Carmen Reinhardt	The Rainmakers	27.0	5	5
21	Lyndsey Amundson	The Ladybugs	25.0	6	6

BOX JUMPS – OPEN						
#	NAME	TEAM	Box Reps	Box TIME	Rank	Point Score
23	Jennifer Russell	The Rainmakers	50	00:45.78	1	1
20	Jessica Barone	The Ladybugs	50	00:49.62	2	2
19	Jen Hamel	The Ladybugs	50	00:52.43	3	3
22	Carmen Reinhardt	The Rainmakers	50	01:17.37	4	4
24	Shawntal Onneken	The Rainmakers	50	01:39.65	5	5
21	Lyndsey Amundson	The Ladybugs	50	03:00.00	6	6

TIRE FLIP – OPEN					
#	NAME	TEAM	Flip Time	Rank	Point Score
23	Jennifer Russell	The Rainmakers	00:15.63	1	1
20	Jessica Barone	The Ladybugs	00:16.00	2	2
22	Carmen Reinhardt	The Rainmakers	00:16.09	3	3
19	Jen Hamel	The Ladybugs	00:18.34	4	4
24	Shawntal Onneken	The Rainmakers	00:19.00	5	5
21	Lyndsey Amundson	The Ladybugs	00:29.88	6	6

OBSTACLE COURSE (x 1.5) – OPEN							
#	NAME	TEAM	OC TIME	PENALTY	FINAL OC TIME	Rank	Point Score
20	Jessica Barone	The Ladybugs	00:49.13	00:01.00	00:50.13	1	1.5
23	Jennifer Russell	The Rainmakers	00:50.82		00:50.82	2	3.0
22	Carmen Reinhardt	The Rainmakers	00:53.79		00:53.79	3	4.5
19	Jen Hamel	The Ladybugs	00:57.65		00:57.65	4	6.0
24	Shawntal Onneken	The Rainmakers	00:58.91		00:58.91	5	7.5
21	Lyndsey Amundson	The Ladybugs	01:00.41		01:00.41	6	9.0