

FEMSPORT

Women's Strength + Fitness Challenge



FEMSPORT Regina Challenge – August 23, 2014



CHI Bursary Winner: Lori Dencsak



NOVICE

TEAM: TOTALS

TEAM NAME - NOVICE	POINTS	PLACE
Estavan / Got Funk #1	116.0	1
GBB's	133.0	2
The Flippin' A Team	140.0	3
Estavan / Got Funk #2	221.0	4

INDIVIDUAL: TOTALS

#	NOVICE NAME	TEAM	Final Rank	Overall Points
16	Tori Anholt		1	19.5
3	Anastasiya Shved	Estavan/Got Funk #1	2	25.0
9	Corrie Neufeld	GBB's	3	27.5
10	Erin Black	GBB's	4	30.5
14	Virginia Potosme	The Flippin' A Team	5	31.0
4	Cara Herperger	Estavan/Got Funk #1	6	40.0
5	Collette Hoffman	Estavan/Got Funk #1	7	51.0
12	Janel Mowat	The Flippin' A Team	8	51.5
15	Laura Jones		9	52.0
13	Shannon Nixon	The Flippin' A Team	10	57.5
7	Candace Fewster	Estavan/Got Funk #2	11	67.5
8	Kim Pastachak	Estavan/Got Funk #2	12	75.0
11	Lisa Pestill	GBB's	12	75.0
6	April Hoffman	Estavan/Got Funk #2	14	78.5

NOVICE

INDIVIDUAL: EVENT RESULTS

INVERTED ROWS – NOVICE					
#	NAME	TEAM	Reps	Rank	Point Score
14	Virginia Potosme	The Flippin' A Team	61.0	1	1
9	Corrie Neufeld	GBB's	60.0	2	2
13	Shannon Nixon	The Flippin' A Team	59.0	3	3

3	Anastasiya Shved	Estavan/Got Funk #1	56.0	4	4
10	Erin Black	GBB's	48.0	5	5
8	Kim Pastachak	Estavan/Got Funk #2	42.5	6	6
5	Collette Hoffman	Estavan/Got Funk #1	39.0	7	7
15	Laura Jones		37.0	8	8
16	Tori Anholt		36.0	9	9
12	Janel Mowat	The Flippin' A Team	32.0	10	10
11	Lisa Pestill	GBB's	31.0	11	11
7	Candace Fewster	Estavan/Got Funk #2	30.5	12	12
4	Cara Herperger	Estavan/Got Funk #1	28.5	13	13
6	April Hoffman	Estavan/Got Funk #2	21.5	14	14

KETTLEBELL LIFT – NOVICE

#	NAME	TEAM	KB TIME	PENALTY	FINAL KB TIME	Rank	Point Score
16	Tori Anholt		00:35.06		00:35.06	1	1
9	Corrie Neufeld	GBB's	00:36.68		00:36.68	2	2
10	Erin Black	GBB's	00:38.34		00:38.34	3	3
4	Cara Herperger	Estavan/Got Funk #1	00:39.25		00:39.25	4	4
14	Virginia Potosme	The Flippin' A Team	00:39.63		00:39.63	5	5
3	Anastasiya Shved	Estavan/Got Funk #1	00:39.69		00:39.69	6	6
12	Janel Mowat	The Flippin' A Team	00:38.28	00:03.00	00:41.28	7	7
5	Collette Hoffman	Estavan/Got Funk #1	00:42.84		00:42.84	8	8
13	Shannon Nixon	The Flippin' A Team	00:43.19		00:43.19	9	9
11	Lisa Pestill	GBB's	00:43.78		00:43.78	10	10
7	Candace Fewster	Estavan/Got Funk #2	00:44.47		00:44.47	11	11
6	April Hoffman	Estavan/Got Funk #2	00:46.87		00:46.87	12	12
8	Kim Pastachak	Estavan/Got Funk #2	00:50.75		00:50.75	13	13
15	Laura Jones		00:51.97		00:51.97	14	14

TIRE DRAG – NOVICE

#	NAME	TEAM	DRAG TIME	PENALTY	FINAL DRAG TIME	Rank	Point Score
16	Tori Anholt		00:14.75		00:14.75	1	1
10	Erin Black	GBB's	00:16.81		00:16.81	2	2
4	Cara Herperger	Estavan/Got Funk #1	00:18.50		00:18.50	3	3
14	Virginia Potosme	The Flippin' A Team	00:20.00		00:20.00	4	4
3	Anastasiya Shved	Estavan/Got Funk #1	00:20.47		00:20.47	5	5
5	Collette Hoffman	Estavan/Got Funk #1	00:20.75		00:20.75	6	6
12	Janel Mowat	The Flippin' A Team	00:21.44		00:21.44	7	7
15	Laura Jones		00:21.44		00:21.44	7	7
7	Candace Fewster	Estavan/Got Funk #2	00:21.68		00:21.68	9	9
9	Corrie Neufeld	GBB's	00:23.46		00:23.46	10	10
8	Kim Pastachak	Estavan/Got Funk #2	00:24.09		00:24.09	11	11
13	Shannon Nixon	The Flippin' A Team	00:27.03		00:27.03	12	12
11	Lisa Pestill	GBB's	00:28.47		00:28.47	13	13
6	April Hoffman	Estavan/Got Funk #2	00:31.28		00:31.28	14	14

BOX JUMPS – NOVICE

#	NAME	TEAM	Box Reps	Box TIME	Rank	Point Score
3	Anastasiya Shved	Estavan/Got Funk #1	50	00:51.25	1	1

15	Laura Jones		50	01:00.00	2	2
5	Collette Hoffman	Estavan/Got Funk #1	50	01:07.40	3	3
16	Tori Anholt		50	01:14.31	4	4
14	Virginia Potosme	The Flippin' A Team	50	01:15.34	5	5
4	Cara Herperger	Estavan/Got Funk #1	50	01:17.72	6	6
9	Corrie Neufeld	GBB's	50	01:21.19	7	7
6	April Hoffman	Estavan/Got Funk #2	50	01:23.93	8	8
13	Shannon Nixon	The Flippin' A Team	50	01:53.47	9	9
12	Janel Mowat	The Flippin' A Team	50	01:57.65	10	10
8	Kim Pastachak	Estavan/Got Funk #2	50	02:03.87	11	11
10	Erin Black	GBB's	50	02:04.59	12	12
11	Lisa Pestill	GBB's	50	02:58.88	13	13
7	Candace Fewster	Estavan/Got Funk #2	48	03:00.00	14	14

TIRE FLIP – NOVICE					
#	NAME	TEAM	Flip Time	Rank	Point Score
10	Erin Black	GBB's	00:11.75	1	1
9	Corrie Neufeld	GBB's	00:12.69	2	2
16	Tori Anholt		00:13.56	3	3
12	Janel Mowat	The Flippin' A Team	00:15.19	4	4
13	Shannon Nixon	The Flippin' A Team	00:17.28	5	5
3	Anastasiya Shved	Estavan/Got Funk #1	00:18.41	6	6
14	Virginia Potosme	The Flippin' A Team	00:19.03	7	7
4	Cara Herperger	Estavan/Got Funk #1	00:20.38	8	8
15	Laura Jones		00:21.75	9	9
11	Lisa Pestill	GBB's	00:24.13	10	10
7	Candace Fewster	Estavan/Got Funk #2	00:24.19	11	11
5	Collette Hoffman	Estavan/Got Funk #1	00:25.22	12	12
8	Kim Pastachak	Estavan/Got Funk #2	00:28.44	13	13
6	April Hoffman	Estavan/Got Funk #2	00:36.72	14	14

OBSTACLE COURSE (x 1.5) – NOVICE							
#	NAME	TEAM	OC TIME	PENALTY	FINAL OC TIME	Rank	Point Score
16	Tori Anholt		01:06.15		01:06.15	1	1.5
3	Anastasiya Shved	Estavan/Got Funk #1	01:07.75		01:07.75	2	3.0
9	Corrie Neufeld	GBB's	01:08.22		01:08.22	3	4.5
4	Cara Herperger	Estavan/Got Funk #1	01:09.25	00:01.00	01:10.25	4	6.0
10	Erin Black	GBB's	01:11.69	00:02.00	01:13.69	5	7.5
14	Virginia Potosme	The Flippin' A Team	01:17.31		01:17.31	6	9.0
7	Candace Fewster	Estavan/Got Funk #2	01:17.90		01:17.90	7	10.5
15	Laura Jones		01:19.63	00:01.00	01:20.63	8	12.0
12	Janel Mowat	The Flippin' A Team	01:20.91		01:20.91	9	13.5
5	Collette Hoffman	Estavan/Got Funk #1	01:22.91		01:22.91	10	15.0
6	April Hoffman	Estavan/Got Funk #2	01:28.22		01:28.22	11	16.5
11	Lisa Pestill	GBB's	01:27.65	00:01.00	01:28.65	12	18.0
13	Shannon Nixon	The Flippin' A Team	01:28.97		01:28.97	13	19.5
8	Kim Pastachak	Estavan/Got Funk #2	01:31.34		01:31.34	14	21.0