

# FEMSPORT

Women's Strength + Fitness Challenge



## FEMSPORT Edmonton Challenge – July 19, 2014



CHI Bursary Winner: Jen Hamel



### MASTERS

#### TEAM: TOTALS

TEAM NAME – MASTERS	POINTS	PLACE
Freight Train of Pain	61	1
3 Shades of Grey	84	2

#### INDIVIDUAL: TOTALS

#	NAME – MASTERS	TEAM	Final Rank	Overall Points
6	Terri Drynan	Freight Train of Pain	1	11.5
4	Kelly Andrew	Freight Train of Pain	2	16.0
2	Jennifer Clifford	3 Shades of Grey	3	23.5
3	Leanne Coleman	3 Shades of Grey	4	26.5
11	Valerie Schneider		5	32.0
5	Renee Norman	Freight Train of Pain	6	33.5
1	Colette Szpytma	3 Shades of Grey	7	34.0
8	Karen Salm		8	37.0
7	Jessi Sears		9	42.5

### MASTERS

#### INDIVIDUAL EVENT RESULTS

*NOTE: Each competitor received 1 point for Inverted Rows which were not performed at this event.*

KETTLEBELL LIFT – MASTERS							
#	NAME	TEAM	KB TIME	PENALTY	FINAL KB TIME	Rank	Point Score
6	Terri Drynan	Freight Train of Pain	00:35.37		00:35.37	1	1
3	Leanne Coleman	3 Shades of Grey	00:38.91		00:38.91	2	2
4	Kelly Andrew	Freight Train of Pain	00:39.00		00:39.00	3	3
1	Colette Szpytma	3 Shades of Grey	00:41.66		00:41.66	4	4
2	Jennifer Clifford	3 Shades of Grey	00:42.22		00:42.22	5	5
11	Valerie Schneider		00:42.28		00:42.28	6	6
7	Jessi Sears		00:45.41		00:45.41	7	7
8	Karen Salm		00:48.19		00:48.19	8	8
5	Renee Norman	Freight Train of Pain	00:50.07	00:01.00	00:51.07	9	9

TIRE DRAG – MASTERS							
#	NAME	TEAM	DRAG TIME	PENALTY	FINAL DRAG TIME	Rank	Point Score
4	Kelly Andrew	Freight Train of Pain	00:22.97		00:22.97	1	1
8	Karen Salm		00:23.66		00:23.66	2	2
3	Leanne Coleman	3 Shades of Grey	00:25.56		00:25.56	3	3
6	Terri Drynan	Freight Train of Pain	00:26.54		00:26.54	4	4
7	Jessi Sears		00:27.34		00:27.34	5	5
5	Renee Norman	Freight Train of Pain	00:32.50		00:32.50	6	6
2	Jennifer Clifford	3 Shades of Grey	00:32.81		00:32.81	7	7
1	Colette Szpytma	3 Shades of Grey	00:33.47		00:33.47	8	8
11	Valerie Schneider		00:36.16		00:36.16	9	9

BOX JUMPS – MASTERS						
#	NAME	TEAM	Box Reps	Box TIME	Rank	Point Score
6	Terri Drynan	Freight Train of Pain	50	00:44.65	1	1
2	Jennifer Clifford	3 Shades of Grey	50	01:17.03	2	2
1	Colette Szpytma	3 Shades of Grey	50	01:50.72	3	3
4	Kelly Andrew	Freight Train of Pain	50	02:00.12	4	4
11	Valerie Schneider		50	02:01.87	5	5
8	Karen Salm		50	02:09.18	6	6
5	Renee Norman	Freight Train of Pain	50	02:15.68	7	7
3	Leanne Coleman	3 Shades of Grey	50	02:57.65	8	8
7	Jessi Sears		40	03:00.00	9	9

TIRE FLIP – MASTERS					
#	NAME	TEAM	Flip Time	Rank	Point Score
2	Jennifer Clifford	3 Shades of Grey	00:15.41	1	1
3	Leanne Coleman	3 Shades of Grey	00:21.72	2	2
6	Terri Drynan	Freight Train of Pain	00:23.05	3	3
4	Kelly Andrew	Freight Train of Pain	00:24.60	4	4
11	Valerie Schneider		00:28.08	5	5
5	Renee Norman	Freight Train of Pain	00:33.59	6	6
7	Jessi Sears		00:35.13	7	7
8	Karen Salm		00:46.81	8	8
1	Colette Szpytma	3 Shades of Grey	00:47.15	9	9

OBSTACLE COURSE (x 1.5) – MASTERS							
#	NAME	TEAM	OC TIME	PENALTY	FINAL OC TIME	Rank	Point Score
6	Terri Drynan	Freight Train of Pain	01:53.25	00:01.00	01:54.25	1	1.5
4	Kelly Andrew	Freight Train of Pain	02:01.34		02:01.34	2	3.0
5	Renee Norman	Freight Train of Pain	02:02.94		02:02.94	3	4.5
11	Valerie Schneider		02:04.81		02:04.81	4	6.0
2	Jennifer Clifford	3 Shades of Grey	02:05.46	00:02.00	02:07.46	5	7.5
1	Colette Szpytma	3 Shades of Grey	02:17.00		02:17.00	6	9.0
3	Leanne Coleman	3 Shades of Grey	02:31.85		02:31.85	7	10.5
8	Karen Salm		02:47.16		02:47.16	8	12.0
7	Jessi Sears		03:12.22		03:12.22	9	13.5