

FEMSPORT

Women's Strength + Fitness Challenge



FEMSPORT Edmonton Challenge – July 19, 2014



CHI Bursary Winner: Jen Hamel



OPEN

TEAM: TOTALS

TEAM NAME – OPEN	POINTS	PLACE
She-Ra's	105.5	1
Crazy Cougars	141.5	2
Suns Out Guns Out	151.5	3
Miss Fits	185.0	4
Twisted Blisters	287.0	5
Roses with Guns	308.0	6

INDIVIDUAL: TOTALS

#	NAME – OPEN	TEAM	Final Rank	Overall Points
67	Diane Auger	Crazy Cougars	1	20.0
79	Amanda Vaters	Suns Out Guns Out	2	21.5
87	Jessie Lebert		3	27.5
68	Susan Swanepoel	Crazy Cougars	4	29.0
78	Sarah-Ann Kachur	She-Ra's	4	29.0
76	Hala Kaiss	She-Ra's	6	30.5
77	Michele Nesbitt	She-Ra's	7	46.0
70	Breanne Martiniuk	Miss Fits	8	51.0
81	Jessy MacQueen	Suns Out Guns Out	9	54.5
71	Ellen Malloy	Miss Fits	10	57.0
85	Brook Melnyk		11	57.5
86	Jamie Arthurs		12	63.0
80	Amy Wedlock	Suns Out Guns Out	13	75.5
72	Jen Hamel	Miss Fits	14	77.0
83	Kristin Luimes	Twisted Blisters	15	82.5
88	Marlo McNelly		16	86.0
84	Pamela Culligan	Twisted Blisters	17	91.5
69	Tracey Giroux	Crazy Cougars	18	92.5
73	Jessica Monk	Roses with Guns	19	98.0
74	Meghan Thompson	Roses with Guns	20	103.5
75	Shawntal Onneken	Roses with Guns	21	106.5
82	Crystal Wiersma	Twisted Blisters	22	113.0

OPEN

INDIVIDUAL EVENT RESULTS

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

KETTLEBELL LIFT – OPEN							
#	NAME	TEAM	KB TIME	PENALTY	FINAL KB TIME	Rank	Point Score
79	Amanda Vaters	Suns Out Guns Out	00:31.85		00:31.85	1	1
68	Susan Swanepoel	Crazy Cougars	00:33.47		00:33.47	2	2
76	Hala Kaiss	She-Ra's	00:34.53		00:34.53	3	3
87	Jessie Lebert		00:34.75		00:34.75	4	4
67	Diane Auger	Crazy Cougars	00:34.81		00:34.81	5	5
71	Ellen Malloy	Miss Fits	00:35.72		00:35.72	6	6
77	Michele Nesbitt	She-Ra's	00:36.10		00:36.10	7	7
78	Sarah-Ann Kachur	She-Ra's	00:36.50		00:36.50	8	8
81	Jessy MacQueen	Suns Out Guns Out	00:37.03		00:37.03	9	9
85	Brook Melnyk		00:37.40		00:37.40	10	10
86	Jamie Arthurs		00:37.63		00:37.63	11	11
70	Breanne Martiniuk	Miss Fits	00:37.91		00:37.91	12	12
80	Amy Wedlock	Suns Out Guns Out	00:38.91		00:38.91	13	13
72	Jen Hamel	Miss Fits	00:39.28		00:39.28	14	14
83	Kristin Luimes	Twisted Blisters	00:39.97		00:39.97	15	15
69	Tracey Giroux	Crazy Cougars	00:40.03		00:40.03	16	16
73	Jessica Monk	Roses with Guns	00:40.19		00:40.19	17	17
88	Marlo McNelly		00:40.28		00:40.28	18	18
84	Pamela Culligan	Twisted Blisters	00:40.75		00:40.75	19	19
75	Shawntal Onneken	Roses with Guns	00:40.94		00:40.94	20	20
74	Meghan Thompson	Roses with Guns	00:43.97	00:01.00	00:44.97	21	21
82	Crystal Wiersma	Twisted Blisters	00:46.40		00:46.40	22	22

TIRE DRAG – OPEN							
#	NAME	TEAM	DRAG TIME	PENALTY	FINAL DRAG TIME	Rank	Point Score
86	Jamie Arthurs		00:15.34		00:15.34	1	1
68	Susan Swanepoel	Crazy Cougars	00:18.56		00:18.56	2	2
79	Amanda Vaters	Suns Out Guns Out	00:19.00		00:19.00	3	3
67	Diane Auger	Crazy Cougars	00:21.00		00:21.00	4	4
70	Breanne Martiniuk	Miss Fits	00:21.40		00:21.40	5	5
87	Jessie Lebert		00:21.97		00:21.97	6	6
85	Brook Melnyk		00:23.88		00:23.88	7	7
78	Sarah-Ann Kachur	She-Ra's	00:24.31		00:24.31	8	8
71	Ellen Malloy	Miss Fits	00:25.00		00:25.00	9	9
76	Hala Kaiss	She-Ra's	00:25.03		00:25.03	10	10
81	Jessy MacQueen	Suns Out Guns Out	00:25.43		00:25.43	11	11
77	Michele Nesbitt	She-Ra's	00:27.93		00:27.93	12	12
74	Meghan Thompson	Roses with Guns	00:30.75		00:30.75	13	13
73	Jessica Monk	Roses with Guns	00:31.19		00:31.19	14	14
83	Kristin Luimes	Twisted Blisters	00:32.82		00:32.82	15	15
88	Marlo McNelly		00:34.50		00:34.50	16	16
84	Pamela Culligan	Twisted Blisters	00:34.53		00:34.53	17	17
72	Jen Hamel	Miss Fits	00:37.00		00:37.00	18	18
80	Amy Wedlock	Suns Out Guns Out	00:39.87		00:39.87	19	19
75	Shawntal Onneken	Roses with Guns	00:42.53		00:42.53	20	20

82	Crystal Wiersma	Twisted Blisters	01:02.65		01:02.65	21	21
69	Tracey Giroux	Crazy Cougars	01:04.13		01:04.13	22	22

BOX JUMPS – OPEN							
#	NAME	TEAM	Box Reps	Box TIME	Rank	Point Score	
85	Brook Melnyk		50	00:42.44	1	1	
67	Diane Auger	Crazy Cougars	50	00:44.00	2	2	
77	Michele Nesbitt	She-Ra's	50	00:44.28	3	3	
78	Sarah-Ann Kachur	She-Ra's	50	00:44.31	4	4	
76	Hala Kaiss	She-Ra's	50	00:45.75	5	5	
79	Amanda Vaters	Suns Out Guns Out	50	00:46.06	6	6	
87	Jessie Lebert		50	00:46.19	7	7	
72	Jen Hamel	Miss Fits	50	00:49.66	8	8	
80	Amy Wedlock	Suns Out Guns Out	50	00:49.84	9	9	
70	Breanne Martiniuk	Miss Fits	50	00:57.18	10	10	
68	Susan Swanepoel	Crazy Cougars	50	00:58.69	11	11	
71	Ellen Malloy	Miss Fits	50	01:01.59	12	12	
69	Tracey Giroux	Crazy Cougars	50	01:13.78	13	13	
81	Jessy MacQueen	Suns Out Guns Out	50	01:15.50	14	14	
75	Shawntal Onneken	Roses with Guns	50	01:16.47	15	15	
83	Kristin Luimes	Twisted Blisters	50	01:29.53	16	16	
84	Pamela Culligan	Twisted Blisters	50	01:40.03	17	17	
82	Crystal Wiersma	Twisted Blisters	50	01:41.94	18	18	
73	Jessica Monk	Roses with Guns	50	01:42.66	19	19	
88	Marlo McNelly		50	01:45.13	20	20	
74	Meghan Thompson	Roses with Guns	50	01:49.18	21	21	
86	Jamie Arthurs		50	02:01.44	22	22	

TIRE FLIP – OPEN					
#	NAME	TEAM	Flip Time	Rank	Point Score
86	Jamie Arthurs		00:14.12	1	1
67	Diane Auger	Crazy Cougars	00:14.25	2	2
79	Amanda Vaters	Suns Out Guns Out	00:14.69	3	3
68	Susan Swanepoel	Crazy Cougars	00:16.38	4	4
70	Breanne Martiniuk	Miss Fits	00:17.59	5	5
78	Sarah-Ann Kachur	She-Ra's	00:17.59	5	5
76	Hala Kaiss	She-Ra's	00:18.13	7	7
87	Jessie Lebert		00:18.31	8	8
81	Jessy MacQueen	Suns Out Guns Out	00:19.62	9	9
88	Marlo McNelly		00:20.28	10	10
77	Michele Nesbitt	She-Ra's	00:21.57	11	11
72	Jen Hamel	Miss Fits	00:22.04	12	12
85	Brook Melnyk		00:24.13	13	13
71	Ellen Malloy	Miss Fits	00:24.53	14	14
84	Pamela Culligan	Twisted Blisters	00:25.49	15	15
74	Meghan Thompson	Roses with Guns	00:26.38	16	16
73	Jessica Monk	Roses with Guns	00:28.15	17	17
82	Crystal Wiersma	Twisted Blisters	00:28.72	18	18
83	Kristin Luimes	Twisted Blisters	00:28.75	19	19
80	Amy Wedlock	Suns Out Guns Out	00:29.53	20	20
69	Tracey Giroux	Crazy Cougars	00:33.47	21	21
75	Shawntal Onneken	Roses with Guns	00:35.57	22	22

OBSTACLE COURSE (x 1.5) – OPEN

#	NAME	TEAM	OC TIME	PENALTY	FINAL OC TIME	Rank	Point Score
87	Jessie Lebert		01:32.90		01:32.90	1	1.5
78	Sarah-Ann Kachur	She-Ra's	01:39.25		01:39.25	2	3.0
76	Hala Kaiss	She-Ra's	01:41.03		01:41.03	3	4.5
67	Diane Auger	Crazy Cougars	01:41.97		01:41.97	4	6.0
79	Amanda Vaters	Suns Out Guns Out	01:42.19	00:01.00	01:43.19	5	7.5
68	Susan Swanepoel	Crazy Cougars	01:45.07	00:01.00	01:46.07	6	9.0
81	Jessy MacQueen	Suns Out Guns Out	01:48.66		01:48.66	7	10.5
77	Michele Nesbitt	She-Ra's	01:49.22		01:49.22	8	12.0
80	Amy Wedlock	Suns Out Guns Out	01:50.31		01:50.31	9	13.5
71	Ellen Malloy	Miss Fits	01:51.07		01:51.07	10	15.0
83	Kristin Luimes	Twisted Blisters	01:51.78	00:01.00	01:52.78	11	16.5
70	Breanne Martiniuk	Miss Fits	01:53.03	00:01.00	01:54.03	12	18.0
69	Tracey Giroux	Crazy Cougars	01:54.13		01:54.13	13	19.5
88	Marlo McNelly		01:56.63	00:01.00	01:57.63	14	21.0
84	Pamela Culligan	Twisted Blisters	01:58.10		01:58.10	15	22.5
72	Jen Hamel	Miss Fits	01:59.84		01:59.84	16	24.0
85	Brook Melnyk		01:57.97	00:02.00	01:59.97	17	25.5
86	Jamie Arthurs		02:04.81		02:04.81	18	27.0
75	Shawntal Onneken	Roses with Guns	02:12.25		02:12.25	19	28.5
73	Jessica Monk	Roses with Guns	02:12.41	00:01.00	02:13.41	20	30.0
74	Meghan Thompson	Roses with Guns	02:27.06		02:27.06	21	31.5
82	Crystal Wiersma	Twisted Blisters	02:44.65		02:44.65	22	33.0