

# FEMSPORT

Women's Strength + Fitness Challenge



## FEMSPORT Calgary Challenge – June 28, 2014



CHI Bursary Winner: **Belinda Morrison**



### NOVICE

#### TEAM: TOTALS

TEAM NAME - NOVICE	POINTS	PLACE
Crossfit Canmore	112.0	1
NTS (Need to Succeed)	226.0	2
Junky Trunks	332.5	3

### NOVICE

#### INDIVIDUAL: TOTALS

#	NOVICE NAME	TEAM	Final Rank	Overall Points
34	Michelle Ward		1	12.0
20	Teresa Holmes	Crossfit Canmore	2	14.5
19	Rosemary Gartly	Crossfit Canmore	3	36.5
36	Shala Miller		4	38.5
32	Kelsey Hartley		5	46.0
30	Angela Pitt		6	56.0
17	Patricia Marquez		7	60.5
18	Marie Grenon	Crossfit Canmore	8	61.0
28	Sairene Boyd	NTS (Need to Succeed)	9	63.5
31	Jessica Weber		10	65.0
25	Catherine Ong		11	66.5
27	Natalie Duperron	NTS (Need to Succeed)	12	68.0
33	Laura Konst		13	77.0
16	Nicole Freiheit		14	85.0
24	Aileen Ong		15	85.5
29	Trish Cubitt	NTS (Need to Succeed)	16	94.5
21	Alifi Forsch	Junky Trunks	17	100.5
35	Sarah Webb		17	100.5
23	Regan Bickell	Junky Trunks	19	106.0
22	Allison Sutherland	Junky Trunks	20	126.0

### NOVICE

#### INDIVIDUAL: EVENT RESULTS

**INVERTED ROWS – NOVICE**

#	NAME	TEAM	Reps	Rank	Point Score
34	Michelle Ward		54.5	1	1
27	Natalie Duperron	NTS (Need to Succeed)	47.0	2	2
20	Teresa Holmes	Crossfit Canmore	45.5	3	3
19	Rosemary Gartly	Crossfit Canmore	43.0	4	4
31	Jessica Weber		39.5	5	5
29	Trish Cubitt	NTS (Need to Succeed)	38.0	6	6
25	Catherine Ong		36.5	7	7
16	Nicole Freiheit		36.0	8	8
28	Sairene Boyd	NTS (Need to Succeed)	36.0	8	8
32	Kelsey Hartley		35.0	10	10
23	Regan Bickell	Junky Trunks	34.0	11	11
35	Sarah Webb		33.5	12	12
17	Patricia Marquez		32.0	13	13
30	Angela Pitt		32.0	13	13
36	Shala Miller		28.5	15	15
33	Laura Konst		27.5	16	16
18	Marie Grenon	Crossfit Canmore	27.0	17	17
22	Allison Sutherland	Junky Trunks	24.5	18	18
21	Alifi Forsch	Junky Trunks	21.5	19	19
24	Aileen Ong		18.5	20	20

**KETTLEBELL LIFT – NOVICE**

#	NAME	TEAM	KB TIME	PENALTY	FINAL KB TIME	Rank	Point Score
34	Michelle Ward		00:36.31		00:36.31	1	1
20	Teresa Holmes	Crossfit Canmore	00:36.81		00:36.81	2	2
36	Shala Miller		00:37.31		00:37.31	3	3
19	Rosemary Gartly	Crossfit Canmore	00:38.69		00:38.69	4	4
33	Laura Konst		00:39.37		00:39.37	5	5
32	Kelsey Hartley		00:39.47		00:39.47	6	6
18	Marie Grenon	Crossfit Canmore	00:40.62		00:40.62	7	7
30	Angela Pitt		00:42.28		00:42.28	8	8
28	Sairene Boyd	NTS (Need to Succeed)	00:44.19		00:44.19	9	9
31	Jessica Weber		00:44.31		00:44.31	10	10
17	Patricia Marquez		00:44.65		00:44.65	11	11
25	Catherine Ong		00:45.06		00:45.06	12	12
21	Alifi Forsch	Junky Trunks	00:45.15		00:45.15	13	13
24	Aileen Ong		00:45.63		00:45.63	14	14
16	Nicole Freiheit		00:47.00		00:47.00	15	15
23	Regan Bickell	Junky Trunks	00:47.06		00:47.06	16	16
27	Natalie Duperron	NTS (Need to Succeed)	00:48.19		00:48.19	17	17
35	Sarah Webb		00:48.40		00:48.40	18	18
22	Allison Sutherland	Junky Trunks	00:55.31		00:55.31	19	19
29	Trish Cubitt	NTS (Need to Succeed)	00:55.75		00:55.75	20	20

**TIRE DRAG – NOVICE**

#	NAME	TEAM	DRAG TIME	PENALTY	FINAL DRAG TIME	Rank	Point Score
34	Michelle Ward		00:16.65		00:16.65	1	1
20	Teresa Holmes	Crossfit Canmore	00:17.00		00:17.00	2	2

19	Rosemary Gartly	Crossfit Canmore	00:19.43	00:19.43	3	3
36	Shala Miller		00:19.65	00:19.65	4	4
30	Angela Pitt		00:20.62	00:20.62	5	5
24	Aileen Ong		00:20.78	00:20.78	6	6
32	Kelsey Hartley		00:21.16	00:21.16	7	7
33	Laura Konst		00:22.13	00:22.13	8	8
25	Catherine Ong		00:23.38	00:23.38	9	9
28	Sairene Boyd	NTS (Need to Succeed)	00:25.97	00:25.97	10	10
21	Alifi Forsch	Junky Trunks	00:26.00	00:26.00	11	11
16	Nicole Freiheit		00:26.15	00:26.15	12	12
27	Natalie Duperron	NTS (Need to Succeed)	00:26.69	00:26.69	13	13
17	Patricia Marquez		00:27.00	00:27.00	14	14
18	Marie Grenon	Crossfit Canmore	00:27.25	00:27.25	15	15
29	Trish Cubitt	NTS (Need to Succeed)	00:27.38	00:27.38	16	16
23	Regan Bickell	Junky Trunks	00:37.66	00:37.66	17	17
31	Jessica Weber		00:38.88	00:38.88	18	18
22	Allison Sutherland	Junky Trunks	00:41.59	00:41.59	19	19
35	Sarah Webb		01:19.47	01:19.47	20	20

BOX JUMPS – NOVICE						
#	NAME	TEAM	Box Reps	Box TIME	Rank	Point Score
18	Marie Grenon	Crossfit Canmore	50	00:51.37	1	1
20	Teresa Holmes	Crossfit Canmore	50	00:56.97	2	2
34	Michelle Ward		50	01:08.44	3	3
19	Rosemary Gartly	Crossfit Canmore	50	01:15.00	4	4
35	Sarah Webb		50	01:20.97	5	5
27	Natalie Duperron	NTS (Need to Succeed)	50	01:22.37	6	6
25	Catherine Ong		50	01:22.72	7	7
17	Patricia Marquez		50	01:23.72	8	8
31	Jessica Weber		50	01:24.10	9	9
36	Shala Miller		50	01:29.69	10	10
28	Sairene Boyd	NTS (Need to Succeed)	50	01:30.16	11	11
29	Trish Cubitt	NTS (Need to Succeed)	50	01:37.28	12	12
16	Nicole Freiheit		50	01:38.75	13	13
30	Angela Pitt		50	01:50.85	14	14
32	Kelsey Hartley		50	02:00.97	15	15
23	Regan Bickell	Junky Trunks	50	02:17.87	16	16
33	Laura Konst		50	02:20.35	17	17
24	Aileen Ong		50	02:23.88	18	18
21	Alifi Forsch	Junky Trunks	50	02:28.56	19	19
22	Allison Sutherland	Junky Trunks	0		20	20

TIRE FLIP – NOVICE					
#	NAME	TEAM	Flip Time	Rank	Point Score
20	Teresa Holmes	Crossfit Canmore	00:13.72	1	1
32	Kelsey Hartley		00:14.96	2	2
34	Michelle Ward		00:16.54	3	3
30	Angela Pitt		00:16.68	4	4
36	Shala Miller		00:17.09	5	5
18	Marie Grenon	Crossfit Canmore	00:19.06	6	6
17	Patricia Marquez		00:19.19	7	7
24	Aileen Ong		00:20.53	8	8

28	Sairene Boyd	NTS (Need to Succeed)	00:20.63	9	9
33	Laura Konst		00:20.84	10	10
19	Rosemary Gartly	Crossfit Canmore	00:21.07	11	11
27	Natalie Duperron	NTS (Need to Succeed)	00:23.54	12	12
16	Nicole Freiheit		00:23.69	13	13
31	Jessica Weber		00:25.88	14	14
29	Trish Cubitt	NTS (Need to Succeed)	00:27.16	15	15
21	Alifi Forsch	Junky Trunks	00:29.50	16	16
35	Sarah Webb		00:32.21	17	17
25	Catherine Ong		00:35.93	18	18
23	Regan Bickell	Junky Trunks	00:39.63	19	19
22	Allison Sutherland	Junky Trunks	00:48.28	20	20

### OBSTACLE COURSE (x 1.5) – NOVICE

#	NAME	TEAM	OC TIME	PENALTY	FINAL OC TIME	Rank	Point Score
36	Shala Miller		01:12.59	00:02.00	01:14.59	1	1.5
34	Michelle Ward		01:16.16		01:16.16	2	3.0
20	Teresa Holmes	Crossfit Canmore	01:18.03		01:18.03	3	4.5
32	Kelsey Hartley		01:20.06		01:20.06	4	6.0
17	Patricia Marquez		01:21.25		01:21.25	5	7.5
31	Jessica Weber		01:23.31		01:23.31	6	9.0
19	Rosemary Gartly	Crossfit Canmore	01:23.34		01:23.34	7	10.5
30	Angela Pitt		01:23.94		01:23.94	8	12.0
25	Catherine Ong		01:24.40		01:24.40	9	13.5
18	Marie Grenon	Crossfit Canmore	01:19.44	00:05.00	01:24.44	10	15.0
28	Sairene Boyd	NTS (Need to Succeed)	01:25.50		01:25.50	11	16.5
27	Natalie Duperron	NTS (Need to Succeed)	01:26.28		01:26.28	12	18.0
24	Aileen Ong		01:27.88		01:27.88	13	19.5
33	Laura Konst		01:29.53		01:29.53	14	21.0
21	Alifi Forsch	Junky Trunks	01:30.22		01:30.22	15	22.5
16	Nicole Freiheit		01:34.82		01:34.82	16	24.0
29	Trish Cubitt	NTS (Need to Succeed)	01:35.63	00:02.00	01:37.63	17	25.5
23	Regan Bickell	Junky Trunks	01:37.53	00:03.00	01:40.53	18	27.0
35	Sarah Webb		01:45.50		01:45.50	19	28.5
22	Allison Sutherland	Junky Trunks	01:48.38	00:05.00	01:53.38	20	30.0

## OPEN

### TEAM: TOTALS

TEAM NAME – OPEN	POINTS	PLACE
Train Insane or Remain the Same	83.0	1
Beast Mode	179.5	2
Pistol Ripped	247.0	3
Strong Mamas	361.0	4

## OPEN

### INDIVIDUAL: TOTALS

#	NAME – OPEN	TEAM	Final Rank	Overall Points
46	Ana Pavic	Train Insane or Remain the Same	1	12.5

37	Jessie Lebert	Beast Mode	2	22.0
48	Cara Ball	Train Insane or Remain the Same	3	32.0
57	Nicole Tisdale		4	32.5
55	Kendra Bigoraj		5	33.0
54	Hailey Jones		6	36.5
47	Brittany Crowe	Train Insane or Remain the Same	7	38.5
42	Ursula Ambuehl	Pistol Ripped	8	52.0
38	Lisa Stewart	Beast Mode	9	63.0
58	Paula King		10	71.5
40	Deanna Hamilton	Pistol Ripped	11	77.5
53	Erin Matheson		12	85.5
56	Melissa Shevchenko		13	91.0
39	Shayla Mellott	Beast Mode	14	94.5
50	Ashlinn Kavanagh		15	96.0
52	Erica Matthews		16	101.5
51	Clarine Wall		17	102.0
45	Shannon Bantli	Strong Mamas	18	108.0
44	Erin Penaluna	Strong Mamas	19	110.0
41	Maggie Mills	Pistol Ripped	20	117.5
49	Amanda O'Murtagh		21	132.5
59	Sarah Machan		22	138.5
43	Coralee Legault	Strong Mamas	23	143.0

## OPEN INDIVIDUAL EVENT RESULTS

INVERTED ROWS – OPEN					
#	NAME	TEAM	Reps	Rank	Point Score
46	Ana Pavic	Train Insane or Remain the Same	80.0	1	46
48	Cara Ball	Train Insane or Remain the Same	69.5	2	48
37	Jessie Lebert	Beast Mode	64.5	3	37
44	Erin Penaluna	Strong Mamas	63.0	4	44
55	Kendra Bigoraj		54.5	5	55
47	Brittany Crowe	Train Insane or Remain the Same	54.0	6	47
58	Paula King		53.5	7	58
42	Ursula Ambuehl	Pistol Ripped	52.0	8	42
57	Nicole Tisdale		49.5	9	57
53	Erin Matheson		44.5	10	53
45	Shannon Bantli	Strong Mamas	40.0	11	45
54	Hailey Jones		39.5	12	54
41	Maggie Mills	Pistol Ripped	39.0	13	41
38	Lisa Stewart	Beast Mode	38.0	14	38
39	Shayla Mellott	Beast Mode	38.0	14	39
56	Melissa Shevchenko		37.0	16	56
49	Amanda O'Murtagh		36.5	17	49
51	Clarine Wall		36.0	18	51
59	Sarah Machan		35.0	19	59
50	Ashlinn Kavanagh		32.5	20	50
40	Deanna Hamilton	Pistol Ripped	30.5	21	40
52	Erica Matthews		30.5	21	52
43	Coralee Legault	Strong Mamas	21.5	23	43

#	NAME	TEAM	KB TIME	PENALTY	FINAL KB TIME	Rank	Point Score
46	Ana Pavic	Train Insane or Remain the Same	00:31.84		00:31.84	1	1
57	Nicole Tisdale		00:32.47		00:32.47	2	2
55	Kendra Bigoraj		00:33.41		00:33.41	3	3
47	Brittany Crowe	Train Insane or Remain the Same	00:35.06		00:35.06	4	4
48	Cara Ball	Train Insane or Remain the Same	00:35.06		00:35.06	4	4
54	Hailey Jones		00:35.91		00:35.91	6	6
37	Jessie Lebert	Beast Mode	00:36.41		00:36.41	7	7
42	Ursula Ambuehl	Pistol Ripped	00:36.82		00:36.82	8	8
58	Paula King		00:37.53		00:37.53	9	9
38	Lisa Stewart	Beast Mode	00:37.97		00:37.97	10	10
40	Deanna Hamilton	Pistol Ripped	00:38.63		00:38.63	11	11
52	Erica Matthews		00:39.00		00:39.00	12	12
56	Melissa Shevchenko		00:39.03		00:39.03	13	13
39	Shayla Mellott	Beast Mode	00:40.19		00:40.19	14	14
53	Erin Matheson		00:40.31		00:40.31	15	15
50	Ashlinn Kavanagh		00:40.63		00:40.63	16	16
51	Clarine Wall		00:41.66		00:41.66	17	17
41	Maggie Mills	Pistol Ripped	00:42.91		00:42.91	18	18
45	Shannon Bantli	Strong Mamas	00:44.19		00:44.19	19	19
59	Sarah Machan		00:46.69		00:46.69	20	20
49	Amanda O'Murtagh		00:46.84		00:46.84	21	21
44	Erin Penaluna	Strong Mamas	00:47.91		00:47.91	22	22
43	Coralee Legault	Strong Mamas	00:48.13		00:48.13	23	23

TIRE DRAG – OPEN							
#	NAME	TEAM	DRAG TIME	PENALTY	FINAL DRAG TIME	Rank	Point Score
46	Ana Pavic	Train Insane or Remain the Same	00:17.22		00:17.22	1	1
37	Jessie Lebert	Beast Mode	00:17.87		00:17.87	2	2
54	Hailey Jones		00:17.90		00:17.90	3	3
55	Kendra Bigoraj		00:18.28		00:18.28	4	4
57	Nicole Tisdale		00:18.31		00:18.31	5	5
48	Cara Ball	Train Insane or Remain the Same	00:18.53		00:18.53	6	6
40	Deanna Hamilton	Pistol Ripped	00:19.97		00:19.97	7	7
47	Brittany Crowe	Train Insane or Remain the Same	00:20.59		00:20.59	8	8
38	Lisa Stewart	Beast Mode	00:21.78		00:21.78	9	9
50	Ashlinn Kavanagh		00:22.35		00:22.35	10	10
53	Erin Matheson		00:22.68		00:22.68	11	11
51	Clarine Wall		00:24.12		00:24.12	12	12
42	Ursula Ambuehl	Pistol Ripped	00:24.16		00:24.16	13	13
39	Shayla Mellott	Beast Mode	00:24.53		00:24.53	14	14
56	Melissa Shevchenko		00:24.69		00:24.69	15	15
58	Paula King		00:25.56		00:25.56	16	16
52	Erica Matthews		00:26.50		00:26.50	17	17
41	Maggie Mills	Pistol Ripped	00:28.32		00:28.32	18	18
43	Coralee Legault	Strong Mamas	00:29.09		00:29.09	19	19
45	Shannon Bantli	Strong Mamas	00:31.53		00:31.53	20	20
59	Sarah Machan		00:31.59		00:31.59	21	21
44	Erin Penaluna	Strong Mamas	00:34.90		00:34.90	22	22
49	Amanda O'Murtagh		00:38.00		00:38.00	23	23

**BOX JUMPS – OPEN**

#	NAME	TEAM	Box Reps	Box TIME	Rank	Point Score
47	Brittany Crowe	Train Insane or Remain the Same	50	00:42.69	1	1
46	Ana Pavic	Train Insane or Remain the Same	50	00:44.59	2	2
37	Jessie Lebert	Beast Mode	50	00:48.21	3	3
57	Nicole Tisdale		50	00:49.84	4	4
38	Lisa Stewart	Beast Mode	50	00:50.10	5	5
54	Hailey Jones		50	00:51.38	6	6
48	Cara Ball	Train Insane or Remain the Same	50	00:52.37	7	7
55	Kendra Bigoraj		50	00:53.37	8	8
42	Ursula Ambuehl	Pistol Ripped	50	01:06.03	9	9
44	Erin Penaluna	Strong Mamas	50	01:06.62	10	10
58	Paula King		50	01:13.44	11	11
53	Erin Matheson		50	01:21.12	12	12
39	Shayla Mellott	Beast Mode	50	01:22.66	13	13
45	Shannon Bantli	Strong Mamas	50	01:24.44	14	14
56	Melissa Shevchenko		50	01:32.72	15	15
50	Ashlinn Kavanagh		50	01:39.28	16	16
52	Erica Matthews		50	01:48.87	17	17
51	Clarine Wall		50	01:55.68	18	18
40	Deanna Hamilton	Pistol Ripped	50	01:56.94	19	19
49	Amanda O'Murtagh		50	01:58.16	20	20
41	Maggie Mills	Pistol Ripped	50	02:05.94	21	21
43	Coralee Legault	Strong Mamas	50	02:23.81	22	22
59	Sarah Machan		0		23	23

**TIRE FLIP – OPEN**

#	NAME	TEAM	Flip Time	Rank	Point Score
55	Kendra Bigoraj		00:11.31	1	1
54	Hailey Jones		00:14.50	2	2
40	Deanna Hamilton	Pistol Ripped	00:14.90	3	3
37	Jessie Lebert	Beast Mode	00:14.93	4	4
42	Ursula Ambuehl	Pistol Ripped	00:15.16	5	5
46	Ana Pavic	Train Insane or Remain the Same	00:15.22	6	6
48	Cara Ball	Train Insane or Remain the Same	00:15.28	7	7
57	Nicole Tisdale		00:15.62	8	8
47	Brittany Crowe	Train Insane or Remain the Same	00:17.72	9	9
38	Lisa Stewart	Beast Mode	00:17.78	10	10
56	Melissa Shevchenko		00:18.47	11	11
52	Erica Matthews		00:18.50	12	12
51	Clarine Wall		00:19.37	13	13
39	Shayla Mellott	Beast Mode	00:19.90	14	14
58	Paula King		00:20.90	15	15
50	Ashlinn Kavanagh		00:21.25	16	16
45	Shannon Bantli	Strong Mamas	00:22.13	17	17
53	Erin Matheson		00:22.94	18	18
41	Maggie Mills	Pistol Ripped	00:23.75	19	19
49	Amanda O'Murtagh		00:24.56	20	20
59	Sarah Machan		00:24.63	21	21
44	Erin Penaluna	Strong Mamas	00:26.00	22	22
43	Coralee Legault	Strong Mamas	00:27.60	23	23

**OBSTACLE COURSE (x 1.5) – OPEN**

#	NAME	TEAM	OC TIME	PENALTY	FINAL OC TIME	Rank	Point Score
46	Ana Pavic	Train Insane or Remain the Same	01:04.75		01:04.75	1	1.5
37	Jessie Lebert	Beast Mode	01:04.97		01:04.97	2	3.0
57	Nicole Tisdale		01:06.87		01:06.87	3	4.5
48	Cara Ball	Train Insane or Remain the Same	01:11.03		01:11.03	4	6.0
54	Hailey Jones		01:12.03		01:12.03	5	7.5
42	Ursula Ambuehl	Pistol Ripped	01:13.12		01:13.12	6	9.0
47	Brittany Crowe	Train Insane or Remain the Same	01:13.18		01:13.18	7	10.5
55	Kendra Bigoraj		01:14.72	2	01:16.72	8	12.0
58	Paula King		01:16.72	3	01:19.72	9	13.5
38	Lisa Stewart	Beast Mode	01:17.78	2	01:19.78	10	15.0
40	Deanna Hamilton	Pistol Ripped	01:21.53		01:21.53	11	16.5
50	Ashlinn Kavanagh		01:23.16		01:23.16	12	18.0
53	Erin Matheson		01:23.19		01:23.19	13	19.5
56	Melissa Shevchenko		01:24.22		01:24.22	14	21.0
52	Erica Matthews		01:25.47		01:25.47	15	22.5
51	Clarine Wall		01:25.87		01:25.87	16	24.0
39	Shayla Mellott	Beast Mode	01:26.13		01:26.13	17	25.5
45	Shannon Bantli	Strong Mamas	01:26.78	1	01:27.78	18	27.0
41	Maggie Mills	Pistol Ripped	01:28.38		01:28.38	19	28.5
44	Erin Penaluna	Strong Mamas	01:32.37	2	01:34.37	20	30.0
49	Amanda O'Murtagh		01:39.25		01:39.25	21	31.5
43	Coralee Legault	Strong Mamas	01:39.50	2	01:41.50	22	33.0
59	Sarah Machan		01:42.34		01:42.34	23	34.5

## MASTERS

### TEAM: TOTALS

TEAM NAME – MASTERS	POINTS	PLACE
Goal Diggers	105.0	1
TriFit Master Divas	127.5	2
Be More Fitness Babes	185.5	3

## MASTERS

### INDIVIDUAL: TOTALS

#	NAME – MASTERS	TEAM	Final Rank	Overall Points
12	Lori Dencsak		1	23.5
9	Robin McFadyen	TriFit Master Divas	2	27.0
4	Chantelle Brown	Goal Diggers	3	29.5
6	Teresa Spencer	Goal Diggers	4	35.0
10	Belinda Morrison		5	37.0
5	Leah Guevarra	Goal Diggers	6	40.5
14	Simone Lamb		6	40.5
8	Joanna Campbell	TriFit Master Divas	8	41.5
2	Monica Koeksal	Be More Fitness Babes	9	42.0
7	Barbara Thorne	TriFit Master Divas	10	59.0
3	Sharon Stek	Be More Fitness Babes	11	69.0
1	Colleen Salsman	Be More Fitness Babes	12	74.5
11	Cheryl Warren		13	79.5
13	Lynne Walker		14	81.0



# MASTERS

## INDIVIDUAL EVENT RESULTS

INVERTED ROWS – MASTERS					
#	NAME	TEAM	Reps	Rank	Point Score
10	Belinda Morrison		64.0	1	1
8	Joanna Campbell	TriFit Master Divas	59.0	2	2
3	Sharon Stek	Be More Fitness Babes	56.0	3	3
5	Leah Guevarra	Goal Diggers	55.0	4	4
14	Simone Lamb		43.0	5	5
4	Chantelle Brown	Goal Diggers	42.0	6	6
1	Colleen Salsman	Be More Fitness Babes	41.5	7	7
7	Barbara Thorne	TriFit Master Divas	41.0	8	8
9	Robin McFadyen	TriFit Master Divas	40.0	9	9
12	Lori Dencsak		37.0	10	10
11	Cheryl Warren		35.5	11	11
6	Teresa Spencer	Goal Diggers	32.5	12	12
13	Lynne Walker		29.0	13	13
2	Monica Koeksal	Be More Fitness Babes	24.5	14	14

KETTLEBELL LIFT – MASTERS							
#	NAME	TEAM	KB TIME	PENALTY	FINAL KB TIME	Rank	Point Score
10	Belinda Morrison		00:37.04		00:37.04	1	
9	Robin McFadyen	TriFit Master Divas	00:38.69		00:38.69	2	
12	Lori Dencsak		00:38.81		00:38.81	3	
4	Chantelle Brown	Goal Diggers	00:38.93		00:38.93	4	
5	Leah Guevarra	Goal Diggers	00:39.82		00:39.82	5	
6	Teresa Spencer	Goal Diggers	00:40.10		00:40.10	6	
2	Monica Koeksal	Be More Fitness Babes	00:42.18		00:42.18	7	
14	Simone Lamb		00:42.47		00:42.47	8	
8	Joanna Campbell	TriFit Master Divas	00:43.78		00:43.78	9	
7	Barbara Thorne	TriFit Master Divas	00:53.65		00:53.65	10	
3	Sharon Stek	Be More Fitness Babes	00:57.84		00:57.84	11	
1	Colleen Salsman	Be More Fitness Babes	01:01.09		01:01.09	12	
11	Cheryl Warren		01:03.28		01:03.28	13	
13	Lynne Walker		01:03.43		01:03.43	14	

TIRE DRAG – MASTERS							
#	NAME	TEAM	DRAG TIME	PENALTY	FINAL DRAG TIME	Rank	Point Score
2	Monica Koeksal	Be More Fitness Babes	00:17.66		00:17.66	1	1
6	Teresa Spencer	Goal Diggers	00:19.06		00:19.06	2	2
12	Lori Dencsak		00:21.38		00:21.38	3	3
4	Chantelle Brown	Goal Diggers	00:23.06		00:23.06	4	4
10	Belinda Morrison		00:23.34		00:23.34	5	5
9	Robin McFadyen	TriFit Master Divas	00:23.91		00:23.91	6	6
14	Simone Lamb		00:25.34		00:25.34	7	7
8	Joanna Campbell	TriFit Master Divas	00:27.65		00:27.65	8	8
7	Barbara Thorne	TriFit Master Divas	00:31.56		00:31.56	9	9
5	Leah Guevarra	Goal Diggers	00:32.21		00:32.21	10	10

3	Sharon Stek	Be More Fitness Babes	00:37.85		00:37.85	11	11
11	Cheryl Warren		00:46.43		00:46.43	12	12
13	Lynne Walker		00:52.97		00:52.97	13	13
1	Colleen Salsman	Be More Fitness Babes	00:56.29		00:56.29	14	14

BOX JUMPS – MASTERS						
#	NAME	TEAM	Box Reps	Box TIME	Rank	Point Score
9	Robin McFadyen	TriFit Master Divas	50	00:52.87	1	1
6	Teresa Spencer	Goal Diggers	50	00:55.50	2	2
5	Leah Guevarra	Goal Diggers	50	00:59.36	3	3
8	Joanna Campbell	TriFit Master Divas	50	00:59.53	4	4
12	Lori Dencsak		50	01:11.96	5	5
14	Simone Lamb		50	01:13.66	6	6
2	Monica Koeksal	Be More Fitness Babes	50	01:42.24	7	7
7	Barbara Thorne	TriFit Master Divas	50	02:17.47	8	8
4	Chantelle Brown	Goal Diggers	50	02:22.94	9	9
13	Lynne Walker		50	02:23.12	10	10
1	Colleen Salsman	Be More Fitness Babes	50	02:24.13	11	11
3	Sharon Stek	Be More Fitness Babes	0		12	12
10	Belinda Morrison		0		12	12
11	Cheryl Warren		0		12	12

TIRE FLIP – MASTERS					
#	NAME	TEAM	Flip Time	Rank	Point Score
12	Lori Dencsak		00:15.31	1	1
4	Chantelle Brown	Goal Diggers	00:16.78	2	2
9	Robin McFadyen	TriFit Master Divas	00:18.35	3	3
6	Teresa Spencer	Goal Diggers	00:18.38	4	4
8	Joanna Campbell	TriFit Master Divas	00:19.28	5	5
10	Belinda Morrison		00:21.91	6	6
14	Simone Lamb		00:22.16	7	7
5	Leah Guevarra	Goal Diggers	00:24.78	8	8
7	Barbara Thorne	TriFit Master Divas	00:26.81	9	9
2	Monica Koeksal	Be More Fitness Babes	00:28.09	10	10
3	Sharon Stek	Be More Fitness Babes	00:36.07	11	11
11	Cheryl Warren		00:49.03	12	12
13	Lynne Walker		00:56.19	13	13
1	Colleen Salsman	Be More Fitness Babes	01:00.16	14	14

OBSTACLE COURSE (x 1.5) – MASTERS							
#	NAME	TEAM	OC TIME	PENALTY	FINAL OC TIME	Rank	Point Score
12	Lori Dencsak		01:17.44		01:17.44	1	1.5
2	Monica Koeksal	Be More Fitness Babes	01:20.00		01:20.00	2	3.0
4	Chantelle Brown	Goal Diggers	01:21.72		01:21.72	3	4.5
9	Robin McFadyen	TriFit Master Divas	01:23.53		01:23.53	4	6.0
14	Simone Lamb		01:25.50		01:25.50	5	7.5
6	Teresa Spencer	Goal Diggers	01:26.15		01:26.15	6	9.0
5	Leah Guevarra	Goal Diggers	01:27.60		01:27.60	7	10.5
10	Belinda Morrison		01:30.00		01:30.00	8	12.0
8	Joanna Campbell	TriFit Master Divas	01:34.06	1	01:35.06	9	13.5

<b>7</b>	Barbara Thorne	TriFit Master Divas	01:37.34	2	01:39.34	10	15.0
<b>1</b>	Colleen Salsman	Be More Fitness Babes	01:46.62	1	01:47.62	11	16.5
<b>13</b>	Lynne Walker		02:04.84	1	02:05.84	12	18.0
<b>11</b>	Cheryl Warren		02:08.75	1	02:09.75	13	19.5
<b>3</b>	Sharon Stek	Be More Fitness Babes	02:20.28		02:20.28	14	21.0