

FEMSPORT

Women's Strength + Fitness Challenge



FEMSPORT Fort Saskatchewan Challenge – July 25th, 2015



CHI Bursary Winner: Natasha Conek

MASTERS TEAM RANKING

	Row Rank	Box Rank	KB Rank	Flip Rank	Tire Rank	OC Rank	Overall Rank	Overall Points	Team Rank	
SCC Cougs									124.50	1
Daniele Bettio	1	3	3	5	14	11	6	42.50		
Michelle Cairns	1	12	6	3	3	4	3	31.00		
Shelley Rowe	1	11	8	10	9	8	8	51.00		
FR Tough Enough									160.00	2
Ellen Caouette	1	1	5	12	13	1	4	33.50		
Suszan Murray	1	15	20	20	24	20	22	110.00		
Terri Drynan	1	2	1	2	6	3	1	16.50		
3 Shades of Grey									176.50	3
Adena Mai-Jardine	1	7	15	18	22	9	15	76.50		
Jennifer Clifford	1	4	9	4	12	15	9	52.50		
Leanne Coleman	1	20	7	7	2	7	7	47.50		
G.I. Janes									201.50	4
Allison Felix	1	13	10	16	7	12	12	65.00		
Carmen Teran	1	16	2	9	4	2	5	35.00		
Karen Coombes	1	18	19	11	21	21	19	101.50		
FR Chaos									231.50	5
Colleen Brown	1	14	12	19	11	5	10	64.50		
Kim Burke	1	23	14	6	1	14	13	66.00		
Tracy Watson	1	22	21	22	8	18	18	101.00		
Funky & Fit @ 50									258.50	6
Mary Gerosa	1	19	17	21	17	22	21	108.00		
Sheila Beaudry	1	17	13	13	15	13	16	78.50		
Susan Newton	1	9	16	15	16	10	14	72.00		
FR Storm									307.00	7
Dayna Kowton	1	21	23	23	19	17	23	112.50		
Nicole Michaud	1	6	11	8	10	19	10	64.50		
Tammy Maurice	1	23	24	23	23	24	24	130.00		

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

** Obstacle Course is worth 1.5x **

MASTERS INDIVIDUAL RANKING

#	NAME	TEAM	Final Rank	Overall Points
12	Terri Drynan	FR Tough Enough	1	16.5
23	Trish Macklin		2	25.0
20	Michelle Cairns	SCC Cougs	3	31.0
10	Ellen Caouette	FR Tough Enough	4	33.5
17	Carmen Teran	G.I. Janes	5	35.0
19	Daniele Bettio	SCC Cougs	6	42.5
3	Leanne Coleman	3 Shades of Grey	7	47.5
21	Shelley Rowe	SCC Cougs	8	51.0
2	Jennifer Clifford	3 Shades of Grey	9	52.5
4	Colleen Brown	FR Chaos	10	64.5
8	Nicole Michaud	FR Storm	10	64.5
16	Allison Felix	G.I. Janes	12	65.0
5	Kim Burke	FR Chaos	13	66.0
15	Susan Newton	Funky & Fit @ 50	14	72.0
1	Adena Mai-Jardine	3 Shades of Grey	15	76.5
14	Sheila Beaudry	Funky & Fit @ 50	16	78.5
24	Verlaine Barrett		17	86.0
6	Tracy Watson	FR Chaos	18	101.0
18	Karen Coombes	G.I. Janes	19	101.5
22	Roxanne Boucher		19	101.5
13	Mary Gerosa	Funky & Fit @ 50	21	108.0
11	Suszan Murray	FR Tough Enough	22	110.0
7	Dayna Kowton	FR Storm	23	112.5
9	Tammy Maurice	FR Storm	24	130.0

MASTERS EVENT RANKING

OBSTACLE COURSE

MASTERS DIVISION			OBSTACLE COURSE			Rank	Points
#	NAME	TEAM	Time	Penalty	OC TIME		
10	Ellen Caouette	FR Tough Enough	02:16.93		02:16.93	1	1.5
17	Carmen Teran	G.I. Janes	02:24.17		02:24.17	2	3.0
12	Terri Drynan	FR Tough Enough	02:26.43		02:26.43	3	4.5
20	Michelle Cairns	SCC Cougs	02:28.03		02:28.03	4	6.0
4	Colleen Brown	FR Chaos	02:30.56		02:30.56	5	7.5
23	Trish Macklin		02:32.47		02:32.47	6	9.0
3	Leanne Coleman	3 Shades of Grey	02:34.97		02:34.97	7	10.5
21	Shelley Rowe	SCC Cougs	02:38.34	00:01.00	02:39.34	8	12.0
1	Adena Mai-Jardine	3 Shades of Grey	02:39.91		02:39.91	9	13.5

15	Susan Newton	Funky & Fit @ 50	02:42.13		02:42.13	10	15.0
19	Daniele Bettio	SCC Cougs	02:47.97		02:47.97	11	16.5
16	Allison Felix	G.I. Janes	02:48.91		02:48.91	12	18.0
14	Sheila Beaudry	Funky & Fit @ 50	02:49.75		02:49.75	13	19.5
5	Kim Burke	FR Chaos	02:51.57	00:01.00	02:52.57	14	21.0
2	Jennifer Clifford	3 Shades of Grey	02:58.25		02:58.25	15	22.5
24	Verlaine Barrett		03:13.12		03:13.12	16	24.0
7	Dayna Kowton	FR Storm	03:13.44		03:13.44	17	25.5
6	Tracy Watson	FR Chaos	03:15.88		03:15.88	18	27.0
8	Nicole Michaud	FR Storm	03:23.63		03:23.63	19	28.5
11	Suszan Murray	FR Tough Enough	03:27.65		03:27.65	20	30.0
18	Karen Coombes	G.I. Janes	03:46.19		03:46.19	21	31.5
13	Mary Gerosa	Funky & Fit @ 50	04:19.28		04:19.28	22	33.0
22	Roxanne Boucher		04:23.03		04:23.03	23	34.5
9	Tammy Maurice	FR Storm	06:00.00		06:00.00	24	36.0

BOX JUMPS

MASTERS DIVISION			BOX JUMPS		Rank	Points
#	NAME	TEAM	Box Reps	Box TIME		
10	Ellen Caouette	FR Tough Enough	50	00:47.78	1	1
12	Terri Drynan	FR Tough Enough	50	00:48.75	2	2
19	Daniele Bettio	SCC Cougs	50	00:58.09	3	3
2	Jennifer Clifford	3 Shades of Grey	50	01:04.87	4	4
23	Trish Macklin		50	01:07.91	5	5
8	Nicole Michaud	FR Storm	50	01:13.37	6	6
1	Adena Mai-Jardine	3 Shades of Grey	50	01:13.72	7	7
24	Verlaine Barrett		50	01:15.63	8	8
15	Susan Newton	Funky & Fit @ 50	50	01:30.94	9	9
22	Roxanne Boucher		50	01:31.87	10	10
21	Shelley Rowe	SCC Cougs	50	01:32.69	11	11
20	Michelle Cairns	SCC Cougs	50	01:54.03	12	12
16	Allison Felix	G.I. Janes	50	01:59.16	13	13
4	Colleen Brown	FR Chaos	50	02:01.32	14	14
11	Suszan Murray	FR Tough Enough	50	02:11.31	15	15
17	Carmen Teran	G.I. Janes	50	02:17.97	16	16
14	Sheila Beaudry	Funky & Fit @ 50	50	02:18.94	17	17
18	Karen Coombes	G.I. Janes	50	02:33.20	18	18
13	Mary Gerosa	Funky & Fit @ 50	50	02:45.15	19	19
3	Leanne Coleman	3 Shades of Grey	50	02:50.06	20	20
7	Dayna Kowton	FR Storm	45	03:00.00	21	21
6	Tracy Watson	FR Chaos	42	03:00.00	22	22
5	Kim Burke	FR Chaos	DNF	03:00.00	23	23
9	Tammy Maurice	FR Storm	DNF	03:00.00	23	23

TIRE FLIPS

MASTERS DIVISION				TIRE FLIP	Rank	Points
#	NAME	TEAM	Flip Score			
23	Trish Macklin		00:14.63	1	1	
12	Terri Drynan	FR Tough Enough	00:16.78	2	2	
20	Michelle Cairns	SCC Cougs	00:17.56	3	3	
2	Jennifer Clifford	3 Shades of Grey	00:17.57	4	4	
19	Daniele Bettio	SCC Cougs	00:18.22	5	5	
5	Kim Burke	FR Chaos	00:18.91	6	6	
3	Leanne Coleman	3 Shades of Grey	00:19.50	7	7	
8	Nicole Michaud	FR Storm	00:21.00	8	8	
17	Carmen Teran	G.I. Janes	00:21.59	9	9	
21	Shelley Rowe	SCC Cougs	00:21.78	10	10	
18	Karen Coombes	G.I. Janes	00:22.19	11	11	
10	Ellen Caouette	FR Tough Enough	00:22.84	12	12	
14	Sheila Beaudry	Funky & Fit @ 50	00:23.09	13	13	
22	Roxanne Boucher		00:24.29	14	14	
15	Susan Newton	Funky & Fit @ 50	00:25.69	15	15	
16	Allison Felix	G.I. Janes	00:26.25	16	16	
24	Verlaine Barrett		00:31.22	17	17	
1	Adena Mai-Jardine	3 Shades of Grey	00:35.53	18	18	
4	Colleen Brown	FR Chaos	00:37.13	19	19	
11	Suszan Murray	FR Tough Enough	00:37.56	20	20	
13	Mary Gerosa	Funky & Fit @ 50	00:40.31	21	21	
6	Tracy Watson	FR Chaos	00:49.12	22	22	
7	Dayna Kowton	FR Storm	DNF	23	23	
9	Tammy Maurice	FR Storm	DNF	23	23	

TIRE DRAG

MASTERS DIVISION				TIRE DRAG	Rank	Points
#	NAME	TEAM	Tire TIME			
5	Kim Burke	FR Chaos	00:17.31	1	1	
3	Leanne Coleman	3 Shades of Grey	00:21.34	2	2	
20	Michelle Cairns	SCC Cougs	00:21.56	3	3	
17	Carmen Teran	G.I. Janes	00:22.53	4	4	
23	Trish Macklin		00:23.31	5	5	
12	Terri Drynan	FR Tough Enough	00:25.40	6	6	
16	Allison Felix	G.I. Janes	00:26.29	7	7	
6	Tracy Watson	FR Chaos	00:26.69	8	8	
21	Shelley Rowe	SCC Cougs	00:27.03	9	9	
8	Nicole Michaud	FR Storm	00:27.91	10	10	
4	Colleen Brown	FR Chaos	00:28.13	11	11	
2	Jennifer Clifford	3 Shades of Grey	00:28.16	12	12	
10	Ellen Caouette	FR Tough Enough	00:28.56	13	13	

19	Daniele Bettio	SCC Cougs	00:28.65	14	14
14	Sheila Beaudry	Funky & Fit @ 50	00:29.75	15	15
15	Susan Newton	Funky & Fit @ 50	00:31.10	16	16
13	Mary Gerosa	Funky & Fit @ 50	00:38.54	17	17
24	Verlaine Barrett		00:39.12	18	18
7	Dayna Kowton	FR Storm	00:39.81	19	19
22	Roxanne Boucher		00:39.94	20	20
18	Karen Coombes	G.I. Janes	00:40.06	21	21
1	Adena Mai-Jardine	3 Shades of Grey	00:46.06	22	22
9	Tammy Maurice	FR Storm	01:04.00	23	23
11	Suszan Murray	FR Tough Enough	01:05.00	24	24

KETTLEBELL LIFT

MASTERS DIVISION			KETTLE BELLS			Rank	Points
#	NAME	TEAM	Time	Penalty	KB TIME		
12	Terri Drynan	FR Tough Enough	00:34.66		00:34.66	1	1
17	Carmen Teran	G.I. Janes	00:36.44		00:36.44	2	2
19	Daniele Bettio	SCC Cougs	00:36.53		00:36.53	3	3
23	Trish Macklin		00:35.94	00:01.00	00:36.94	4	4
10	Ellen Caouette	FR Tough Enough	00:37.09		00:37.09	5	5
20	Michelle Cairns	SCC Cougs	00:38.44		00:38.44	6	6
3	Leanne Coleman	3 Shades of Grey	00:38.75		00:38.75	7	7
21	Shelley Rowe	SCC Cougs	00:38.90		00:38.90	8	8
2	Jennifer Clifford	3 Shades of Grey	00:39.46		00:39.46	9	9
16	Allison Felix	G.I. Janes	00:39.97		00:39.97	10	10
8	Nicole Michaud	FR Storm	00:40.57		00:40.57	11	11
4	Colleen Brown	FR Chaos	00:42.06		00:42.06	12	12
14	Sheila Beaudry	Funky & Fit @ 50	00:42.65		00:42.65	13	13
5	Kim Burke	FR Chaos	00:43.75		00:43.75	14	14
1	Adena Mai-Jardine	3 Shades of Grey	00:44.60		00:44.60	15	15
15	Susan Newton	Funky & Fit @ 50	00:45.06		00:45.06	16	16
13	Mary Gerosa	Funky & Fit @ 50	00:45.22		00:45.22	17	17
24	Verlaine Barrett		00:44.34	00:01.00	00:45.34	18	18
18	Karen Coombes	G.I. Janes	00:46.81		00:46.81	19	19
11	Suszan Murray	FR Tough Enough	00:47.00		00:47.00	20	20
6	Tracy Watson	FR Chaos	00:47.22		00:47.22	21	21
22	Roxanne Boucher		00:47.72		00:47.72	22	22
7	Dayna Kowton	FR Storm	00:50.19		00:50.19	23	23
9	Tammy Maurice	FR Storm	DNF		DNF	24	24