

FEMSPORT

Women's Strength + Fitness Challenge



FEMSPORT Fort Saskatchewan Challenge – July 25th, 2015



CHI Bursary Winner: Natasha Conek

OPEN TEAM RANKING

		Row Rank	Box Rank	KB Rank	Flip Rank	Tire Rank	OC Rank	Overall Rank	Overall Points	Team Rank
Brofriends									167.5	1
	Cheyenne Luberda	1	16	26	1	3	2	8	50.0	
	Shelley Montemurro	1	9	17	2	11	13	10	59.5	
	Sierra Lacombe	1	17	16	4	8	8	9	58.0	
Livewire Legends									171.0	2
	Allie Niemar	1	13	12	24	27	10	15	92.0	
	Erin Strohschein	1	11	4	8	1	3	2	29.5	
	Liesel Bienert	1	7	3	17	14	5	7	49.5	
Fragile Flowers									234.5	3
	Bobbi-Jo Atchinson	1	22	9	3	7	1	5	43.5	
	Heather Peddle	1	24	32	20	10	22	21	120.0	
	Kirsti Van Dornick	1	21	15	16	9	6	12	71.0	
Iron Maidens									266.0	4
	Feliscia Iannetti	1	5	14	30	28	30	22	123.0	
	Genevieve Senecal-Phinn	1	1	2	6	6	17	4	41.5	
	Marguerite Fitzpatrick	1	12	13	14	12	33	18	101.5	
FIIT & Fierce									269.0	5
	Brooke Melnyk	1	2	7	10	17	7	6	47.5	
	Kelly Sulkys	1	32	36	36	30	35	36	187.5	
	Kim Evans	1	10	6	7	4	4	3	34.0	
Triple Threat									275.0	6
	Alana Everett-Yim	1	8	20	33	32	24	26	130.0	
	Elsa Oberg	1	6	11	15	25	11	13	74.5	
	Tamsyn Irwin	1	4	10	8	13	23	11	70.5	

		Row Rank	Box Rank	KB Rank	Flip Rank	Tire Rank	OC Rank	Overall Rank	Overall Points	Team Rank
FR Rage										
	Angela Wegleitner	1	3	1	5	2	9	1	25.5	7
	Josie Crerar	1	23	24	28	29	26	30	144.0	
	Stacy Brewster	1	35	27	19	18	19	24	128.5	
Leathal Ladies										
	Brandy Behrisch	1	18	19	26	23	14	19	108.0	8
	Logan Morrison	1	31	18	11	16	15	17	99.5	
	Robyn Lee Gordon	1	15	21	13	15	20	16	95.0	
Spartan Sistas										
	Jen Hamel	1	14	31	29	31	29	31	149.5	9
	Ellen Malloy	1	27	8	23	5	12	14	82.0	
	Natasha Gonek	1	29	22	27	20	28	29	141.0	
Pretty Tough										
	Ashley Flemming	1	33	25	12	26	25	27	134.5	10
	Pamela Morgan	1	30	22	18	21	21	23	123.5	
	Wanda Kaye Costello	1	26	30	22	36	32	32	163.0	
Spit Fires										
	Dru Becker	1	19	5	25	24	27	20	114.5	11
	Pamela Culligan	1	28	29	21	33	16	28	136.0	
	Tammy DeGrace	1	34	33	32	34	34	35	185.0	
Beauty & Brawn										
	Abby Rolfes	1	20	28	31	22	18	25	129.0	12
	Monica Townsend	1	35	35	35	19	36	34	179.0	
	Victoria George	1	25	34	34	35	31	33	175.5	

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

**** Obstacle Course is worth 1.5x ****

OPEN INDIVIDUAL RANKING

#	NAME	TEAM	Final Rank	Overall Points
82	Angela Wegleitner	FR Rage	1	25.5
92	Erin Strohschein	Livewire Legends	2	29.5
81	Kim Evans	FIIT & Fierce	3	34.0
89	Genevieve Senecal-Phinn	Iron Maidens	4	41.5
85	Bobbi-Jo Atchinson	Fragile Flowers	5	43.5
79	Brooke Melnyk	FIIT & Fierce	6	47.5
93	Liesel Bienert	Livewire Legends	7	49.5
76	Cheyenne Luberda	Brofriends	8	50.0
78	Sierra Lacombe	Brofriends	9	58.0
77	Shelley Montemurro	Brofriends	10	59.5
105	Tamsyn Irwin	Triple Threat	11	70.5
87	Kirsti Van Dornick	Fragile Flowers	12	71.0
104	Elsa Oberg	Triple Threat	13	74.5

97	Ellen Malloy	Spartan Sistas	14	82.0
91	Allie Niemar	Livewire Legends	15	92.0
108	Robyn Lee Gordon	Leathal Ladies	16	95.0
107	Logan Morrison	Leathal Ladies	17	99.5
90	Marguerite Fitzpatrick	Iron Maidens	18	101.5
106	Brandy Behrisch	Leathal Ladies	19	108.0
100	Dru Becker	Spit Fires	20	114.5
86	Heather Peddle	Fragile Flowers	21	120.0
88	Feliscia Iannetti	Iron Maidens	22	123.0
95	Pamela Morgan	Pretty Tough	23	123.5
84	Stacy Brewster	FR Rage	24	128.5
73	Abby Rolfes	Beauty & Brawn	25	129.0
103	Alana Everett-Yim	Triple Threat	26	130.0
94	Ashley Flemming	Pretty Tough	27	134.5
101	Pamela Culligan	Spit Fires	28	136.0
99	Natasha Gonek	Spartan Sistas	29	141.0
83	Josie Crerar	FR Rage	30	144.0
98	Jen Hamel	Spartan Sistas	31	149.5
96	Wanda Kaye Costello	Pretty Tough	32	163.0
75	Victoria George	Beauty & Brawn	33	175.5
74	Monica Townsend	Beauty & Brawn	34	179.0
102	Tammy DeGrace	Spit Fires	35	185.0
80	Kelly Sulkye	FIIT & Fierce	36	187.5

OPEN EVENT RANKING

OBSTACLE COURSE

OPEN DIVISION			OBSTACLE COURSE			Rank	Points
#	NAME	TEAM	Timer	Penalty	OC TIME		
85	Bobbi-Jo Atchinson	Fragile Flowers	01:56.93		01:56.93	1	1.5
76	Cheyenne Luberda	Brofriends	02:02.25		02:02.25	2	3.0
92	Erin Strohschein	Livewire Legends	02:04.10		02:04.10	3	4.5
81	Kim Evans	FIIT & Fierce	02:06.31		02:06.31	4	6.0
93	Liesel Bienert	Livewire Legends	02:08.03		02:08.03	5	7.5
87	Kirsti Van Dornick	Fragile Flowers	02:11.00		02:11.00	6	9.0
79	Brooke Melnyk	FIIT & Fierce	02:11.66		02:11.66	7	10.5
78	Sierra Lacombe	Brofriends	02:12.88		02:12.88	8	12.0
82	Angela Wegleitner	FR Rage	02:14.63		02:14.63	9	13.5
91	Allie Niemar	Livewire Legends	02:16.59		02:16.59	10	15.0
104	Elsa Oberg	Triple Threat	02:18.66		02:18.66	11	16.5
97	Ellen Malloy	Spartan Sistas	02:26.00		02:26.00	12	18.0
77	Shelley Montemurro	Brofriends	02:25.25	00:01.00	02:26.25	13	19.5
106	Brandy Behrisch	Leathal Ladies	02:27.16		02:27.16	14	21.0
107	Logan Morrison	Leathal Ladies	02:29.54		02:29.54	15	22.5

101	Pamela Culligan	Spit Fires	02:31.65		02:31.65	16	24.0
89	Genevieve Senecal-Phinn	Iron Maidens	02:32.04		02:32.04	17	25.5
73	Abby Rolfes	Beauty & Brawn	02:32.43		02:32.43	18	27.0
84	Stacy Brewster	FR Rage	02:32.81		02:32.81	19	28.5
108	Robyn Lee Gordon	Leathal Ladies	02:35.43		02:35.43	20	30.0
95	Pamela Morgan	Pretty Tough	02:36.50		02:36.50	21	31.5
86	Heather Peddle	Fragile Flowers	02:38.31		02:38.31	22	33.0
105	Tamsyn Irwin	Triple Threat	02:37.38	00:01.00	02:38.38	23	34.5
103	Alana Everett-Yim	Triple Threat	02:40.47		02:40.47	24	36.0
94	Ashley Flemming	Pretty Tough	02:51.43		02:51.43	25	37.5
83	Josie Crerar	FR Rage	02:51.69		02:51.69	26	39.0
100	Dru Becker	Spit Fires	02:52.29		02:52.29	27	40.5
99	Natasha Gonek	Spartan Sistas	02:59.82		02:59.82	28	42.0
98	Jen Hamel	Spartan Sistas	03:01.40	00:01.00	03:02.40	29	43.5
88	Feliscia Iannetti	Iron Maidens	03:04.56	00:01.00	03:05.56	30	45.0
75	Victoria George	Beauty & Brawn	03:13.34	00:01.00	03:14.34	31	46.5
96	Wanda Kaye Costello	Pretty Tough	04:01.78		04:01.78	32	48.0
90	Marguerite Fitzpatrick	Iron Maidens	04:22.10		04:22.10	33	49.5
102	Tammy DeGrace	Spit Fires	04:36.54		04:36.54	34	51.0
80	Kelly Sulkye	FIIT & Fierce	04:53.31		04:53.31	35	52.5
74	Monica Townsend	Beauty & Brawn	06:00.00		06:00.00	36	54.0

BOX JUMPS

OPEN DIVISION			BOX JUMPS		Rank	Points
#	NAME	TEAM	Reps	TIME		
89	Genevieve Senecal-Phinn	Iron Maidens	50	00:41.00	1	1
79	Brooke Melnyk	FIIT & Fierce	50	00:41.02	2	2
82	Angela Wegleitner	FR Rage	50	00:43.25	3	3
105	Tamsyn Irwin	Triple Threat	50	00:44.78	4	4
88	Feliscia Iannetti	Iron Maidens	50	00:45.25	5	5
104	Elsa Oberg	Triple Threat	50	00:46.63	6	6
93	Liesel Bienert	Livewire Legends	50	00:47.87	7	7
103	Alana Everett-Yim	Triple Threat	50	00:48.25	8	8
77	Shelley Montemurro	Brofriends	50	00:48.90	9	9
81	Kim Evans	FIIT & Fierce	50	00:48.97	10	10
92	Erin Strohschein	Livewire Legends	50	00:49.15	11	11
90	Marguerite Fitzpatrick	Iron Maidens	50	00:50.06	12	12
91	Allie Niemar	Livewire Legends	50	00:50.15	13	13
98	Jen Hamel	Spartan Sistas	50	00:55.16	14	14
108	Robyn Lee Gordon	Leathal Ladies	50	00:56.10	15	15
76	Cheyenne Luberda	Brofriends	50	01:00.97	16	16
78	Sierra Lacombe	Brofriends	50	01:02.28	17	17
106	Brandy Behrisch	Leathal Ladies	50	01:05.78	18	18
100	Dru Becker	Spit Fires	50	01:06.31	19	19
73	Abby Rolfes	Beauty & Brawn	50	01:07.72	20	20
87	Kirsti Van Dornick	Fragile Flowers	50	01:08.00	21	21

85	Bobbi-Jo Atchinson	Fragile Flowers	50	01:15.44	22	22
83	Josie Crerar	FR Rage	50	01:20.62	23	23
86	Heather Peddle	Fragile Flowers	50	01:34.47	24	24
75	Victoria George	Beauty & Brawn	50	01:38.38	25	25
96	Wanda Kaye Costello	Pretty Tough	50	01:41.00	26	26
97	Ellen Malloy	Spartan Sistas	50	01:45.25	27	27
101	Pamela Culligan	Spit Fires	50	01:46.78	28	28
99	Natasha Gonek	Spartan Sistas	50	02:02.25	29	29
95	Pamela Morgan	Pretty Tough	50	02:13.53	30	30
107	Logan Morrison	Leathal Ladies	50	02:19.19	31	31
80	Kelly Sulkye	FIIT & Fierce	50	02:28.88	32	32
94	Ashley Flemming	Pretty Tough	50	02:34.90	33	33
102	Tammy DeGrace	Spit Fires	50	02:37.65	34	34
74	Monica Townsend	Beauty & Brawn		DNF	35	35
84	Stacy Brewster	FR Rage		DNF	35	35

TIRE FLIPS

OPEN DIVISION				TIRE FLIP	Rank	Points
#	NAME	TEAM	Time			
76	Cheyenne Luberda	Brofriends	00:14.38	1	1	
77	Shelley Montemurro	Brofriends	00:14.69	2	2	
85	Bobbi-Jo Atchinson	Fragile Flowers	00:14.71	3	3	
78	Sierra Lacombe	Brofriends	00:14.75	4	4	
82	Angela Wegleitner	FR Rage	00:15.25	5	5	
89	Genevieve Senecal-Phinn	Iron Maidens	00:15.46	6	6	
81	Kim Evans	FIIT & Fierce	00:15.69	7	7	
92	Erin Strohschein	Livewire Legends	00:16.50	8	8	
105	Tamsyn Irwin	Triple Threat	00:16.50	8	8	
79	Brooke Melnyk	FIIT & Fierce	00:16.69	10	10	
107	Logan Morrison	Leathal Ladies	00:16.84	11	11	
94	Ashley Flemming	Pretty Tough	00:17.25	12	12	
108	Robyn Lee Gordon	Leathal Ladies	00:17.50	13	13	
90	Marguerite Fitzpatrick	Iron Maidens	00:17.87	14	14	
104	Elsa Oberg	Triple Threat	00:17.97	15	15	
87	Kirsti Van Dornick	Fragile Flowers	00:18.00	16	16	
93	Liesel Bienert	Livewire Legends	00:18.19	17	17	
95	Pamela Morgan	Pretty Tough	00:18.53	18	18	
84	Stacy Brewster	FR Rage	00:18.91	19	19	
86	Heather Peddle	Fragile Flowers	00:19.18	20	20	
101	Pamela Culligan	Spit Fires	00:19.75	21	21	
96	Wanda Kaye Costello	Pretty Tough	00:20.00	22	22	
97	Ellen Malloy	Spartan Sistas	00:20.06	23	23	
91	Allie Niemar	Livewire Legends	00:21.00	24	24	
100	Dru Becker	Spit Fires	00:21.10	25	25	
106	Brandy Behrisch	Leathal Ladies	00:21.37	26	26	

99	Natasha Gonek	Spartan Sistas	00:22.84	27	27
83	Josie Crerar	FR Rage	00:24.18	28	28
98	Jen Hamel	Spartan Sistas	00:24.97	29	29
88	Feliscia Iannetti	Iron Maidens	00:25.46	30	30
73	Abby Rolfes	Beauty & Brawn	00:27.28	31	31
102	Tammy DeGrace	Spit Fires	00:27.88	32	32
103	Alana Everett-Yim	Triple Threat	00:30.31	33	33
75	Victoria George	Beauty & Brawn	00:33.12	34	34
74	Monica Townsend	Beauty & Brawn	00:35.62	35	35
80	Kelly Sulkye	FIIT & Fierce	00:40.78	36	36

TIRE DRAG

OPEN DIVISION				TIRE DRAG	Rank	Points
#	NAME	TEAM	TIME			
92	Erin Strohschein	Livewire Legends	00:16.85	1	1	
82	Angela Wegleitner	FR Rage	00:17.43	2	2	
76	Cheyenne Luberda	Brofriends	00:17.88	3	3	
81	Kim Evans	FIIT & Fierce	00:19.85	4	4	
97	Ellen Malloy	Spartan Sistas	00:19.93	5	5	
89	Genevieve Senecal-Phinn	Iron Maidens	00:20.40	6	6	
85	Bobbi-Jo Atchinson	Fragile Flowers	00:20.75	7	7	
78	Sierra Lacombe	Brofriends	00:21.16	8	8	
87	Kirsti Van Dornick	Fragile Flowers	00:21.38	9	9	
86	Heather Peddle	Fragile Flowers	00:21.91	10	10	
77	Shelley Montemurro	Brofriends	00:21.93	11	11	
90	Marguerite Fitzpatrick	Iron Maidens	00:22.88	12	12	
105	Tamsyn Irwin	Triple Threat	00:23.15	13	13	
93	Liesel Bienert	Livewire Legends	00:23.72	14	14	
108	Robyn Lee Gordon	Leathal Ladies	00:23.84	15	15	
107	Logan Morrison	Leathal Ladies	00:24.50	16	16	
79	Brooke Melnyk	FIIT & Fierce	00:25.04	17	17	
84	Stacy Brewster	FR Rage	00:25.06	18	18	
74	Monica Townsend	Beauty & Brawn	00:26.06	19	19	
99	Natasha Gonek	Spartan Sistas	00:26.07	20	20	
95	Pamela Morgan	Pretty Tough	00:26.41	21	21	
73	Abby Rolfes	Beauty & Brawn	00:26.62	22	22	
106	Brandy Behrisch	Leathal Ladies	00:26.65	23	23	
100	Dru Becker	Spit Fires	00:26.94	24	24	
104	Elsa Oberg	Triple Threat	00:28.07	25	25	
94	Ashley Flemming	Pretty Tough	00:28.69	26	26	
91	Allie Niemar	Livewire Legends	00:29.50	27	27	
88	Feliscia Iannetti	Iron Maidens	00:29.97	28	28	
83	Josie Crerar	FR Rage	00:30.72	29	29	
80	Kelly Sulkye	FIIT & Fierce	00:31.28	30	30	
98	Jen Hamel	Spartan Sistas	00:31.78	31	31	
103	Alana Everett-Yim	Triple Threat	00:36.75	32	32	

101	Pamela Culligan	Spit Fires	00:36.82	33	33
102	Tammy DeGrace	Spit Fires	00:37.53	34	34
75	Victoria George	Beauty & Brawn	00:40.40	35	35
96	Wanda Kaye Costello	Pretty Tough	00:40.97	36	36

KETTLEBELL LIFT

OPEN DIVISION			KETTLE BELLS			Rank	Points
#	NAME	TEAM	Timer	Penalty	KB TIME		
82	Angela Wegleitner	FR Rage	00:32.88		00:32.88	1	1
89	Genevieve Senecal-Phinn	Iron Maidens	00:33.56		00:33.56	2	2
93	Liesel Bienert	Livewire Legends	00:33.72		00:33.72	3	3
92	Erin Strohschein	Livewire Legends	00:34.12		00:34.12	4	4
100	Dru Becker	Spit Fires	00:34.72		00:34.72	5	5
81	Kim Evans	FIIT & Fierce	00:35.04		00:35.04	6	6
79	Brooke Melnyk	FIIT & Fierce	00:35.34		00:35.34	7	7
97	Ellen Malloy	Spartan Sistas	00:35.56		00:35.56	8	8
85	Bobbi-Jo Atchinson	Fragile Flowers	00:35.82		00:35.82	9	9
105	Tamsyn Irwin	Triple Threat	00:35.93		00:35.93	10	10
104	Elsa Oberg	Triple Threat	00:36.22		00:36.22	11	11
91	Allie Niemar	Livewire Legends	00:36.28		00:36.28	12	12
90	Marguerite Fitzpatrick	Iron Maidens	00:36.31		00:36.31	13	13
88	Feliscia Iannetti	Iron Maidens	00:34.81	00:02.00	00:36.81	14	14
87	Kirsti Van Dornick	Fragile Flowers	00:36.97		00:36.97	15	15
78	Sierra Lacombe	Brofriends	00:37.28		00:37.28	16	16
77	Shelley Montemurro	Brofriends	00:36.81	00:01.00	00:37.81	17	17
107	Logan Morrison	Leathal Ladies	00:39.00		00:39.00	18	18
106	Brandy Behrisch	Leathal Ladies	00:39.37		00:39.37	19	19
103	Alana Everett-Yim	Triple Threat	00:39.50		00:39.50	20	20
108	Robyn Lee Gordon	Leathal Ladies	00:39.91		00:39.91	21	21
95	Pamela Morgan	Pretty Tough	00:40.41		00:40.41	22	22
99	Natasha Gonek	Spartan Sistas	00:40.41		00:40.41	22	22
83	Josie Crerar	FR Rage	00:40.56		00:40.56	24	24
94	Ashley Flemming	Pretty Tough	00:40.65		00:40.65	25	25
76	Cheyenne Luberda	Brofriends	00:40.75		00:40.75	26	26
84	Stacy Brewster	FR Rage	00:40.85		00:40.85	27	27
73	Abby Rolfes	Beauty & Brawn	00:41.35		00:41.35	28	28
101	Pamela Culligan	Spit Fires	00:41.38		00:41.38	29	29
96	Wanda Kaye Costello	Pretty Tough	00:40.44	00:01.00	00:41.44	30	30
98	Jen Hamel	Spartan Sistas	00:40.56	00:01.00	00:41.56	31	31
86	Heather Peddle	Fragile Flowers	00:42.25		00:42.25	32	32
102	Tammy DeGrace	Spit Fires	00:43.50		00:43.50	33	33
75	Victoria George	Beauty & Brawn	00:46.38		00:46.38	34	34
74	Monica Townsend	Beauty & Brawn	00:49.68		00:49.68	35	35
80	Kelly Sulkye	FIIT & Fierce	00:49.90	00:01.00	00:50.90	36	36