

# FEMSPORT

Women's Strength + Fitness Challenge



## FEMSPORT Calgary Challenge – June 20<sup>th</sup>, 2015



CHI Bursary Winner: Lyndy Cook

### MASTERS

#### TEAM: TOTALS

TEAM NAME – MASTERS	POINTS	PLACE
Gym Junkies	119.0	1
Forza	151.5	2
Be More Fitness Babes	158.0	3
Be More Fitness Too	204.5	4

#### INDIVIDUAL: TOTALS

#	NAME – MASTERS	TEAM	Final Rank	Overall Points
15	Robin McFadyen		1	11.5
12	Michelle Prindle	Gym Junkies	2	17.0
16	Tina McManus		3	17.5
2	Marilyn Laycraft	Be More Fitness Babes	4	23.0
13	Audrey Petterson		5	33.0
10	Angela Hauser	Gym Junkies	6	36.0
9	Silvana Saccomani	Forza	7	46.5
8	Ingrid Green	Forza	8	51.5
7	Cindy Delaloye	Forza	9	53.5
5	Marika Giese	Be More Fitness Too	10	54.5
1	Colleen Salsman	Be More Fitness Babes	11	61.0
11	Karen Stringer	Gym Junkies	12	66.0
14	Lynne Walker		13	68.0
4	Leigh Palko	Be More Fitness Too	14	70.5
3	Sharon Stek	Be More Fitness Babes	15	74.0
6	Peggy Hart	Be More Fitness Too	16	79.5

# 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
15	Robin McFadyen		00:39.44		00:39.44	1	1
12	Michelle Prindle	Gym Junkies	00:39.75		00:39.75	2	2
16	Tina McManus		00:41.69		00:41.69	3	3
2	Marilyn Laycraft	Be More Fitness Babes	00:41.94		00:41.94	4	4
13	Audrey Petterson		00:45.60	00:01.00	00:46.60	5	5
9	Silvana Saccomani	Forza	00:46.63		00:46.63	6	6
10	Angela Hauser	Gym Junkies	00:49.25		00:49.25	7	7
5	Marika Giese	Be More Fitness Too	00:50.07		00:50.07	8	8
11	Karen Stringer	Gym Junkies	00:50.75		00:50.75	9	9
1	Colleen Salsman	Be More Fitness Babes	00:51.04		00:51.04	10	10
8	Ingrid Green	Forza	00:51.47		00:51.47	11	11
7	Cindy Delaloye	Forza	00:54.31		00:54.31	12	12
3	Sharon Stek	Be More Fitness Babes	00:55.43		00:55.43	13	13
6	Peggy Hart	Be More Fitness Too	01:00.36		01:00.36	14	14
14	Lynne Walker		01:00.46		01:00.46	15	15
4	Leigh Palko	Be More Fitness Too	03:00.00		03:00.00	16	16

BOX JUMPS – MASTERS						
#	NAME	TEAM	Box Reps	Box TIME	Rank	Point Score
12	Michelle Prindle	Gym Junkies	50	00:46.87	1	1
15	Robin McFadyen		50	00:48.50	2	2
16	Tina McManus		50	01:03.50	3	3
2	Marilyn Laycraft	Be More Fitness Babes	50	01:26.35	4	4
1	Colleen Salsman	Be More Fitness Babes	50	01:44.50	5	5
10	Angela Hauser	Gym Junkies	50	01:45.35	6	6
5	Marika Giese	Be More Fitness Too	50	02:03.18	7	7
8	Ingrid Green	Forza	50	02:07.93	8	8
14	Lynne Walker		50	02:11.47	9	9
7	Cindy Delaloye	Forza	50	02:40.72	10	10
9	Silvana Saccomani	Forza	50	02:52.75	11	11
11	Karen Stringer	Gym Junkies	50	02:58.47	12	12
13	Audrey Petterson		36	03:00.00	13	13
4	Leigh Palko	Be More Fitness Too	32	03:00.00	14	14
3	Sharon Stek	Be More Fitness Babes		03:00.00	15	15
6	Peggy Hart	Be More Fitness Too		03:00.00	15	15

<b>TIRE FLIP – MASTERS</b>					
<b>#</b>	<b>NAME</b>	<b>TEAM</b>	<b>Flip Time</b>	<b>Rank</b>	<b>Point Score</b>
13	Audrey Petterson		00:14.38	1	1
12	Michelle Prindle	Gym Junkies	00:15.50	2	2
16	Tina McManus		00:18.06	3	3
15	Robin McFadyen		00:18.53	4	4
2	Marilyn Laycraft	Be More Fitness Babes	00:27.03	5	5
10	Angela Hauser	Gym Junkies	00:31.37	6	6
7	Cindy Delaloye	Forza	00:33.34	7	7
3	Sharon Stek	Be More Fitness Babes	00:33.65	8	8
9	Silvana Saccomani	Forza	00:35.38	9	9
8	Ingrid Green	Forza	00:36.68	10	10
5	Marika Giese	Be More Fitness Too	00:39.31	11	11
14	Lynne Walker		00:43.03	12	12
6	Peggy Hart	Be More Fitness Too	00:44.62	13	13
11	Karen Stringer	Gym Junkies	00:45.31	14	14
1	Colleen Salsman	Be More Fitness Babes	00:48.00	15	15
4	Leigh Palko	Be More Fitness Too	00:02.00	16	16

<b>TIRE DRAG – MASTERS</b>					
<b>#</b>	<b>NAME</b>	<b>TEAM</b>	<b>Time</b>	<b>Rank</b>	<b>Point Score</b>
13	Audrey Petterson		00:15.00	1	1
15	Robin McFadyen		00:15.03	2	2
16	Tina McManus		00:17.13	3	3
7	Cindy Delaloye	Forza	00:17.34	4	4
12	Michelle Prindle	Gym Junkies	00:17.37	5	5
2	Marilyn Laycraft	Be More Fitness Babes	00:17.81	6	6
10	Angela Hauser	Gym Junkies	00:20.28	7	7
8	Ingrid Green	Forza	00:21.12	8	8
9	Silvana Saccomani	Forza	00:21.34	9	9
14	Lynne Walker		00:22.68	10	10
5	Marika Giese	Be More Fitness Too	00:23.25	11	11
11	Karen Stringer	Gym Junkies	00:24.56	12	12
3	Sharon Stek	Be More Fitness Babes	00:25.31	13	13
6	Peggy Hart	Be More Fitness Too	00:35.47	14	14
1	Colleen Salsman	Be More Fitness Babes	00:36.00	15	15
4	Leigh Palko	Be More Fitness Too	02:00.00	16	16

**OBSTACLE COURSE (x 1.5) – MASTERS**

#	NAME	TEAM	OC TIME	PENALTY	FINAL OC TIME	Rank	Point Score
15	Robin McFadyen		01:12.03	00:01.00	01:13.03	1	1.5
2	Marilyn Laycraft	Be More Fitness Babes	01:17.62		01:17.62	2	3.0
16	Tina McManus		01:18.03		01:18.03	3	4.5
12	Michelle Prindle	Gym Junkies	01:18.56		01:18.56	4	6.0
4	Leigh Palko	Be More Fitness Too	01:20.35		01:20.35	5	7.5
10	Angela Hauser	Gym Junkies	01:22.82		01:22.82	6	9.0
9	Silvana Saccomani	Forza	01:24.34		01:24.34	7	10.5
13	Audrey Petterson		01:25.25		01:25.25	8	12.0
8	Ingrid Green	Forza	01:25.38		01:25.38	9	13.5
1	Colleen Salsman	Be More Fitness Babes	01:26.00	00:01.00	01:27.00	10	15.0
5	Marika Giese	Be More Fitness Too	01:30.25		01:30.25	11	16.5
11	Karen Stringer	Gym Junkies	01:33.56		01:33.56	12	18.0
7	Cindy Delaloye	Forza	01:37.44		01:37.44	13	19.5
14	Lynne Walker		01:48.12		01:48.12	14	21.0
6	Peggy Hart	Be More Fitness Too	01:48.66		01:48.66	15	22.5
3	Sharon Stek	Be More Fitness Babes	02:07.75		02:07.75	16	24.0