

FEMSPORT

Women's Strength + Fitness Challenge



FEMSPORT Calgary Challenge – June 20th, 2015



CHI Bursary Winner: Lyndy Cook

NOVICE

TEAM: TOTALS

TEAM NAME – NOVICE	POINTS	PLACE
CFCB	191.0	1
COGO Fitness Barbell Club	253.0	2
Divine	268.5	3
Tri Fit Trios	336.0	4
Strength Sistas	372.5	5
Uppercut	411.0	6

INDIVIDUAL: TOTALS

#	NAME – NOVICE	TEAM	Final Rank	Overall Points
36	Catherine Slemko		1	15.0
21	Jennifer Lessard	COGO Fitness Barbell Club	2	19.0
50	Rachelle Goodfellow		3	30.5
35	April Robert		4	41.0
19	Charlayne Benoit	CFCB	5	48.5
33	Aaron-Marie Coulthart		6	51.5
24	Carey Nelson	Divine	7	65.0
18	Caryn Campbell	CFCB	8	66.5
43	Jennifer Corbett		9	75.0
20	Julie Gordon	CFCB	10	76.0
25	Joline Jacobson	Divine	11	79.0
49	Nicole Ireland		11	79.0
45	Kelly Schmaltz		13	81.5
23	Tracy Kirkwood	COGO Fitness Barbell Club	14	91.0
31	Lauren Stanley	Uppercut	15	94.0
39	Falice Chin		15	94.0
28	Joanne Minaker	Strength Sistas	17	95.0
53	Tanya Franzman	Tri Fit Trios	18	102.0
46	Lyndy Cook		19	102.5
42	Jen Pickrell	Tri Fit Trios	20	104.0
34	Amy Bricker		21	106.0
51	Sara Abbott		22	116.5
52	Serena London		23	120.5

26	Shannon Kelly	Divine	24	124.5
27	Jennifer Meszaros	Strength Sistas	25	128.0
38	Connie Lambe		26	129.5
48	Melanie Foster	Tri Fit Trios	27	130.0
41	Helay Schultz		28	140.5
47	Mallory Panich		29	142.5
22	JJ Stokes	COGO Fitness Barbell Club	30	143.0
32	Vivian Farris	Uppercut	31	144.5
29	Leanne Keyko	Strength Sistas	32	149.5
40	Guiselle Ballestero		33	160.5
30	Kate Kusza	Uppercut	34	172.5
37	Cindy Radix		35	175.0
44	Jessica Prosser		36	189.5

NOVICE INDIVIDUAL EVENT RESULTS

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

KETTLEBELL LIFT – NOVICE							
#	NAME	TEAM	KB TIME	PENALTY	FINAL KB TIME	Rank	Point Score
36	Catherine Slemko		00:36.19		00:36.19	1	1
35	April Robert		00:37.13		00:37.13	2	2
19	Charlayne Benoit	CFCB	00:37.43		00:37.43	3	3
33	Aaron-Marie Coulthart		00:37.62		00:37.62	4	4
21	Jennifer Lessard	COGO Fitness Barbell Club	00:36.96	00:01.00	00:37.96	5	5
50	Rachelle Goodfellow		00:38.09		00:38.09	6	6
20	Julie Gordon	CFCB	00:38.56		00:38.56	7	7
24	Carey Nelson	Divine	00:39.03		00:39.03	8	8
18	Caryn Campbell	CFCB	00:39.62		00:39.62	9	9
28	Joanne Minaker	Strength Sistas	00:39.94		00:39.94	10	10
23	Tracy Kirkwood	COGO Fitness Barbell Club	00:39.66	00:01.00	00:40.66	11	11
49	Nicole Ireland		00:40.75		00:40.75	12	12
26	Shannon Kelly	Divine	00:40.78		00:40.78	13	13
25	Joline Jacobson	Divine	00:40.97		00:40.97	14	14
51	Sara Abbott		00:41.40		00:41.40	15	15
34	Amy Bricker		00:40.69	00:01.00	00:41.69	16	16
39	Falice Chin		00:40.03	00:02.00	00:42.03	17	17
53	Tanya Franzman	Tri Fit Trios	00:42.32		00:42.32	18	18
47	Mallory Panich		00:42.69		00:42.69	19	19
27	Jennifer Meszaros	Strength Sistas	00:41.93	00:01.00	00:42.93	20	20
43	Jennifer Corbett		00:41.44	00:02.00	00:43.44	21	21
52	Serena London		00:43.44		00:43.44	21	21
29	Leanne Keyko	Strength Sistas	00:43.62		00:43.62	23	23
45	Kelly Schmaltz		00:43.72		00:43.72	24	24
46	Lyndy Cook		00:44.00		00:44.00	25	25
42	Jen Pickrell	Tri Fit Trios	00:44.09		00:44.09	26	26
48	Melanie Foster	Tri Fit Trios	00:44.38		00:44.38	27	27
22	JJ Stokes	COGO Fitness Barbell Club	00:44.53		00:44.53	28	28
40	Guiselle Ballestero		00:47.00		00:47.00	29	29

31	Lauren Stanley	Uppercut	00:45.72	00:02.00	00:47.72	30	30
38	Connie Lambe		00:48.12		00:48.12	31	31
37	Cindy Radix		00:50.72		00:50.72	32	32
30	Kate Kusza	Uppercut	00:48.84	00:02.00	00:50.84	33	33
32	Vivian Farris	Uppercut	03:00.00		03:00.00	34	34
41	Helay Schultz		03:00.00		03:00.00	34	34
44	Jessica Prosser		03:00.00		03:00.00	34	34

BOX JUMPS – NOVICE						
#	NAME	TEAM	Box Reps	Box TIME	Rank	Point Score
21	Jennifer Lessard	COGO Fitness Barbell Club	50	00:50.38	1	1
19	Charlayne Benoit	CFCB	50	00:52.84	2	2
50	Rachelle Goodfellow		50	00:53.00	3	3
36	Catherine Slemko		50	01:03.16	4	4
39	Falice Chin		50	01:07.12	5	5
18	Caryn Campbell	CFCB	50	01:12.57	6	6
23	Tracy Kirkwood	COGO Fitness Barbell Club	50	01:17.37	7	7
45	Kelly Schmaltz		50	01:28.63	8	8
24	Carey Nelson	Divine	50	01:28.69	9	9
43	Jennifer Corbett		50	01:30.72	10	10
46	Lyndy Cook		50	01:32.65	11	11
20	Julie Gordon	CFCB	50	01:37.00	12	12
31	Lauren Stanley	Uppercut	50	01:45.60	13	13
35	April Robert		50	01:45.97	14	14
27	Jennifer Meszaros	Strength Sistas	50	01:46.21	15	15
33	Aaron-Marie Coulthart		50	01:46.64	16	16
25	Joline Jacobson	Divine	50	01:47.06	17	17
49	Nicole Ireland		50	01:48.03	18	18
29	Leanne Keyko	Strength Sistas	50	01:48.19	19	19
28	Joanne Minaker	Strength Sistas	50	01:49.03	20	20
26	Shannon Kelly	Divine	50	01:49.22	21	21
22	JJ Stokes	COGO Fitness Barbell Club	50	01:52.63	22	22
51	Sara Abbott		50	01:56.67	23	23
52	Serena London		50	02:10.68	24	24
48	Melanie Foster	Tri Fit Trios	50	02:15.37	25	25
40	Guiselle Ballestero		50	02:17.78	26	26
47	Mallory Panich		50	02:21.97	27	27
42	Jen Pickrell	Tri Fit Trios	50	02:22.19	28	28
30	Kate Kusza	Uppercut	50	02:22.57	29	29
53	Tanya Franzman	Tri Fit Trios	50	02:29.69	30	30
32	Vivian Farris	Uppercut	46	03:00.00	31	31
38	Connie Lambe		41	03:00.00	32	32
41	Helay Schultz		30	03:00.00	33	33
34	Amy Bricker			03:00.00	34	34
37	Cindy Radix			03:00.00	34	34
44	Jessica Prosser			03:00.00	34	34

TIRE FLIP – NOVICE					
#	NAME	TEAM	Flip Time	Rank	Point Score
21	Jennifer Lessard	COGO Fitness Barbell Club	00:13.22	1	1
18	Caryn Campbell	CFCB	00:14.25	2	2
43	Jennifer Corbett		00:14.28	3	3
53	Tanya Franzman	Tri Fit Trios	00:15.12	4	4
36	Catherine Slemko		00:15.19	5	5
33	Aaron-Marie Coulthart		00:15.35	6	6
42	Jen Pickrell	Tri Fit Trios	00:16.03	7	7
23	Tracy Kirkwood	COGO Fitness Barbell Club	00:16.38	8	8
19	Charlayne Benoit	CFCB	00:16.81	9	9
35	April Robert		00:18.15	10	10
25	Joline Jacobson	Divine	00:18.19	11	11
49	Nicole Ireland		00:18.19	11	11
50	Rachelle Goodfellow		00:18.31	13	13
48	Melanie Foster	Tri Fit Trios	00:18.68	14	14
46	Lyndy Cook		00:19.71	15	15
39	Falice Chin		00:19.97	16	16
34	Amy Bricker		00:20.44	17	17
45	Kelly Schmaltz		00:20.56	18	18
22	JJ Stokes	COGO Fitness Barbell Club	00:21.06	19	19
28	Joanne Minaker	Strength Sistas	00:21.71	20	20
38	Connie Lambe		00:22.18	21	21
20	Julie Gordon	CFCB	00:22.44	22	22
31	Lauren Stanley	Uppercut	00:22.81	23	23
27	Jennifer Meszaros	Strength Sistas	00:23.13	24	24
52	Serena London		00:25.66	25	25
51	Sara Abbott		00:25.69	26	26
29	Leanne Keyko	Strength Sistas	00:26.22	27	27
26	Shannon Kelly	Divine	00:27.21	28	28
24	Carey Nelson	Divine	00:28.21	29	29
37	Cindy Radix		00:28.94	30	30
47	Mallory Panich		00:30.29	31	31
40	Guiselle Ballestero		00:36.43	32	32
30	Kate Kusza	Uppercut	00:50.84	33	33
32	Vivian Farris	Uppercut	02:00.00	34	34
41	Helay Schultz		02:00.00	34	34
44	Jessica Prosser		02:00.00	34	34

TIRE DRAG – NOVICE					
#	NAME	TEAM	Time	Rank	Point Score
36	Catherine Slemko		00:12.59	1	1
35	April Robert		00:13.47	2	2
42	Jen Pickrell	Tri Fit Trios	00:13.50	3	3
43	Jennifer Corbett		00:13.60	4	4
21	Jennifer Lessard	COGO Fitness Barbell Club	00:13.81	5	5
50	Rachelle Goodfellow		00:14.31	6	6

38	Connie Lambe		00:14.53	7	7
33	Aaron-Marie Coulthart		00:14.59	8	8
24	Carey Nelson	Divine	00:15.50	9	9
31	Lauren Stanley	Uppercut	00:15.50	9	9
45	Kelly Schmaltz		00:15.68	11	11
48	Melanie Foster	Tri Fit Trios	00:16.06	12	12
49	Nicole Ireland		00:16.19	13	13
28	Joanne Minaker	Strength Sistas	00:16.91	14	14
25	Joline Jacobson	Divine	00:17.24	15	15
53	Tanya Franzman	Tri Fit Trios	00:17.28	16	16
18	Caryn Campbell	CFCB	00:17.47	17	17
47	Mallory Panich		00:17.82	18	18
23	Tracy Kirkwood	COGO Fitness Barbell Club	00:18.06	19	19
27	Jennifer Meszaros	Strength Sistas	00:18.10	20	20
52	Serena London		00:19.04	21	21
20	Julie Gordon	CFCB	00:19.28	22	22
34	Amy Bricker		00:19.29	23	23
37	Cindy Radix		00:19.35	24	24
46	Lyndy Cook		00:19.47	25	25
19	Charlayne Benoit	CFCB	00:19.96	26	26
26	Shannon Kelly	Divine	00:20.47	27	27
39	Falice Chin		00:20.59	28	28
51	Sara Abbott		00:20.69	29	29
29	Leanne Keyko	Strength Sistas	00:22.00	30	30
22	JJ Stokes	COGO Fitness Barbell Club	00:23.19	31	31
40	Guiselle Ballestero		00:23.69	32	32
30	Kate Kusza	Uppercut	00:24.22	33	33
32	Vivian Farris	Uppercut	02:00.00	34	34
41	Helay Schultz		02:00.00	34	34
44	Jessica Prosser		02:00.00	34	34

OBSTACLE COURSE (x 1.5) – NOVICE							
#	NAME	TEAM	OC TIME	PENALTY	FINAL OC TIME	Rank	Point Score
50	Rachelle Goodfellow		01:07.35		01:07.35	1	1.5
36	Catherine Slemko		01:07.56		01:07.56	2	3.0
41	Helay Schultz		01:06.94	00:01.00	01:07.94	3	4.5
21	Jennifer Lessard	COGO Fitness Barbell Club	01:08.09		01:08.09	4	6.0
19	Charlayne Benoit	CFCB	01:08.91		01:08.91	5	7.5
24	Carey Nelson	Divine	01:12.13		01:12.13	6	9.0
32	Vivian Farris	Uppercut	01:11.91	00:01.00	01:12.91	7	10.5
20	Julie Gordon	CFCB	01:13.91		01:13.91	8	12.0
35	April Robert		01:13.91		01:13.91	8	12.0
34	Amy Bricker		01:14.81		01:14.81	10	15.0
33	Aaron-Marie Coulthart		01:15.35		01:15.35	11	16.5
31	Lauren Stanley	Uppercut	01:16.06	00:01.00	01:17.06	12	18.0
45	Kelly Schmaltz		01:17.16		01:17.16	13	19.5
25	Joline Jacobson	Divine	01:17.18		01:17.18	14	21.0
51	Sara Abbott		01:18.41		01:18.41	15	22.5
49	Nicole Ireland		01:18.69		01:18.69	16	24.0
46	Lyndy Cook		01:19.12		01:19.12	17	25.5
39	Falice Chin		01:19.62		01:19.62	18	27.0
52	Serena London		01:19.93		01:19.93	19	28.5
28	Joanne Minaker	Strength Sistas	01:20.13		01:20.13	20	30.0

18	Caryn Campbell	CFCB	01:20.19		01:20.19	21	31.5
53	Tanya Franzman	Tri Fit Trios	01:20.60		01:20.60	22	33.0
26	Shannon Kelly	Divine	01:20.87		01:20.87	23	34.5
43	Jennifer Corbett		01:19.56	00:02.00	01:21.56	24	36.0
38	Connie Lambe		01:21.69		01:21.69	25	37.5
42	Jen Pickrell	Tri Fit Trios	01:21.22	00:02.00	01:23.22	26	39.0
40	Guiselle Ballestero		01:23.34		01:23.34	27	40.5
22	JJ Stokes	COGO Fitness Barbell Club	01:23.91		01:23.91	28	42.0
30	Kate Kusza	Uppercut	01:24.35		01:24.35	29	43.5
23	Tracy Kirkwood	COGO Fitness Barbell Club	01:24.59		01:24.59	30	45.0
47	Mallory Panich		01:24.66		01:24.66	31	46.5
27	Jennifer Meszaros	Strength Sistas	01:25.03		01:25.03	32	48.0
29	Leanne Keyko	Strength Sistas	01:25.25		01:25.25	33	49.5
48	Melanie Foster	Tri Fit Trios	01:25.44		01:25.44	34	51.0
44	Jessica Prosser		01:30.31		01:30.31	35	52.5
37	Cindy Radix		01:54.66		01:54.66	36	54.0