

FEMSPORT Kamloops Challenge – May 30, 2015



CHI Bursary Winner: Erin Lise Davis



BCEA "Heart" Award: Jocelyn Buckham

MASTERS

TEAM: TOTALS

TEAM NAME – MASTERS	POINTS	PLACE
Fit by Design 4	78.5	1

INDIVIDUAL: TOTALS

#	NAME – MASTERS	TEAM	Final Rank	Overall Points
7	Sabrina Sinclair		1	11.5
4	Amy Atkinson		2	14.0
1	Alana Palmer	Fit by Design 4	3	14.5
3	Lynda Stephanishin-Neilly	Fit by Design 4	4	32.0
2	Denise Carter	Fit by Design 4	4	32.0
6	Melissa Phillips		6	32.5
5	Joscelyn Buckham		7	45.5

MASTERS

INDIVIDUAL EVENT RESULTS

INVERTED ROWS – MASTERS					
#	NAME	TEAM	Reps	Rank	Point Score
4	Amy Atkinson		58.0	1	1
1	Alana Palmer	Fit by Design 4	48.0	2	2
2	Denise Carter	Fit by Design 4	43.5	3	3
7	Sabrina Sinclair		42.0	4	4
3	Lynda Stephanishin-Neilly	Fit by Design 4	39.5	5	5
6	Melissa Phillips		33.0	6	6
5	Joscelyn Buckham		20.0	7	7

KETTLEBELL LIFT – MASTERS							
#	NAME	TEAM	KB TIME	PENALTY	FINAL KB TIME	Rank	Point Score
7	Sabrina Sinclair		00:37.75		00:37.75	1	1
1	Alana Palmer	Fit by Design 4	00:39.34		00:39.34	2	2
4	Amy Atkinson		00:39.50		00:39.50	3	3
2	Denise Carter	Fit by Design 4	00:39.65		00:39.65	4	4
3	Lynda Stephanishin-Neilly	Fit by Design 4	00:43.88		00:43.88	5	5
6	Melissa Phillips		00:43.94		00:43.94	6	6
5	Joscelyn Buckham		00:58.82		00:58.82	7	7

BOX JUMPS – MASTERS						
#	NAME	TEAM	Box Reps	Box TIME	Rank	Point Score
7	Sabrina Sinclair		50	00:54.87	1	1
4	Amy Atkinson		50	00:58.03	2	2
1	Alana Palmer	Fit by Design 4	50	01:14.25	3	3
6	Melissa Phillips		50	01:41.81	4	4
2	Denise Carter	Fit by Design 4	50	01:45.84	5	5
3	Lynda Stephanishin-Neilly	Fit by Design 4	50	02:26.91	6	6
5	Joscelyn Buckham		42	03:00.00	7	7

TIRE FLIP – MASTERS					
#	NAME	TEAM	Flip Time	Rank	Point Score
7	Sabrina Sinclair		00:19.54	1	1
1	Alana Palmer	Fit by Design 4	00:24.10	2	2
4	Amy Atkinson		00:25.75	3	3
6	Melissa Phillips		00:29.31	4	4
2	Denise Carter	Fit by Design 4	00:35.65	5	5
3	Lynda Stephanishin-Neilly	Fit by Design 4	00:38.71	6	6
5	Joscelyn Buckham		01:44.35	7	7

TIRE DRAG – MASTERS					
#	NAME	TEAM	Time	Rank	Point Score
1	Alana Palmer	Fit by Design 4	00:15.32	1	1
4	Amy Atkinson		00:18.75	2	2
7	Sabrina Sinclair		00:23.38	3	3
3	Lynda Stephanishin-Neilly	Fit by Design 4	00:24.53	4	4
6	Melissa Phillips		00:27.44	5	5
2	Denise Carter	Fit by Design 4	00:27.56	6	6
5	Joscelyn Buckham		00:57.81	7	7

OBSTACLE COURSE (x 1.5) – MASTERS

#	NAME	TEAM	OC TIME	PENALTY	FINAL OC TIME	Rank	Point Score
7	Sabrina Sinclair		01:26.62		01:26.62	1	1.5
4	Amy Atkinson		01:26.47	00:01.00	01:27.47	2	3.0
1	Alana Palmer	Fit by Design 4	01:29.00		01:29.00	3	4.5
3	Lynda Stephanishin-Neilly	Fit by Design 4	01:33.38	00:01.00	01:34.38	4	6.0
6	Melissa Phillips		01:43.18	00:01.00	01:44.18	5	7.5
2	Denise Carter	Fit by Design 4	01:50.19		01:50.19	6	9.0
5	Joscelyn Buckham		02:10.00		02:10.00	7	10.5