

FEMSPORT Kamloops Challenge – May 30, 2015



CHI Bursary Winner: Erin Lise Davis



BCEA "Heart" Award: Jocelyn Buckham

NOVICE

TEAM: TOTALS

TEAM NAME - NOVICE	POINTS	PLACE
Kinetic Energy Huskies	165.5	1
Fit by Design 3	172.5	2
Freestyle Fitness	196.5	3
Fit by Design 2	234.5	4

INDIVIDUAL: TOTALS

#	NOVICE NAME	TEAM	Final Rank	Overall Points
23	Paula Aspin		1	23.0
24	Renae Desrochers		2	28.0
14	Allana MacDonald	Freestyle Fitness	3	33.5
17	Bianca Mirabelli	Kinetic Energy Huskies	4	42.0
20	Dealina Faulkner		5	47.5
22	Nicole Haugan		5	47.5
9	Lori Brennan	Fit by Design 2	7	51.0
18	Gaylene Scott	Kinetic Energy Huskies	8	52.5
13	Rebecca Stewart	Fit by Design 3	9	56.5
12	Michelle Conat	Fit by Design 3	10	57.0
11	Candace Walker	Fit by Design 3	11	59.0
19	Grace Wong	Kinetic Energy Huskies	12	71.0
25	Tara Sales		13	71.5
15	Chris Hughes	Freestyle Fitness	14	72.5
8	Candice Stanley	Fit by Design 2	15	87.5
16	Maureen MacDonald	Freestyle Fitness	16	90.5
10	Megan Provencher	Fit by Design 2	17	96.0

NOVICE

INDIVIDUAL: EVENT RESULTS

INVERTED ROWS – NOVICE					
#	NAME	TEAM	Reps	Rank	Point Score
23	Paula Aspin		45.5	1	1
19	Grace Wong	Kinetic Energy Huskies	39.0	2	2
22	Nicole Haugan		39.0	2	2
11	Candace Walker	Fit by Design 3	35.0	4	4
16	Maureen MacDonald	Freestyle Fitness	35.0	4	4
18	Gaylene Scott	Kinetic Energy Huskies	35.0	4	4
12	Michelle Conat	Fit by Design 3	34.5	7	7
15	Chris Hughes	Freestyle Fitness	34.5	7	7
14	Allana MacDonald	Freestyle Fitness	32.0	9	9
25	Tara Sales		31.5	10	10
17	Bianca Mirabelli	Kinetic Energy Huskies	28.0	11	11
9	Lori Brennan	Fit by Design 2	24.5	12	12
13	Rebeccah Stewart	Fit by Design 3	24.5	12	12
10	Megan Provencher	Fit by Design 2	23.0	14	14
8	Candice Stanley	Fit by Design 2	19.0	15	15
24	Renae Desrochers		19.0	15	15
20	Dealia Faulkner		13.5	17	17

KETTLEBELL LIFT – NOVICE							
#	NAME	TEAM	KB TIME	PENALTY	FINAL KB TIME	Rank	Point Score
23	Paula Aspin		00:35.69		00:35.69	1	1
24	Renae Desrochers		00:35.75		00:35.75	2	2
20	Dealia Faulkner		00:35.84		00:35.84	3	3
12	Michelle Conat	Fit by Design 3	00:36.44		00:36.44	4	4
17	Bianca Mirabelli	Kinetic Energy Huskies	00:36.44		00:36.44	4	4
18	Gaylene Scott	Kinetic Energy Huskies	00:36.91		00:36.91	6	6
14	Allana MacDonald	Freestyle Fitness	00:37.78		00:37.78	7	7
22	Nicole Haugan		00:38.71		00:38.71	8	8
25	Tara Sales		00:39.59		00:39.59	9	9
9	Lori Brennan	Fit by Design 2	00:40.15		00:40.15	10	10
13	Rebeccah Stewart	Fit by Design 3	00:41.03		00:41.03	11	11
11	Candace Walker	Fit by Design 3	00:42.22		00:42.22	12	12
19	Grace Wong	Kinetic Energy Huskies	00:42.72		00:42.72	13	13
10	Megan Provencher	Fit by Design 2	00:44.28		00:44.28	14	14
15	Chris Hughes	Freestyle Fitness	00:45.07		00:45.07	15	15
8	Candice Stanley	Fit by Design 2	00:46.82		00:46.82	16	16
16	Maureen MacDonald	Freestyle Fitness	00:49.18		00:49.18	17	17

BOX JUMPS – NOVICE						
#	NAME	TEAM	Box Reps	Box TIME	Rank	Point Score
17	Bianca Mirabelli	Kinetic Energy Huskies	50	00:48.19	1	1
14	Allana MacDonald	Freestyle Fitness	50	00:49.22	2	2
18	Gaylene Scott	Kinetic Energy Huskies	50	00:49.72	3	3
24	Renae Desrochers		50	00:56.93	4	4
25	Tara Sales		50	01:13.22	5	5
19	Grace Wong	Kinetic Energy Huskies	50	01:18.47	6	6
12	Michelle Conat	Fit by Design 3	50	01:29.59	7	7
13	Rebecca Stewart	Fit by Design 3	50	01:35.38	8	8
23	Paula Aspin		50	01:40.28	9	9
15	Chris Hughes	Freestyle Fitness	50	01:41.12	10	10
22	Nicole Haugan		50	01:41.59	11	11
9	Lori Brennan	Fit by Design 2	50	01:56.59	12	12
16	Maureen MacDonald	Freestyle Fitness	50	02:02.65	13	13
11	Candace Walker	Fit by Design 3	50	02:29.44	14	14
10	Megan Provencher	Fit by Design 2	49	03:00.00	15	15
20	Dealia Faulkner		47	03:00.00	16	16
8	Candice Stanley	Fit by Design 2	34	03:00.00	17	17

TIRE FLIP – NOVICE					
#	NAME	TEAM	Flip Time	Rank	Point Score
20	Dealia Faulkner		00:16.37	1	1
24	Renae Desrochers		00:16.81	2	2
23	Paula Aspin		00:17.38	3	3
9	Lori Brennan	Fit by Design 2	00:21.59	4	4
22	Nicole Haugan		00:22.12	5	5
14	Allana MacDonald	Freestyle Fitness	00:22.35	6	6
8	Candice Stanley	Fit by Design 2	00:23.66	7	7
17	Bianca Mirabelli	Kinetic Energy Huskies	00:24.09	8	8
11	Candace Walker	Fit by Design 3	00:24.66	9	9
12	Michelle Conat	Fit by Design 3	00:26.07	10	10
13	Rebecca Stewart	Fit by Design 3	00:26.41	11	11
25	Tara Sales		00:26.78	12	12
18	Gaylene Scott	Kinetic Energy Huskies	00:27.40	13	13
19	Grace Wong	Kinetic Energy Huskies	00:30.82	14	14
15	Chris Hughes	Freestyle Fitness	00:31.47	15	15
10	Megan Provencher	Fit by Design 2	00:36.12	16	16
16	Maureen MacDonald	Freestyle Fitness	DNF	17	17

TIRE DRAG – NOVICE					
#	NAME	TEAM	Time	Rank	Point Score
9	Lori Brennan	Fit by Design 2	00:13.47	1	1
24	Renae Desrochers		00:14.59	2	2
23	Paula Aspin		00:15.31	3	3
13	Rebecca Stewart	Fit by Design 3	00:15.75	4	4
11	Candace Walker	Fit by Design 3	00:16.06	5	5
20	Dealia Faulkner		00:16.22	6	6

8	Candice Stanley	Fit by Design 2	00:16.35	7	7
14	Allana MacDonald	Freestyle Fitness	00:16.47	8	8
17	Bianca Mirabelli	Kinetic Energy Huskies	00:17.69	9	9
18	Gaylene Scott	Kinetic Energy Huskies	00:21.34	10	10
12	Michelle Conat	Fit by Design 3	00:21.62	11	11
15	Chris Hughes	Freestyle Fitness	00:24.62	12	12
10	Megan Provencher	Fit by Design 2	00:25.50	13	13
22	Nicole Haugan		00:25.68	14	14
19	Grace Wong	Kinetic Energy Huskies	00:27.66	15	15
25	Tara Sales		00:30.25	16	16
16	Maureen MacDonald	Freestyle Fitness	00:33.81	17	17

OBSTACLE COURSE (x 1.5) – NOVICE							
#	NAME	TEAM	OC TIME	PENALTY	FINAL OC TIME	Rank	Point Score
14	Allana MacDonald	Freestyle Fitness	01:20.00	00:01.00	01:21.00	1	1.5
24	Renaé Desrochers		01:21.13		01:21.13	2	3.0
20	Dealia Faulkner		01:22.19	00:01.00	01:23.19	3	4.5
23	Paula Aspin		01:22.65	00:01.00	01:23.65	4	6.0
22	Nicole Haugan		01:25.25		01:25.25	5	7.5
17	Bianca Mirabelli	Kinetic Energy Huskies	01:25.50	00:01.00	01:26.50	6	9.0
13	Rebeccah Stewart	Fit by Design 3	01:29.34		01:29.34	7	10.5
9	Lori Brennan	Fit by Design 2	01:32.06		01:32.06	8	12.0
15	Chris Hughes	Freestyle Fitness	01:32.57		01:32.57	9	13.5
11	Candace Walker	Fit by Design 3	01:32.69		01:32.69	10	15.0
18	Gaylene Scott	Kinetic Energy Huskies	01:35.94		01:35.94	11	16.5
12	Michelle Conat	Fit by Design 3	01:36.56	00:01.00	01:37.56	12	18.0
25	Tara Sales		01:42.00	00:02.00	01:44.00	13	19.5
19	Grace Wong	Kinetic Energy Huskies	01:45.72		01:45.72	14	21.0
16	Maureen MacDonald	Freestyle Fitness	01:49.06	00:01.00	01:50.06	15	22.5
10	Megan Provencher	Fit by Design 2	01:52.00		01:52.00	16	24.0
8	Candice Stanley	Fit by Design 2	01:52.79	00:01.00	01:53.79	17	25.5