

# FEMSPORT

Women's Strength & Fitness Challenge

## FEMSPORT Vancouver Challenge – Sept 5<sup>th</sup>, 2015



CHI Bursary Winner: Kendelle Johnston

### NOVICE TEAM RANKING

	Row Rank	Box Rank	KB Rank	Flip Rank	Tire Rank	OC Rank	Overall Rank	Overall Points	Team Rank
<b>The Bootcamp Effect #4</b>	3	40	9	25	25	13	13	124.5	1
Danielle Johannes	1	9	4	5	9	4	2	34.0	
Emily Ottewell	1	16	2	1	5	7	3	35.5	
Sherry Hibbert	1	15	3	19	14	2	8	55.0	
<b>The Bootcamp Effect #2</b>	3	3	31	28	27	28	20	128.0	2
Aly van Nieuwkerk	1	1	1	2	1	1	1	7.5	
Carmen Thompson	1	3	22	9	6	9	7	54.5	
Sam Ray	1	5	8	17	20	10	12	66.0	
<b>Tired Flippers</b>	3	16	45	33	30	28	23	186.0	3
Josianne Giroux	1	2	7	10	23	12	10	61.0	
Robin Day	1	4	21	15	17	11	14	74.5	
Sarah Arsenaault	1	10	17	8	10	3	5	50.5	
<b>Absolute Perfection</b>	3	55	50	20	18	21	41	222.5	4
Alysha Christiansen	1	23	18	3	11	15	15	78.5	
Amanda Sanderson	1	24	19	4	3	22	17	84.0	
Melanie Reum	1	8	13	13	4	14	9	60.0	
<b>Bod Squad</b>	3	30	45	30	33	43	43	242.5	5
Alana Schaafsma	1	13	24	27	25	18	23	117.0	
Brittin Oakman	1	11	15	12	15	17	16	79.5	
Jody Martin	1	6	6	11	13	6	4	46.0	
<b>The Bootcamp Effect #3</b>	3	28	35	29	28	24	30	253.0	6
Amy Thompson	1	14	14	20	12	20	18	91.0	
Andrea Baxter	1	7	12	14	16	8	11	62.0	
Des Mazes	1	18	10	25	22	16	21	100.0	
<b>Witness the Fitness</b>	3	58	55	24	23	27	20	361.5	7
Brenna Clark Gray	1	22	25	26	27	23	26	135.5	
Gail Hallett	1	25	20	23	21	25	24	127.5	
Jenn Farrell	1	12	11	22	24	19	20	98.5	

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

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

## NOVICE INDIVIDUAL RANKING

#	NAME	TEAM	Final Rank	Overall Points
22	Aly van Nieuwkerk	The Bootcamp Effect #2	1	7.5
28	Danielle Johannes	The Bootcamp Effect #4	2	34.0
29	Emily Ottewell	The Bootcamp Effect #4	3	35.5
21	Jody Martin	Bod Squad	4	46.0
33	Sarah Arsenaault	Tired Flippers	5	50.5
37	Courtney Whitfield		6	51.5
23	Carmen Thompson	The Bootcamp Effect #2	7	54.5
30	Sherry Hibbert	The Bootcamp Effect #4	8	55.0
18	Melanie Reum	Absolute Perfection	9	60.0
31	Josianne Giroux	Tired Flippers	10	61.0
26	Andrea Baxter	The Bootcamp Effect #3	11	62.0
24	Sam Ray	The Bootcamp Effect #2	12	66.0
39	Shauna Torenvliet		13	66.5
32	Robin Day	Tired Flippers	14	74.5
16	Alysha Christiansen	Absolute Perfection	15	78.5
20	Brittin Oakman	Bod Squad	16	79.5
17	Amanda Sanderson	Absolute Perfection	17	84.0
25	Amy Thompson	The Bootcamp Effect #3	18	91.0
38	Shari Milne		19	98.0
36	Jenn Farrell	Witness the Fitness	20	98.5
27	Des Mazes	The Bootcamp Effect #3	21	100.0
44	Zoe Brunchmann		22	104.5
19	Alana Schaafsma	Bod Squad	23	117.0
35	Gail Hallett	Witness the Fitness	24	127.5
40	Sonia Ericksen		25	130.0
34	Brenna Clark Gray	Witness the Fitness	26	135.5
41	Suzenna Matty		27	137.5

## NOVICE EVENT RANKING

### OBSTACLE COURSE

NOVICE DIVISION			OBSTACLE COURSE			Rank	Points
#	NAME	TEAM	Timer	Penalty	OC TIME		
22	Aly van Nieuwkerk	The Bootcamp Effect #2	01:11.15		01:11.15	1	1.5
30	Sherry Hibbert	The Bootcamp Effect #4	01:16.47		01:16.47	2	3.0
33	Sarah Arsenaault	Tired Flippers	01:16.81	00:01.00	01:17.81	3	4.5
28	Danielle Johannes	The Bootcamp Effect #4	01:18.24		01:18.24	4	6.0
37	Courtney Whitfield		01:18.60		01:18.60	5	7.5
21	Jody Martin	Bod Squad	01:19.66		01:19.66	6	9.0
29	Emily Ottewell	The Bootcamp Effect #4	01:19.84		01:19.84	7	10.5

26	Andrea Baxter	The Bootcamp Effect #3	01:21.38		01:21.38	8	12.0
23	Carmen Thompson	The Bootcamp Effect #2	01:19.43	00:02.00	01:21.43	9	13.5
24	Sam Ray	The Bootcamp Effect #2	01:21.66	00:01.00	01:22.66	10	15.0
32	Robin Day	Tired Flippers	01:22.07	00:01.00	01:23.07	11	16.5
31	Josianne Giroux	Tired Flippers	01:21.75	00:02.00	01:23.75	12	18.0
39	Shauna Torenvliet		01:22.07	00:02.00	01:24.07	13	19.5
18	Melanie Reum	Absolute Perfection	01:22.44	00:02.00	01:24.44	14	21.0
16	Alysha Christiansen	Absolute Perfection	01:26.72		01:26.72	15	22.5
27	Des Mazes	The Bootcamp Effect #3	01:26.28	00:01.00	01:27.28	16	24.0
20	Brittin Oakman	Bod Squad	01:25.86	00:03.00	01:28.86	17	25.5
19	Alana Schaafsma	Bod Squad	01:29.03		01:29.03	18	27.0
36	Jenn Farrell	Witness the Fitness	01:28.09	00:01.00	01:29.09	19	28.5
25	Amy Thompson	The Bootcamp Effect #3	01:29.00	00:01.00	01:30.00	20	30.0
44	Zoe Brunchmann		01:30.44		01:30.44	21	31.5
17	Amanda Sanderson	Absolute Perfection	01:32.07		01:32.07	22	33.0
34	Brenna Clark Gray	Witness the Fitness	01:32.97		01:32.97	23	34.5
40	Sonia Ericksen		01:37.16		01:37.16	24	36.0
35	Gail Hallett	Witness the Fitness	01:38.72		01:38.72	25	37.5
38	Shari Milne		01:41.29		01:41.29	26	39.0
41	Suzenna Matty		02:21.19	00:03.00	02:24.19	27	40.5

## BOX JUMPS

NOVICE DIVISION			BOX JUMPS		Rank	Points
#	NAME	TEAM	Box Reps	Box TIME		
22	Aly van Nieuwkerk	The Bootcamp Effect #2	50	00:46.59	1	1
31	Josianne Giroux	Tired Flippers	50	00:50.71	2	2
23	Carmen Thompson	The Bootcamp Effect #2	50	00:59.47	3	3
32	Robin Day	Tired Flippers	50	01:01.10	4	4
24	Sam Ray	The Bootcamp Effect #2	50	01:04.50	5	5
21	Jody Martin	Bod Squad	50	01:04.53	6	6
26	Andrea Baxter	The Bootcamp Effect #3	50	01:07.12	7	7
18	Melanie Reum	Absolute Perfection	50	01:09.04	8	8
28	Danielle Johannes	The Bootcamp Effect #4	50	01:11.60	9	9
33	Sarah Arsenault	Tired Flippers	50	01:21.78	10	10
20	Brittin Oakman	Bod Squad	50	01:23.85	11	11
36	Jenn Farrell	Witness the Fitness	50	01:41.16	12	12
19	Alana Schaafsma	Bod Squad	50	01:46.78	13	13
25	Amy Thompson	The Bootcamp Effect #3	50	01:53.59	14	14
30	Sherry Hibbert	The Bootcamp Effect #4	50	01:53.96	15	15
29	Emily Ottewell	The Bootcamp Effect #4	50	01:59.43	16	16
39	Shauna Torenvliet		50	02:10.19	17	17
27	Des Mazes	The Bootcamp Effect #3	50	02:16.20	18	18
40	Sonia Ericksen		50	02:19.60	19	19
44	Zoe Brunchmann		50	02:19.69	20	20
37	Courtney Whitfield		50	02:20.77	21	21
34	Brenna Clark Gray	Witness the Fitness	50	02:29.35	22	22

16	Alysha Christiansen	Absolute Perfection	50	02:40.35	23	23
17	Amanda Sanderson	Absolute Perfection	50	02:57.05	24	24
35	Gail Hallett	Witness the Fitness	44	03:00.00	25	25
38	Shari Milne		26	03:00.00	26	26
41	Suzenna Matty		05	03:00.00	27	27

## TIRE FLIPS

NOVICE DIVISION				TIRE FLIP	Rank	Points
#	NAME	TEAM	Time			
29	Emily Ottewell	The Bootcamp Effect #4	00:20.17		1	1
22	Aly van Nieuwkerk	The Bootcamp Effect #2	00:20.44		2	2
16	Alysha Christiansen	Absolute Perfection	00:21.69		3	3
17	Amanda Sanderson	Absolute Perfection	00:23.72		4	4
28	Danielle Johannes	The Bootcamp Effect #4	00:25.59		5	5
37	Courtney Whitfield		00:25.63		6	6
38	Shari Milne		00:25.84		7	7
33	Sarah Arsenault	Tired Flippers	00:26.25		8	8
23	Carmen Thompson	The Bootcamp Effect #2	00:27.19		9	9
31	Josianne Giroux	Tired Flippers	00:28.12		10	10
21	Jody Martin	Bod Squad	00:28.19		11	11
20	Brittin Oakman	Bod Squad	00:28.40		12	12
18	Melanie Reum	Absolute Perfection	00:29.44		13	13
26	Andrea Baxter	The Bootcamp Effect #3	00:30.28		14	14
32	Robin Day	Tired Flippers	00:30.37		15	15
39	Shauna Torenvliet		00:31.02		16	16
24	Sam Ray	The Bootcamp Effect #2	00:31.12		17	17
44	Zoe Brunchmann		00:31.77		18	18
30	Sherry Hibbert	The Bootcamp Effect #4	00:32.04		19	19
25	Amy Thompson	The Bootcamp Effect #3	00:32.22		20	20
40	Sonia Ericksen		00:34.72		21	21
36	Jenn Farrell	Witness the Fitness	00:35.03		22	22
35	Gail Hallett	Witness the Fitness	00:36.44		23	23
41	Suzenna Matty		00:39.46		24	24
27	Des Mazes	The Bootcamp Effect #3	00:45.87		25	25
34	Brenna Clark Gray	Witness the Fitness	00:47.71		26	26
19	Alana Schaafsma	Bod Squad	00:50.22		27	27

# TIRE DRAG

NOVICE DIVISION			TIRE DRAG			Rank	Points
#	NAME	TEAM	TD Timer	Tire Penalty	Tire TIME		
22	Aly van Nieuwkerk	The Bootcamp Effect #2	00:17.56		00:17.56	1	1
38	Shari Milne		00:18.00		00:18.00	2	2
17	Amanda Sanderson	Absolute Perfection	00:19.08		00:19.08	3	3
18	Melanie Reum	Absolute Perfection	00:21.59		00:21.59	4	4
29	Emily Ottewell	The Bootcamp Effect #4	00:21.72		00:21.72	5	5
23	Carmen Thompson	The Bootcamp Effect #2	00:22.00		00:22.00	6	6
37	Courtney Whitfield		00:22.84		00:22.84	7	7
39	Shauna Torenvliet		00:23.52		00:23.52	8	8
28	Danielle Johannes	The Bootcamp Effect #4	00:25.07		00:25.07	9	9
33	Sarah Arsenaault	Tired Flippers	00:25.59		00:25.59	10	10
16	Alysha Christiansen	Absolute Perfection	00:27.74		00:27.74	11	11
25	Amy Thompson	The Bootcamp Effect #3	00:28.03		00:28.03	12	12
21	Jody Martin	Bod Squad	00:29.34		00:29.34	13	13
30	Sherry Hibbert	The Bootcamp Effect #4	00:30.09		00:30.09	14	14
20	Brittin Oakman	Bod Squad	00:30.15		00:30.15	15	15
26	Andrea Baxter	The Bootcamp Effect #3	00:34.81		00:34.81	16	16
32	Robin Day	Tired Flippers	00:39.04		00:39.04	17	17
44	Zoe Brunchmann		00:40.30		00:40.30	18	18
41	Suzenna Matty		00:40.59		00:40.59	19	19
24	Sam Ray	The Bootcamp Effect #2	00:41.32		00:41.32	20	20
35	Gail Hallett	Witness the Fitness	00:41.50		00:41.50	21	21
27	Des Mazes	The Bootcamp Effect #3	00:41.69		00:41.69	22	22
31	Josianne Giroux	Tired Flippers	00:55.15		00:55.15	23	23
36	Jenn Farrell	Witness the Fitness	01:00.72		01:00.72	24	24
19	Alana Schaafsma	Bod Squad	01:15.97		01:15.97	25	25
40	Sonia Ericksen		01:54.13	00:02.00	01:56.13	26	26
34	Brenna Clark Gray	Witness the Fitness	02:21.05		02:21.05	27	27

# KETTLEBELL LIFT

NOVICE DIVISION			KETTLE BELLS			Rank	Points
#	NAME	TEAM	KB Timer	KB Penalty	KB TIME		
22	Aly van Nieuwkerk	The Bootcamp Effect #2	00:36.03		00:36.03	1	1
29	Emily Ottewell	The Bootcamp Effect #4	00:38.56		00:39.56	2	2
30	Sherry Hibbert	The Bootcamp Effect #4	00:40.28		00:40.28	3	3
28	Danielle Johannes	The Bootcamp Effect #4	00:40.57		00:40.57	4	4
39	Shauna Torenvliet		00:41.35		00:41.35	5	5
21	Jody Martin	Bod Squad	00:42.26		00:42.26	6	6
31	Josianne Giroux	Tired Flippers	00:42.66		00:42.66	7	7
24	Sam Ray	The Bootcamp Effect #2	00:43.31		00:43.31	8	8
37	Courtney Whitfield		00:44.03		00:44.03	9	9
27	Des Mazes	The Bootcamp Effect #3	00:44.19		00:44.19	10	10
36	Jenn Farrell	Witness the Fitness	00:44.81		00:44.81	11	11
26	Andrea Baxter	The Bootcamp Effect #3	00:44.97		00:44.97	12	12
18	Melanie Reum	Absolute Perfection	00:45.47		00:45.47	13	13

25	Amy Thompson	The Bootcamp Effect #3	00:45.66		00:45.66	14	14
20	Brittin Oakman	Bod Squad	00:46.06		00:46.06	15	15
44	Zoe Brunchmann		00:46.15		00:46.15	16	16
33	Sarah Arsenault	Tired Flippers	00:46.41		00:46.41	17	17
16	Alysha Christiansen	Absolute Perfection	00:46.19	00:01.00	00:47.19	18	18
17	Amanda Sanderson	Absolute Perfection	00:47.50		00:47.50	19	19
35	Gail Hallett	Witness the Fitness	00:49.31		00:49.31	20	20
32	Robin Day	Tired Flippers	00:46.37	00:03.00	00:49.37	21	21
23	Carmen Thompson	The Bootcamp Effect #2	00:47.47	00:02.00	00:49.47	22	22
38	Shari Milne		00:51.21		00:51.21	23	23
19	Alana Schaafsma	Bod Squad	00:58.25		00:58.25	24	24
34	Brenna Clark Gray	Witness the Fitness	00:57.41	00:01.00	00:58.41	25	25
41	Suzenna Matty		01:05.00		01:05.00	26	26
40	Sonia Ericksen		01:06.28		01:06.28	27	27