

FEMSPORT

Women's Strength & Fitness Challenge

FEMSPORT Vancouver Challenge – Sept 5th, 2015



CHI Bursary Winner: Kendelle Johnston

OPEN TEAM RANKING

	Row Rank	Box Rank	KB Rank	Flip Rank	Tire Rank	OC Rank	Overall Rank	Overall Points	Team Rank	
Athletic Ambition									96.5	1
Dawn Barroso	1	2	1	1	6	3	1	15.5		
Jessica Weeres	1	6	11	6	9	12	9	51.0		
Michelle Roots	1	5	5	9	7	2	4	30.0		
No Limits									116.0	2
Nicole Vincze	1	1	6	8	8	1	2	25.5		
Cassie Robertson	1	7	7	5	3	4	3	29.0		
Rachel Bohnet	1	12	13	12	16	5	11	61.5		
Rainmakers									162.5	3
Jessica Barone	1	3	12	2	4	8	7	34.0		
Dane Miller	1	4	9	11	17	14	12	63.0		
Jenn Russell	1	9	10	10	13	15	13	65.5		
Durti Gurlz #2									176.5	4
Felica Giesbrecht	1	11	4	4	1	7	5	31.5		
Shelley Perkins	1	19	18	14	5	19	15	85.5		
Yvonne Woelke	1	10	8	13	11	11	10	59.5		
Cute Cucumbers									231.5	5
Lyndy Cook	1	14	16	20	18	13	16	88.5		
Caitlin Wilson	1	17	20	19	20	18	20	104.0		
Karina Christiansen	1	13	3	3	10	6	8	39.0		
Hot Mess									264.0	6
Chey Gowland	1	18	15	18	15	16	17	91.0		
Krista Mitchell	1	16	19	15	19	20	19	100.0		
Michele Lane	1	15	14	16	12	10	14	73.0		

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

** Obstacle Course is worth 1.5x **

OPEN INDIVIDUAL RANKING

#	NAME	TEAM	Final Rank	Overall Points
45	Dawn Barroso	Athletic Ambition	1	15.5
58	Nicole Vincze	No Limits	2	25.5
57	Cassie Robertson	No Limits	3	29.0
47	Michelle Roots	Athletic Ambition	4	30.0
51	Felica Giesbrecht	Durti Gurlz #2	5	31.5
64	Kendelle Johnston		6	32.5
62	Jessica Barone	Rainmakers	7	34.0
50	Karina Christiansen	Cute Cucumbers	8	39.0
46	Jessica Weeres	Athletic Ambition	9	51.0
53	Yvonne Woelke	Durti Gurlz #2	10	59.5
59	Rachel Bohnet	No Limits	11	61.5
60	Dane Miller	Rainmakers	12	63.0
61	Jennn Russell	Rainmakers	13	65.5
56	Michele Lane	Hot Mess	14	73.0
52	Shelley Perkins	Durti Gurlz #2	15	85.5
48	Lyndy Cook	Cute Cucumbers	16	88.5
54	Chey Gowland	Hot Mess	17	91.0
63	Brianne Stevens		18	94.5
55	Krista Mitchell	Hot Mess	19	100.0
49	Caitlin Wilson	Cute Cucumbers	20	104.0

OPEN EVENT RANKING

OBSTACLE COURSE

OPEN DIVISION			OBSTACLE COURSE			Rank	Points
#	NAME	TEAM	Timer	Penalty	OC TIME		
58	Nicole Vincze	No Limits	01:06.84		01:06.84	1	1.5
47	Michelle Roots	Athletic Ambition	01:07.47	00:01.00	01:08.47	2	3.0
45	Dawn Barroso	Athletic Ambition	01:09.44		01:09.44	3	4.5
57	Cassie Robertson	No Limits	01:10.66		01:10.66	4	6.0
59	Rachel Bohnet	No Limits	01:11.78		01:11.78	5	7.5
50	Karina Christiansen	Cute Cucumbers	01:11.82		01:11.82	6	9.0
51	Felica Giesbrecht	Durti Gurlz #2	01:11.37	00:01.00	01:12.37	7	10.5
62	Jessica Barone	Rainmakers	01:13.72	00:01.00	01:14.72	8	12.0
64	Kendelle Johnston		01:14.78		01:14.78	9	13.5
56	Michele Lane	Hot Mess	01:15.34	00:01.00	01:16.34	10	15.0
53	Yvonne Woelke	Durti Gurlz #2	01:15.35	00:01.00	01:16.35	11	16.5
46	Jessica Weeres	Athletic Ambition	01:16.53		01:16.53	12	18.0
48	Lyndy Cook	Cute Cucumbers	01:17.53		01:17.53	13	19.5
60	Dane Miller	Rainmakers	01:18.54		01:18.54	14	21.0
61	Jennn Russell	Rainmakers	01:20.75	00:01.00	01:21.75	15	22.5

54	Chey Gowland	Hot Mess	01:25.37	00:02.00	01:27.37	16	24.0
63	Brianne Stevens		01:30.35		01:30.35	17	25.5
49	Caitlin Wilson	Cute Cucumbers	01:33.07		01:33.07	18	27.0
52	Shelley Perkins	Durti Gurlz #2	01:37.38	00:01.00	01:38.38	19	28.5
55	Krista Mitchell	Hot Mess	01:42.34	00:01.00	01:43.34	20	30.0

BOX JUMPS

OPEN DIVISION			BOX JUMPS		Rank	Points
#	NAME	TEAM	Box Reps	Box TIME		
58	Nicole Vincze	No Limits	50	00:41.09	1	1
45	Dawn Barroso	Athletic Ambition	50	00:43.06	2	2
62	Jessica Barone	Rainmakers	50	00:44.21	3	3
60	Dane Miller	Rainmakers	50	00:46.35	4	4
47	Michelle Roots	Athletic Ambition	50	00:47.03	5	5
46	Jessica Weeres	Athletic Ambition	50	00:47.12	6	6
57	Cassie Robertson	No Limits	50	00:49.22	7	7
64	Kendelle Johnston		50	00:49.72	8	8
61	Jennn Russell	Rainmakers	50	00:57.87	9	9
53	Yvonne Woelke	Durti Gurlz #2	50	01:01.02	10	10
51	Felica Giesbrecht	Durti Gurlz #2	50	01:03.02	11	11
59	Rachel Bohnet	No Limits	50	01:06.00	12	12
50	Karina Christiansen	Cute Cucumbers	50	01:20.13	13	13
48	Lyndy Cook	Cute Cucumbers	50	01:21.75	14	14
56	Michele Lane	Hot Mess	50	01:32.84	15	15
55	Krista Mitchell	Hot Mess	50	01:47.85	16	16
49	Caitlin Wilson	Cute Cucumbers	50	02:28.81	17	17
54	Chey Gowland	Hot Mess	50	02:37.19	18	18
52	Shelley Perkins	Durti Gurlz #2	40	03:00.00	19	19
63	Brianne Stevens			03:00.00	20	20

TIRE FLIPS

OPEN DIVISION			TIRE FLIP	Rank	Points
#	NAME	TEAM	Flip Time		
45	Dawn Barroso	Athletic Ambition	00:17.22	1	1
62	Jessica Barone	Rainmakers	00:17.84	2	2
50	Karina Christiansen	Cute Cucumbers	00:18.94	3	3
51	Felica Giesbrecht	Durti Gurlz #2	00:19.18	4	4
57	Cassie Robertson	No Limits	00:19.41	5	5
46	Jessica Weeres	Athletic Ambition	00:19.94	6	6
64	Kendelle Johnston		00:19.94	6	6
58	Nicole Vincze	No Limits	00:21.13	8	8
47	Michelle Roots	Athletic Ambition	00:22.13	9	9
61	Jennn Russell	Rainmakers	00:22.15	10	10
60	Dane Miller	Rainmakers	00:22.31	11	11
59	Rachel Bohnet	No Limits	00:22.62	12	12
53	Yvonne Woelke	Durti Gurlz #2	00:26.60	13	13

52	Shelley Perkins	Durti Gurlz #2	00:27.85	14	14
55	Krista Mitchell	Hot Mess	00:28.28	15	15
56	Michele Lane	Hot Mess	00:28.54	16	16
63	Brianne Stevens		00:29.28	17	17
54	Chey Gowland	Hot Mess	00:31.47	18	18
49	Caitlin Wilson	Cute Cucumbers	00:32.47	19	19
48	Lyndy Cook	Cute Cucumbers	00:34.00	20	20

TIRE DRAG

OPEN DIVISION			TIRE DRAG			Rank	Points
#	NAME	TEAM	TD Timer	Tire Penalty	Tire TIME		
51	Felica Giesbrecht	Durti Gurlz #2	00:18.16		00:18.16	1	1
64	Kendelle Johnston		00:18.41		00:18.41	2	2
57	Cassie Robertson	No Limits	00:19.09		00:19.09	3	3
62	Jessica Barone	Rainmakers	00:19.75		00:19.75	4	4
52	Shelley Perkins	Durti Gurlz #2	00:20.06		00:20.06	5	5
45	Dawn Barroso	Athletic Ambition	00:20.96		00:20.96	6	6
47	Michelle Roots	Athletic Ambition	00:21.16		00:21.16	7	7
58	Nicole Vincze	No Limits	00:21.25		00:21.25	8	8
46	Jessica Weeres	Athletic Ambition	00:21.81		00:21.81	9	9
50	Karina Christiansen	Cute Cucumbers	00:23.69		00:23.69	10	10
53	Yvonne Woelke	Durti Gurlz #2	00:24.50		00:24.50	11	11
56	Michele Lane	Hot Mess	00:25.64		00:25.64	12	12
61	Jenn Russell	Rainmakers	00:28.47		00:28.47	13	13
63	Brianne Stevens		00:31.16		00:31.16	14	14
54	Chey Gowland	Hot Mess	00:31.18		00:31.18	15	15
59	Rachel Bohnet	No Limits	00:42.28		00:42.28	16	16
60	Dane Miller	Rainmakers	00:48.41		00:48.41	17	17
48	Lyndy Cook	Cute Cucumbers	00:53.31		00:53.31	18	18
55	Krista Mitchell	Hot Mess	01:01.87		01:01.87	19	19
49	Caitlin Wilson	Cute Cucumbers	01:03.34		01:03.34	20	20

KETTLEBELL LIFT

OPEN DIVISION			KETTLE BELLS			Rank	Points
#	NAME	TEAM	KB Timer	KB Penalty	KB TIME		
45	Dawn Barroso	Athletic Ambition	00:33.72		00:33.72	1	1
64	Kendelle Johnston		00:35.09	00:01.00	00:36.09	2	2
50	Karina Christiansen	Cute Cucumbers	00:36.15		00:36.15	3	3
51	Felica Giesbrecht	Durti Gurlz #2	00:36.28		00:36.28	4	4
47	Michelle Roots	Athletic Ambition	00:36.69		00:36.69	5	5
58	Nicole Vincze	No Limits	00:36.04	00:01.00	00:37.04	6	6
57	Cassie Robertson	No Limits	00:37.43		00:37.43	7	7
53	Yvonne Woelke	Durti Gurlz #2	00:38.87		00:38.87	8	8
60	Dane Miller	Rainmakers	00:39.65		00:39.65	9	9
61	Jenn Russell	Rainmakers	00:40.28		00:40.28	10	10

46	Jessica Weeres	Athletic Ambition	00:38.72	00:02.00	00:40.72	11	11
62	Jessica Barone	Rainmakers	00:38.09	00:03.00	00:41.09	12	12
59	Rachel Bohnet	No Limits	00:38.44	00:03.00	00:41.44	13	13
56	Michele Lane	Hot Mess	00:42.87		00:42.87	14	14
54	Chey Gowland	Hot Mess	00:43.97		00:43.97	15	15
48	Lyndy Cook	Cute Cucumbers	00:44.12		00:44.12	16	16
63	Brianne Stevens		00:44.88		00:44.88	17	17
52	Shelley Perkins	Durti Gurlz #2	00:47.31		00:47.31	18	18
55	Krista Mitchell	Hot Mess	00:47.88	00:01.00	00:48.88	19	19
49	Caitlin Wilson	Cute Cucumbers	01:00.50	00:03.00	01:03.50	20	20