

# FEMSPORT

Women's Strength & Fitness Challenge

## FEMSPORT Fort Saskatchewan Challenge – July 23rd, 2016



CHI /CSNA Bursary Winner: Tricia Lukow

### MASTERS TEAM RANKING

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

	Box Rank	KB Rank	Flip Rank	Tire Rank	OC Rank	Overall Rank	Overall Points	
<b>Perpetual Fitness</b>	10	20	21	15	20	25	131.0	1
Erica Nordquist	7	18	16	9	15	14		
Karen Buckley	4	8	4	5	5	6		
Melanie Sanders	8	2	1	4	8	5		
<b>Battling Battle Axes</b>	17	30	32	20	20	24	138.0	2
Dawn Jacobs	6	5	12	11	3	8		
Heather Prins	2	9	5	3	4	3		
Trudy Reynar	9	16	15	12	13	13		
<b>MissFits</b>	31	29	37	25	31	30	171.5	3
Chantelle Malo	1	4	13	2	1	2		
Linda MacKinnon	15	12	8	8	18	12		
Robbie Selover	15	13	16	15	12	16		
<b>Warriors</b>	13	17	23	14	15	14	177.5	4
Nicole Michaud	3	1	7	7	2	1		
Tricia Lukow	15	14	10	10	16	15		
Trina Gillis	15	17	6	17	17	18		

MASTERS

# INDIVIDUAL RANKING

#	NAME	TEAM	Final Rank	Overall Points
10	Nicole Michaud	Warriors	1	22.0
4	Chantelle Malo	MissFits	2	22.5
2	Heather Prins	Battling Battle Axes	3	26.0
18	Michelle Steele		4	27.5
9	Melanie Sanders	Perpetual Fitness	5	28.0
8	Karen Buckley	Perpetual Fitness	6	29.5
17	Melody Dalley		7	39.0
1	Dawn Jacobs	Battling Battle Axes	8	39.5
13	AnnaMarie Dauphinee		9	56.0
14	Lisa Tkachuk		10	60.5
16	Marilyn Smith		11	66.5
5	Linda MacKinnon	MissFits	12	71.0
3	Trudy Reynar	Battling Battle Axes	13	72.5
7	Erica Nordquist	Perpetual Fitness	14	73.5
11	Tricia Lukow	Warriors	15	74.0
6	Robbie Selover	MissFits	16	78.0
15	Manuela Peel		17	81.0
12	Trina Gillis	Warriors	18	81.5

## MASTERS EVENT RANKING

### OBSTACLE COURSE

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

MASTERS DIVISION			OBSTACLE COURSE			OC Rank	OC Points
#	NAME	TEAM	OCTimer	OC Penalty	OC TIME		
4	Chantelle Malo	MissFits	01:33.53		01:33.53	1	1.5
10	Nicole Michaud	Warriors	01:40.72		01:40.72	2	3.0
1	Dawn Jacobs	Battling Battle Axes	01:42.56		01:42.56	3	4.5
2	Heather Prins	Battling Battle Axes	01:43.53		01:43.53	4	6.0
8	Karen Buckley	Perpetual Fitness	01:45.47	00:01.00	01:46.47	5	7.5
13	AnnaMarie Dauphinee		01:47.16		01:47.16	6	9.0
18	Michelle Steele		01:47.46		01:47.46	7	10.5
9	Melanie Sanders	Perpetual Fitness	01:49.97		01:49.97	8	12.0
14	Lisa Tkachuk		01:50.84		01:50.84	9	13.5
17	Melody Dalley		01:51.53		01:51.53	10	15.0
16	Marilyn Smith		01:52.88		01:52.88	11	16.5
6	Robbie Selover	MissFits	02:01.16		02:01.16	12	18.0
3	Trudy Reynar	Battling Battle Axes	01:59.47	00:02.00	02:01.47	13	19.5

15	Manuela Peel		02:02.84		02:02.84	14	21.0
7	Erica Nordquist	Perpetual Fitness	02:10.37	00:03.00	02:13.37	15	22.5
11	Tricia Lukow	Warriors	02:21.25		02:21.25	16	24.0
12	Trina Gillis	Warriors	02:58.65	00:01.00	02:59.65	17	25.5
5	Linda MacKinnon	MissFits	02:59.69		02:59.69	18	27.0

## BOX JUMPS

MASTERS			BOX JUMPS		Box Rank	Points
#	NAME	TEAM	Box Reps	Box TIME		
4	Chantelle Malo	MissFits	50	01:08.00	1	1
2	Heather Prins	Battling Battle Axes	50	01:10.06	2	2
10	Nicole Michaud	Warriors	50	01:13.56	3	3
8	Karen Buckley	Perpetual Fitness	50	01:57.88	4	4
18	Michelle Steele		50	02:01.35	5	5
1	Dawn Jacobs	Battling Battle Axes	50	02:07.56	6	6
7	Erica Nordquist	Perpetual Fitness	50	02:07.69	7	7
9	Melanie Sanders	Perpetual Fitness	50	02:14.22	8	8
3	Trudy Reynar	Battling Battle Axes	50	02:18.50	9	9
14	Lisa Tkachuk		50	02:20.07	10	10
15	Manuela Peel		50	02:20.60	11	11
17	Melody Dalley		50	02:42.65	12	12
13	AnnaMarie Dauphinee		50	02:49.40	13	13
16	Marilyn Smith		50	03:00.00	14	14
5	Linda MacKinnon	MissFits			15	15
6	Robbie Selover	MissFits			15	15
11	Tricia Lukow	Warriors			15	15
12	Trina Gillis	Warriors			15	15

## TIRE FLIPS

MASTERS DIVISION				TIRE FLIP		Rank	Points
#	NAME	TEAM	Flips	Flip Score			
9	Melanie Sanders	Perpetual Fitness	05	00:35.53	1	1	
18	Michelle Steele		05	00:43.60	2	2	
17	Melody Dalley		05	00:44.44	3	3	
8	Karen Buckley	Perpetual Fitness	05	00:46.04	4	4	
2	Heather Prins	Battling Battle Axes	05	00:47.15	5	5	
12	Trina Gillis	Warriors	05	00:47.69	6	6	
10	Nicole Michaud	Warriors	05	00:49.25	7	7	
5	Linda MacKinnon	MissFits	05	00:51.44	8	8	
16	Marilyn Smith		05	00:53.09	9	9	

11	Tricia Lukow	Warriors	05	00:57.40	10	10
14	Lisa Tkachuk		05	01:00.31	11	11
1	Dawn Jacobs	Battling Battle Axes	05	01:03.00	12	12
4	Chantelle Malo	MissFits	05	01:03.90	13	13
13	AnnaMarie Dauphinee		05	01:36.07	14	14
3	Trudy Reynar	Battling Battle Axes	02	02:58.00	15	15
6	Robbie Selover	MissFits			16	16
7	Erica Nordquist	Perpetual Fitness			16	16
15	Manuela Peel				16	16

## KETTLEBELL LIFT

MASTERS DIVISION						KETTLE BELLS	
#	NAME	TEAM	KB Timer	KB Penalty	KB TIME	KB Rank	Points
10	Nicole Michaud	Warriors	00:40.06		00:40.06	1	1
9	Melanie Sanders	Perpetual Fitness	00:41.37		00:41.37	2	2
18	Michelle Steele		00:42.16		00:42.16	3	3
4	Chantelle Malo	MissFits	00:42.56		00:42.56	4	4
1	Dawn Jacobs	Battling Battle Axes	00:42.62		00:42.62	5	5
13	AnnaMarie Dauphinee		00:43.32		00:43.32	6	6
17	Melody Dalley		00:40.50	00:04.00	00:44.50	7	7
8	Karen Buckley	Perpetual Fitness	00:45.56		00:45.56	8	8
2	Heather Prins	Battling Battle Axes	00:46.03		00:46.03	9	9
16	Marilyn Smith		00:46.75		00:46.75	10	10
14	Lisa Tkachuk		00:47.68		00:47.68	11	11
5	Linda MacKinnon	MissFits	00:47.71		00:47.71	12	12
6	Robbie Selover	MissFits	00:49.88		00:49.88	13	13
11	Tricia Lukow	Warriors	00:50.09		00:50.09	14	14
15	Manuela Peel		00:50.44		00:50.44	15	15
3	Trudy Reynar	Battling Battle Axes	00:52.00		00:52.00	16	16
12	Trina Gillis	Warriors	00:52.60	00:01.00	00:53.60	17	17
7	Erica Nordquist	Perpetual Fitness	00:53.72		00:53.72	18	18

## TIRE DRAG

MASTERS DIVISION					TIRE DRAG	
#	NAME	TEAM	Tire TIME	Tire Rank	Points	
17	Melody Dalley		00:24.69	1	1	
4	Chantelle Malo	MissFits	00:28.50	2	2	
2	Heather Prins	Battling Battle Axes	00:30.44	3	3	
9	Melanie Sanders	Perpetual Fitness	00:30.59	4	4	
8	Karen Buckley	Perpetual Fitness	00:31.15	5	5	
18	Michelle Steele		00:33.97	6	6	
10	Nicole Michaud	Warriors	00:34.93	7	7	

5	Linda MacKinnon	MissFits	00:36.59	8	8
7	Erica Nordquist	Perpetual Fitness	00:37.88	9	9
11	Tricia Lukow	Warriors	00:38.68	10	10
1	Dawn Jacobs	Battling Battle Axes	00:43.57	11	11
3	Trudy Reynar	Battling Battle Axes	00:43.87	12	12
13	AnnaMarie Dauphinee		00:44.19	13	13
14	Lisa Tkachuk		00:47.00	14	14
6	Robbie Selover	MissFits	00:47.81	15	15
16	Marilyn Smith		02:10.78	16	16
12	Trina Gillis	Warriors	04:00.00	17	17
15	Manuela Peel		04:00.00	17	17

## INVERTED ROWS

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