

FEMSPORT

Women's Strength & Fitness Challenge

FEMSPORT Calgary Challenge – June 25th, 2016



CHI /CSNA Bursary Winner: Hailey Jones

MASTERS TEAM RANKING

**** Each competitor received 1 point each for Tire Drag and Kettlebell Lift which were not performed at this event ****

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

	Row Rank	Box Rank	KB Rank	Flip Rank	Tire Rank	OC Rank	Overall Rank	Overall Points	
Lunachicks	42	26	3	18	3	13	22	112.5	1
Pam Goll	19	11	1	11	1	4	10		
Lindsay Hextall	16	10	1	2	1	8	8		
Mary-Sue Cowell	7	5	1	3	1	3	4		
Gone Strong Athletics	41	25	3	35	3	24	30	143.0	2
Nicole Michaud	13	9	1	12	1	9	11		
Rushani Kinzagulora	20	15	1	17	1	14	18		
Terri Drynan	8	1	1	6	1	1	1		
Be More Fitness Babes	23	56	3	49	3	58	49	218.0	3
Colleen Salsman	2	16	1	19	1	17	13		
Sharon Stek	16	20	1	16	1	20	21		
Peggy Hart	5	20	1	14	1	19	15		

MASTERS INDIVIDUAL RANKING

#	NAME	TEAM	Final Rank	Overall Points
6	Terri Drynan	Gone Strong Athletics	1	18.5
12	Charlotte Haig		2	20.0
11	Catherine Tams		3	20.5
8	Mary-Sue Cowell	Lunachicks	4	21.5
10	Brenda McQueen		5	28.0
17	Leigh Palko		6	31.5
16	Kerry Smith		7	40.0
7	Lindsay Hextall	Lunachicks	8	42.0

13	Christine Lewington		9	44.5
9	Pam Goll	Lunachicks	10	49.0
4	Nicole Michaud	Gone Strong Athletics	11	49.5
21	Reann Lindgren		11	49.5
1	Colleen Salsman	Be More Fitness Babes	13	64.5
14	Colinda Davis		14	67.0
2	Peggy Hart	Be More Fitness Babes	15	69.5
15	Jacqueline Narvaez		16	71.5
20	Pramila Nair		17	73.0
5	Rushani Kinzagulora	Gone Strong Athletics	18	75.0
18	Lynne Walker		19	77.5
19	Pam Munzer		20	81.0
3	Sharon Stek	Be More Fitness Babes	21	84.0

MASTERS EVENT RANKING

OBSTACLE COURSE

MASTERS DIVISION			OBSTACLE COURSE			OC Rank	Points
#	NAME	TEAM	OCTimer	OC Penalty	OC TIME		
6	Terri Drynan	Gone Strong Athletics	00:58.00		00:58.00	1	1.5
12	Charlotte Haig		01:02.07		01:02.07	2	3.0
8	Mary-Sue Cowell	Lunachicks	01:04.62		01:04.62	3	4.5
9	Pam Goll	Lunachicks	01:06.32		01:06.32	4	6.0
11	Catherine Tams		01:07.53		01:07.53	5	7.5
10	Brenda McQueen		01:08.72		01:08.72	6	9.0
13	Christine Lewington		01:09.35		01:09.35	7	10.5
7	Lindsay Hextall	Lunachicks	01:10.03		01:10.03	8	12.0
4	Nicole Michaud	Gone Strong Athletics	01:12.22		01:12.22	9	13.5
16	Kerry Smith		01:12.78		01:12.78	10	15.0
17	Leigh Palko		01:15.46		01:15.46	11	16.5
19	Pam Munzer		01:16.68		01:16.68	12	18.0
21	Reann Lindgren		01:18.09		01:18.09	13	19.5
5	Rushani Kinzagulora	Gone Strong Athletics	01:19.97		01:19.97	14	21.0
15	Jacqueline Narvaez		01:21.19		01:21.19	15	22.5
14	Colinda Davis		01:23.38	00:01.00	01:24.38	16	24.0
1	Colleen Salsman	Be More Fitness Babes	01:29.15		01:29.15	17	25.5
20	Pramila Nair		01:31.47		01:31.47	18	27.0
2	Peggy Hart	Be More Fitness Babes	01:36.03		01:36.03	19	28.5
3	Sharon Stek	Be More Fitness Babes	01:46.38		01:46.38	20	30.0
18	Lynne Walker		01:50.06		01:50.06	21	31.5

BOX JUMPS

MASTERS DIVISION				BOX JUMPS		Box Rank	Points
#	NAME	TEAM	Box Reps	Box TIME			
6	Terri Drynan	Gone Strong Athletics	50	00:46.47	1	1	
17	Leigh Palko		50	00:59.25	2	2	
11	Catherine Tams		50	01:02.47	3	3	
16	Kerry Smith		50	01:05.68	4	4	
8	Mary-Sue Cowell	Lunachicks	50	01:08.83	5	5	
10	Brenda McQueen		50	01:09.34	6	6	
12	Charlotte Haig		50	01:18.72	7	7	
13	Christine Lewington		50	01:20.15	8	8	
4	Nicole Michaud	Gone Strong Athletics	50	01:25.00	9	9	
7	Lindsay Hextall	Lunachicks	50	01:32.90	10	10	
9	Pam Goll	Lunachicks	50	01:37.88	11	11	
14	Colinda Davis		50	02:14.03	12	12	
21	Reann Lindgren		50	02:14.78	13	13	
20	Pramila Nair		50	02:20.85	14	14	
5	Rushani Kinzagulora	Gone Strong Athletics	50	02:26.26	15	15	
1	Colleen Salsman	Be More Fitness Babes	50	02:31.78	16	16	
15	Jacqueline Narvaez		50	02:35.02	17	17	
18	Lynne Walker		43	03:00.00	18	18	
19	Pam Munzer		37	03:00.00	19	19	
2	Peggy Hart	Be More Fitness Babes		03:00.00	20	20	
3	Sharon Stek	Be More Fitness Babes		03:00.00	20	20	

TIRE FLIPS

MASTERS DIVISION				TIRE FLIP		Rank	Points
#	NAME	TEAM	Flips	Flip Time			
21	Reann Lindgren		05	00:17.90	1	1	
7	Lindsay Hextall	Lunachicks	05	00:19.30	2	2	
8	Mary-Sue Cowell	Lunachicks	05	00:19.41	3	3	
11	Catherine Tams		05	00:20.31	4	4	
17	Leigh Palko		05	00:23.24	5	5	
6	Terri Drynan	Gone Strong Athletics	05	00:23.72	6	6	
12	Charlotte Haig		05	00:25.81	7	7	
10	Brenda McQueen		05	00:26.39	8	8	
13	Christine Lewington		05	00:29.27	9	9	
16	Kerry Smith		05	00:31.18	10	10	
9	Pam Goll	Lunachicks	05	00:32.09	11	11	
4	Nicole Michaud	Gone Strong Athletics	05	00:33.15	12	12	
14	Colinda Davis		05	00:34.19	13	13	
2	Peggy Hart	Be More Fitness Babes	05	00:55.38	14	14	

18	Lynne Walker		05	00:56.09	15	15
3	Sharon Stek	Be More Fitness Babes	05	01:16.31	16	16
5	Rushani Kinzagulora	Gone Strong Athletics	05	01:24.67	17	17
15	Jacqueline Narvaez		05	01:54.43	18	18
1	Colleen Salsman	Be More Fitness Babes	05	01:57.99	19	19
20	Pramila Nair		03	04:37.72	20	20
19	Pam Munzer			05:00.00	21	21

INVERTED ROWS

MASTERS DIVISION				INVERTED ROWS	
#	NAME	TEAM	Row Score	Rank	Points
12	Charlotte Haig		51.0	1	1
1	Colleen Salsman	Be More Fitness Babes	50.0	2	2
10	Brenda McQueen		49.0	3	3
11	Catherine Tams		46.5	4	4
2	Peggy Hart	Be More Fitness Babes	45.0	5	5
17	Leigh Palko		44.0	6	6
8	Mary-Sue Cowell	Lunachicks	42.0	7	7
6	Terri Drynan	Gone Strong Athletics	41.5	8	8
16	Kerry Smith		40.0	9	9
20	Pramila Nair		39.0	10	10
18	Lynne Walker		38.0	11	11
15	Jacqueline Narvaez		37.5	12	12
4	Nicole Michaud	Gone Strong Athletics	35.5	13	13
21	Reann Lindgren		35.0	14	14
13	Christine Lewington		34.0	15	15
3	Sharon Stek	Be More Fitness Babes	33.0	16	16
7	Lindsay Hextall	Lunachicks	33.0	16	16
14	Colinda Davis		33.0	16	16
9	Pam Goll	Lunachicks	32.5	19	19
5	Rushani Kinzagulora	Gone Strong Athletics	19.5	20	20
19	Pam Munzer			21	21

TIRE DRAG

*** Each competitor received 1 point for Tire Drag which was not performed at this event ***

KETTLEBELL LIFT

*** Each competitor received 1 point for Kettlebell Lift which was not performed at this event ***