

FEMSPORT

Women's Strength & Fitness Challenge

FEMSPORT Calgary Challenge – June 25th, 2016



CHI /CSNA Bursary Winner: Hailey Jones

NOVICE 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	
Action Conditioning Fury								166.5	1
Cindy Veluw	15	7	1	12	1	12	7		
Katrina Brandt	6	1	1	27	1	15	9		
Louise Riopel	17	8	1	6	1	14	7		
Action Conditioning Storm								178.5	2
Cherie Rosvold	11	17	1	40	1	27	22		
Jessica Costa	13	13	1	2	1	6	4		
Neena Robertson	3	3	1	18	1	2	3		
Thunder Cats/Gone Strong								179.5	3
Chelsea Leslie	37	2	1	36	1	9	18		
Julie Snijder	5	6	1	14	1	1	2		
Syonna Bennett	18	22	1	8	1	7	10		
Scrambled Legs								254.5	4
Jennifer DeMerchant	23	33	1	31	1	30	31		
Melissa McWilliam	20	20	1	7	1	18	15		
Jennifer Magnus	2	4	1	20	1	11	5		
Kettlebells								302.0	5
Emily Joyce	39	34	1	17	1	3	20		
Sheila Hyatt	31	16	1	43	1	13	23		
Siobhan Galbraith	26	14	1	37	1	10	19		
There's No Way in Pizza								349.5	6
Jade Broughton	8	38	1	28	1	46	35		
Kaleigh Morgan	33	12	1	41	1	23	28		
Kylei Broughton	4	15	1	13	1	32	16		
Wonder Women								373.5	7
Brandy McCallum	29	30	1	19	1	26	27		
Trish McCallum	26	37	1	21	1	21	26		
Trish Pace	14	29	1	29	1	42	33		
Fit Body Boot Camp								398.5	8
Alycia Charchuk	7	21	1	16	1	16	12		
Colleen Klassen	38	42	1	15	1	45	40		
Tirzah Van Lindenberg	23	40	1	33	1	44	39		
Action Conditioning Rockets								469.0	9
Amanda Grouette	26	45	1	11	1	28	29		
Katrina Sexton	33	39	1	30	1	29	36		
Lauren Frosst	45	36	1	48	1	43	47		
Bad Intentions								495.0	10
Angela Fischer	41	31	1	46	1	36	42		
Erin Croucher	45	41	1	35	1	40	44		
JoAnn Elliott	21	32	1	26	1	38	34		

NOVICE INDIVIDUAL RANKING

#	NAME	TEAM	Final Rank	Overall Points
66	Samanatha New		1	28.0
47	Julie Snijder	Thunder Cats/Gone Strong	2	28.5
30	Neena Robertson	Action Conditioning Storm	3	29.0
29	Jessica Costa	Action Conditioning Storm	4	39.0
42	Jennifer Magnus	Scrambled Legs	5	44.5
54	Arwen Caines		6	46.5
22	Cindy Veluw	Action Conditioning Fury	7	54.0
24	Louise Riopel	Action Conditioning Fury	7	54.0
23	Katrina Brandt	Action Conditioning Fury	9	58.5
48	Syvonna Bennett	Thunder Cats/Gone Strong	10	60.5
52	Alanna Sherwood		11	68.0
34	Alycia Charchuk	Fit Body Boot Camp	12	70.0
55	Ashley Glover		12	70.0
68	Sara Skinner		14	74.0
41	Melissa McWilliam	Scrambled Legs	15	76.0
45	Kylei Broughton	There's No Way In Pizza	16	82.0
64	Ngan Ngo		17	84.5
46	Chelsea Leslie	Thunder Cats/Gone Strong	18	90.5
39	Siobhan Galbraith	Kettlebells	19	94.0
37	Emily Joyce	Kettlebells	20	96.5
56	Becky Spohr		21	110.0
28	Cherie Rosvold	Action Conditioning Storm	22	110.5
38	Sheila Hyatt	Kettlebells	23	111.5
58	Erin Hall		23	111.5
67	Samantha Aiello		25	116.5
50	Trish McCallum	Wonder Women	26	117.5
49	Brandy McCallum	Wonder Women	27	119.0
44	Kaleigh Morgan	There's No Way in Pizza	28	122.5
25	Amanda Grouette	Action Conditioning Rockets	29	126.0
60	Meghan Saunders		30	126.5
40	Jennifer DeMerchant	Scrambled Legs	31	134.0
70	Tammy Bychuk		32	136.5
51	Trish Pace	Wonder Women	33	137.0
33	JoAnn Elliott	Bad Intentions	34	138.0
43	Jade Broughton	There's No Way in Pizza	35	145.0
26	Katrina Sexton	Action Conditioning Rockets	36	147.5
57	Elizabeth Coyle		37	150.5
65	Roxanne Levesque		38	156.5
36	Tirzah Van Lindenbergh	Fit Body Boot Camp	39	164.0
35	Colleen Klassen	Fit Body Boot Camp	40	164.5
53	Alena Motyckova		41	165.0
31	Angela Fischer	Bad Intentions	42	174.0
69	Sheryll Villanueva		43	178.5
32	Erin Croucher	Bad Intentions	44	183.0

72	Yvonne Caulder		45	184.5
62	Melissa Burkett		46	187.5
27	Lauren Frosst	Action Conditioning Rockets	47	195.5
63	Naliya Mohebati		48	210.0

NOVICE EVENT RANKING

OBSTACLE COURSE

NOVICE DIVISION			OBSTACLE COURSE			Rank	Points
#	NAME	TEAM	Timer	Penalty	OC TIME		
47	Julie Snijder	Thunder Cats/Gone Strong	01:00.59		01:00.59	1	1.5
30	Neena Robertson	Action Conditioning Storm	01:02.62		01:02.62	2	3.0
37	Emily Joyce	Kettlebells	01:02.75		01:02.75	3	4.5
66	Samanatha New		01:03.06		01:03.06	4	6.0
54	Arwen Caines		01:03.41		01:03.41	5	7.5
29	Jessica Costa	Action Conditioning Storm	01:03.93		01:03.93	6	9.0
48	Syvonna Bennett	Thunder Cats/Gone Strong	01:03.94		01:03.94	7	10.5
52	Alanna Sherwood		01:04.21		01:04.21	8	12.0
46	Chelsea Leslie	Thunder Cats/Gone Strong	01:03.84	00:01.00	01:04.84	9	13.5
39	Siobhan Galbraith	Kettlebells	01:05.46		01:05.46	10	15.0
42	Jennifer Magnus	Scrambled Legs	01:05.66		01:05.66	11	16.5
22	Cindy Veluw	Action Conditioning Fury	01:05.78		01:05.78	12	18.0
38	Sheila Hyatt	Kettlebells	01:06.06		01:06.06	13	19.5
24	Louise Riopel	Action Conditioning Fury	01:06.62		01:06.62	14	21.0
23	Katrina Brandt	Action Conditioning Fury	01:03.82	00:03.00	01:06.82	15	22.5
34	Alycia Charchuk	Fit Body Boot Camp	01:07.16		01:07.16	16	24.0
64	Ngan Ngo		01:08.21		01:08.21	17	25.5
41	Melissa McWilliam	Scrambled Legs	01:05.66	00:03.00	01:08.66	18	27.0
67	Samantha Aiello		01:09.41		01:09.41	19	28.5
56	Becky Spohr		01:09.63		01:09.63	20	30.0
50	Trish McCallum	Wonder Women	01:09.68		01:09.68	21	31.5
68	Sara Skinner		01:10.18		01:10.18	22	33.0
44	Kaleigh Morgan	There's No Way in Pizza	01:08.47	00:02.00	01:10.47	23	34.5
55	Ashley Glover		01:09.47	00:01.00	01:10.47	24	36.0
60	Meghan Saunders		01:10.50		01:10.50	25	37.5
49	Brandy McCallum	Wonder Women	01:11.19		01:11.19	26	39.0
28	Cherie Rosvold	Action Conditioning Storm	01:11.54		01:11.54	27	40.5
25	Amanda Grouette	Action Conditioning Rockets	01:11.81		01:11.81	28	42.0
26	Katrina Sexton	Action Conditioning Rockets	01:12.34		01:12.34	29	43.5
40	Jennifer DeMerchant	Scrambled Legs	01:12.60		01:12.60	30	45.0
70	Tammy Bychuk		01:14.00		01:14.00	31	46.5
45	Kylei Broughton	There's No Way In Pizza	01:14.09		01:14.09	32	48.0

58	Erin Hall		01:12.15	00:02.00	01:14.15	33	49.5
53	Alena Motyckova		01:15.31		01:15.31	34	51.0
65	Roxanne Levesque		01:17.10		01:17.10	35	52.5
31	Angela Fischer	Bad Intentions	01:17.75		01:17.75	36	54.0
69	Sheryll Villanueva		01:17.78		01:17.78	37	55.5
33	JoAnn Elliott	Bad Intentions	01:17.85		01:17.85	38	57.0
57	Elizabeth Coyle		01:17.94		01:17.94	39	58.5
32	Erin Croucher	Bad Intentions	01:18.22		01:18.22	40	60.0
72	Yvonne Caulder		01:18.34		01:18.34	41	61.5
51	Trish Pace	Wonder Women	01:18.62	00:01.00	01:19.62	42	63.0
27	Lauren Frosst	Action Conditioning Rockets	01:19.72		01:19.72	43	64.5
36	Tirzah Van Lindenberg	Fit Body Boot Camp	01:20.69		01:20.69	44	66.0
35	Colleen Klassen	Fit Body Boot Camp	01:22.47		01:22.47	45	67.5
43	Jade Broughton	There's No Way in Pizza	01:27.81		01:27.81	46	69.0
62	Melissa Burkett		01:50.03		01:50.03	47	70.5
63	Naliya Mohebati		01:54.53		01:54.53	48	72.0

BOX JUMPS

NOVICE DIVISION			BOX JUMPS		Rank	Points
#	NAME	TEAM	Box Reps	Box TIME		
23	Katrina Brandt	Action Conditioning Fury	50	00:42.62	1	1
46	Chelsea Leslie	Thunder Cats/Gone Strong	50	00:44.06	2	2
30	Neena Robertson	Action Conditioning Storm	50	00:44.53	3	3
42	Jennifer Magnus	Scrambled Legs	50	00:46.44	4	4
52	Alanna Sherwood		50	00:46.70	5	5
47	Julie Snijder	Thunder Cats/Gone Strong	50	00:47.37	6	6
22	Cindy Veluw	Action Conditioning Fury	50	00:47.71	7	7
24	Louise Riopel	Action Conditioning Fury	50	00:49.13	8	8
66	Samanatha New		50	00:52.15	9	9
64	Ngan Ngo		50	00:52.27	10	10
55	Ashley Glover		50	01:07.06	11	11
44	Kaleigh Morgan	There's No Way in Pizza	50	01:07.28	12	12
29	Jessica Costa	Action Conditioning Storm	50	01:07.78	13	13
39	Siobhan Galbraith	Kettlebells	50	01:12.69	14	14
45	Kylei Broughton	There's No Way In Pizza	50	01:21.75	15	15
38	Sheila Hyatt	Kettlebells	50	01:24.57	16	16
28	Cherie Rosvold	Action Conditioning Storm	50	01:26.66	17	17
68	Sara Skinner		50	01:26.72	18	18
67	Samantha Aiello		50	01:27.17	19	19
41	Melissa McWilliam	Scrambled Legs	50	01:27.82	20	20
34	Alycia Charchuk	Fit Body Boot Camp	50	01:28.69	21	21
48	Syvonna Bennett	Thunder Cats/Gone Strong	50	01:31.25	22	22
65	Roxanne Levesque		50	01:36.34	23	23

60	Meghan Saunders		50	01:40.91	24	24
70	Tammy Bychuk		50	01:42.25	25	25
58	Erin Hall		50	01:44.87	26	26
54	Arwen Caines		50	01:46.28	27	27
56	Becky Spohr		50	01:46.56	28	28
51	Trish Pace	Wonder Women	50	01:53.25	29	29
49	Brandy McCallum	Wonder Women	50	01:53.34	30	30
31	Angela Fischer	Bad Intentions	50	01:53.66	31	31
33	JoAnn Elliott	Bad Intentions	50	02:00.53	32	32
40	Jennifer DeMerchant	Scrambled Legs	50	02:01.00	33	33
37	Emily Joyce	Kettlebells	50	02:01.78	34	34
57	Elizabeth Coyle		50	02:05.29	35	35
27	Lauren Frosst	Action Conditioning Rockets	50	02:10.63	36	36
50	Trish McCallum	Wonder Women	50	02:18.25	37	37
43	Jade Broughton	There's No Way in Pizza	50	02:28.29	38	38
26	Katrina Sexton	Action Conditioning Rockets	50	02:28.59	39	39
36	Tirzah Van Lindenberg	Fit Body Boot Camp	50	02:32.99	40	40
32	Erin Croucher	Bad Intentions	50	02:33.62	41	41
35	Colleen Klassen	Fit Body Boot Camp	50	02:39.81	42	42
72	Yvonne Caulder		50	02:39.94	43	43
53	Alena Motyckova		50	02:40.84	44	44
25	Amanda Grouette	Action Conditioning Rockets	50	02:41.86	45	45
63	Naliya Mohebati		50	02:56.97	46	46
69	Sheryll Villanueva		50	02:59.66	47	47
62	Melissa Burkett		32	03:00.00	48	48

TIRE FLIPS

NOVICE DIVISION			TIRE FLIP		Rank	Points
#	NAME	TEAM	Flips	Flip Time		
54	Arwen Caines		05	00:15.29	1	1
29	Jessica Costa	Action Conditioning Storm	05	00:17.47	2	2
68	Sara Skinner		05	00:18.78	3	3
52	Alanna Sherwood		05	00:18.81	4	4
55	Ashley Glover		05	00:18.87	5	5
24	Louise Riopel	Action Conditioning Fury	05	00:19.15	6	6
41	Melissa McWilliam	Scrambled Legs	05	00:19.28	7	7
48	Syonna Bennett	Thunder Cats/Gone Strong	05	00:19.93	8	8
58	Erin Hall		05	00:19.94	9	9
66	Samantha New		05	00:20.00	10	10
25	Amanda Grouette	Action Conditioning Rockets	05	00:20.34	11	11
22	Cindy Veluw	Action Conditioning Fury	05	00:21.16	12	12
45	Kylei Broughton	There's No Way In Pizza	05	00:21.88	13	13
47	Julie Snijder	Thunder Cats/Gone Strong	05	00:22.22	14	14
35	Colleen Klassen	Fit Body Boot Camp	05	00:22.38	15	15
34	Alycia Charchuk	Fit Body Boot Camp	05	00:23.01	16	16

37	Emily Joyce	Kettlebells	05	00:23.12	17	17
30	Neena Robertson	Action Conditioning Storm	05	00:23.43	18	18
49	Brandy McCallum	Wonder Women	05	00:23.62	19	19
42	Jennifer Magnus	Scrambled Legs	05	00:24.34	20	20
50	Trish McCallum	Wonder Women	05	00:24.47	21	21
67	Samantha Aiello		05	00:24.57	22	22
60	Meghan Saunders		05	00:25.66	23	23
53	Alena Motyckova		05	00:25.94	24	24
62	Melissa Burkett		05	00:26.29	25	25
33	JoAnn Elliott	Bad Intentions	05	00:26.56	26	26
23	Katrina Brandt	Action Conditioning Fury	05	00:27.12	27	27
43	Jade Broughton	There's No Way in Pizza	05	00:28.21	28	28
51	Trish Pace	Wonder Women	05	00:29.35	29	29
26	Katrina Sexton	Action Conditioning Rockets	05	00:30.16	30	30
40	Jennifer DeMerchant	Scrambled Legs	05	00:30.28	31	31
70	Tammy Bychuk		05	00:30.31	32	32
36	Tirzah Van Lindenberg	Fit Body Boot Camp	05	00:30.62	33	33
57	Elizabeth Coyle		05	00:31.97	34	34
32	Erin Croucher	Bad Intentions	05	00:32.07	35	35
46	Chelsea Leslie	Thunder Cats/Gone Strong	05	00:32.50	36	36
39	Siobhan Galbraith	Kettlebells	05	00:34.13	37	37
64	Ngan Ngo		05	00:35.18	38	38
56	Becky Spohr		05	00:37.16	39	39
28	Cherie Rosvold	Action Conditioning Storm	05	00:39.00	40	40
44	Kaleigh Morgan	There's No Way in Pizza	05	00:39.63	41	41
72	Yvonne Caulder		05	00:44.03	42	42
38	Sheila Hyatt	Kettlebells	05	00:47.84	43	43
65	Roxanne Levesque		05	00:52.41	44	44
69	Sheryll Villanueva		05	00:57.75	45	45
31	Angela Fischer	Bad Intentions	05	01:16.78	46	46
63	Naliya Mohebat		05	01:58.09	47	47
27	Lauren Frosst	Action Conditioning Rockets	02	05:00.00	48	48

INVERTED ROWS

NOVICE DIVISION				INVERTED ROWS	Rank	Points
#	NAME	TEAM	Row Score			
66	Samantha New		61.0	1	1	
42	Jennifer Magnus	Scrambled Legs	60.5	2	2	
30	Neena Robertson	Action Conditioning Storm	58.5	3	3	
45	Kylei Broughton	There's No Way In Pizza	57.5	4	4	
47	Julie Snijder	Thunder Cats/Gone Strong	55.5	5	5	
23	Katrina Brandt	Action Conditioning Fury	52.0	6	6	
34	Alycia Charchuk	Fit Body Boot Camp	45.0	7	7	
43	Jade Broughton	There's No Way in Pizza	43.5	8	8	

54	Arwen Caines		42.5	9	9
64	Ngan Ngo		42.5	9	9
28	Cherie Rosvold	Action Conditioning Storm	42.0	11	11
56	Becky Spohr		42.0	11	11
29	Jessica Costa	Action Conditioning Storm	41.0	13	13
51	Trish Pace	Wonder Women	38.0	14	14
22	Cindy Veluw	Action Conditioning Fury	37.0	15	15
55	Ashley Glover		35.0	16	16
24	Louise Riopel	Action Conditioning Fury	34.5	17	17
48	Syonna Bennett	Thunder Cats/Gone Strong	34.0	18	18
68	Sara Skinner		34.0	18	18
41	Melissa McWilliam	Scrambled Legs	33.5	20	20
33	JoAnn Elliott	Bad Intentions	33.0	21	21
57	Elizabeth Coyle		33.0	21	21
36	Tirzah Van Lindenberg	Fit Body Boot Camp	32.5	23	23
40	Jennifer DeMerchant	Scrambled Legs	32.5	23	23
58	Erin Hall		32.0	25	25
25	Amanda Grouette	Action Conditioning Rockets	31.0	26	26
39	Siobhan Galbraith	Kettlebells	31.0	26	26
50	Trish McCallum	Wonder Women	31.0	26	26
49	Brandy McCallum	Wonder Women	30.0	29	29
69	Sheryll Villanueva		30.0	29	29
38	Sheila Hyatt	Kettlebells	29.5	31	31
70	Tammy Bychuk		29.5	31	31
26	Katrina Sexton	Action Conditioning Rockets	28.5	33	33
44	Kaleigh Morgan	There's No Way in Pizza	28.5	33	33
65	Roxanne Levesque		27.5	35	35
72	Yvonne Caulder		26.5	36	36
46	Chelsea Leslie	Thunder Cats/Gone Strong	26.0	37	37
35	Colleen Klassen	Fit Body Boot Camp	25.0	38	38
37	Emily Joyce	Kettlebells	24.5	39	39
60	Meghan Saunders		23.5	40	40
31	Angela Fischer	Bad Intentions	18.5	41	41
62	Melissa Burkett		18.0	42	42
63	Naliya Mohebati		16.5	43	43
53	Alena Motyckova		4.0	44	44
27	Lauren Frosst	Action Conditioning Rockets		45	45
32	Erin Croucher	Bad Intentions		45	45
52	Alanna Sherwood			45	45
67	Samantha Aiello			45	45

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 ****