

FEMSPORT

Women's Strength & Fitness Challenge

FEMSPORT Kamloops Challenge – May 28th, 2016



CHI Bursary Winner: Tami Newman



Ladybug Award: Kim Carter

MASTERS TEAM RANKING

[No teams were entered into the Masters Division]

*** Each competitor received 1 point for Inverted Rows which were not performed at this event **
** Obstacle Course is worth 1.5x ***

MASTERS INDIVIDUAL RANKING

#	NAME	TEAM	Final Rank	Overall Points
2	Jody Stibbs		1	6.5
1	Jennifer Raworth		2	19.0
5	Sonia Erichson		3	20.0
3	Lisa Fransson		4	20.5
4	Marny Williams		5	21.5

MASTERS EVENT RANKING

OBSTACLE COURSE

#	NAME	TEAM	OCTimer	OC Penalty	OC TIME	OC Rank	Points
2	Jody Stibbs		01:41.69		01:41.69	1	1.5
5	Sonia Erichson		01:48.44	00:01.00	01:49.44	2	3.0
4	Marny Williams		01:50.63		01:50.63	3	4.5
1	Jennifer Raworth		01:53.00		01:53.00	4	6.0
3	Lisa Fransson		01:57.22		01:57.22	5	7.5

BOX JUMPS

MASTERS DIVISION			BOX JUMPS		Box Rank	Points
#	NAME	TEAM	Box Reps	Box TIME		
2	Jody Stibbs		50	02:29.65	1	1
5	Sonia Erichson		50	02:41.03	2	2
3	Lisa Fransson		50	02:47.22	3	3
1	Jennifer Raworth		33	03:00.00	4	4
4	Marny Williams			03:00.00	5	5

TIRE FLIPS

MASTERS DIVISION			TIRE FLIP		Rank	Points
#	NAME	TEAM	Flips	Flip Time		
2	Jody Stibbs		06	00:28.30	1	1
4	Marny Williams		06	00:33.38	2	2
1	Jennifer Raworth		06	00:52.35	3	3
3	Lisa Fransson		06	01:02.82	4	4
5	Sonia Erichson		06	01:34.59	5	5

TIRE DRAG

MASTERS DIVISION			TIRE DRAG			Tire Rank	Points
#	NAME	TEAM	TD Timer	Tire Penalty	Tire TIME		
2	Jody Stibbs		00:17.00		00:17.00	1	1
1	Jennifer Raworth		00:19.66		00:19.66	2	2
3	Lisa Fransson		00:22.22		00:22.22	3	3
4	Marny Williams		00:33.78		00:33.78	4	4
5	Sonia Erichson		00:58.06		00:58.06	5	5

KETTLEBELL LIFT

MASTERS DIVISION			KETTLE BELLS			KB Rank	Points
#	NAME	TEAM	KB Timer	KB Penalty	KB TIME		
2	Jody Stibbs		00:36.75		00:36.75	1	1
3	Lisa Fransson		00:40.06		00:40.06	2	2
1	Jennifer Raworth		00:46.06		00:46.06	3	3
5	Sonia Erichson		00:47.21		00:47.21	4	4
4	Marny Williams		00:47.22		00:47.22	5	5