

FEMSPORT

Women's Strength & Fitness Challenge

FEMSPORT Kamloops Challenge – May 28th, 2016



CHI Bursary Winner: Tami Newman



Ladybug Award: Kim Carter

NOVICE TEAM RANKING

	Row Rank	Box Rank	KB Rank	Flip Rank	Tire Rank	OC Rank	Overall Rank	Overall Points	TEAM Rank
Fit By Design 5								82.0	1
Jenna Simpson	1	4	5	4	4	4	4		
Lisa Deol-Rollo	1	3	2	11	8	5	6		
Talia Wight	1	8	4	3	5	3	5		
Kitten Attack								147.0	2
Bridie Jeffery	1	6	9	8	10	6	7		
Crystal Corby	1	7	10	6	7	9	9		
Kim Carter	1	10	11	10	11	11	11		

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

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

NOVICE INDIVIDUAL RANKING

#	NAME	TEAM	Final Rank	Overall Points
14	Kelly Gaudon		1	9.5
12	Candace Locken		2	19.0
16	Tina Colter		3	21.5
6	Jenna Simpson	Fit By Design 5	4	24.0
8	Talia Wight	Fit By Design 5	5	25.5
7	Lisa Deol-Rollo	Fit By Design 5	6	32.5
9	Bridie Jeffery	Kitten Attack	7	43.0
15	Nicole Shelton-Lawson		8	44.0
10	Crystal Corby	Kitten Attack	9	44.5
13	Emily Sedgwick		10	51.0
11	Kim Carter	Kitten Attack	11	59.5

NOVICE EVENT RANKING

OBSTACLE COURSE

NOVICE DIVISION			OBSTACLE COURSE			OC Rank	Points
#	NAME	TEAM	OCTimer	OC Penalty	OC TIME		
14	Kelly Gaudon		01:22.50		01:22.50	1	1.5
12	Candace Locken		01:31.72		01:31.72	2	3.0
8	Talia Wight	Fit By Design 5	01:33.72		01:33.72	3	4.5
6	Jenna Simpson	Fit By Design 5	01:36.57		01:36.57	4	6.0
7	Lisa Deol-Rollo	Fit By Design 5	01:38.12		01:38.12	5	7.5
9	Bridie Jeffery	Kitten Attack	01:41.54	00:01.00	01:42.54	6	9.0
16	Tina Colter		01:42.87	00:02.00	01:44.87	7	10.5
15	Nicole Shelton-Lawson		01:43.72	00:03.00	01:46.72	8	12.0
10	Crystal Corby	Kitten Attack	01:46.50	00:01.00	01:47.50	9	13.5
13	Emily Sedgwick		01:51.50		01:51.50	10	15.0
11	Kim Carter	Kitten Attack	02:17.49		02:17.49	11	16.5

BOX JUMPS

NOVICE DIVISION			BOX JUMPS		Box Rank	Points
#	NAME	TEAM	Box Reps	Box TIME		
16	Tina Colter		50	01:34.87	1	1
14	Kelly Gaudon		50	01:36.71	2	2
7	Lisa Deol-Rollo	Fit By Design 5	50	02:08.91	3	3
6	Jenna Simpson	Fit By Design 5	50	02:08.94	4	4
12	Candace Locken		50	02:19.34	5	5
9	Bridie Jeffery	Kitten Attack	50	02:19.75	6	6
10	Crystal Corby	Kitten Attack	50	02:24.88	7	7
8	Talia Wight	Fit By Design 5	50	02:36.66	8	8
13	Emily Sedgwick		50	02:40.59	9	9
11	Kim Carter	Kitten Attack	45	03:00.00	10	10
15	Nicole Shelton-Lawson		41	03:00.00	11	11

TIRE FLIPS

NOVICE DIVISION			TIRE FLIP		Flip Rank	Points
#	NAME	TEAM	Flips	Flip Time		
12	Candace Locken		06	00:18.40	1	1
14	Kelly Gaudon		06	00:19.75	2	2
8	Talia Wight	Fit By Design 5	06	00:21.87	3	3
6	Jenna Simpson	Fit By Design 5	06	00:24.12	4	4

16	Tina Colter		06	00:24.28	5	5
10	Crystal Corby	Kitten Attack	06	00:26.37	6	6
15	Nicole Shelton-Lawson		06	00:29.81	7	7
9	Bridie Jeffery	Kitten Attack	06	00:31.09	8	8
13	Emily Sedgwick		06	00:36.56	9	9
11	Kim Carter	Kitten Attack	02	02:00.00	10	10
7	Lisa Deol-Rollo	Fit By Design 5		02:00.00	11	11

TIRE DRAG

NOVICE DIVISION			TIRE DRAG			Tire Rank	Points
#	NAME	TEAM	TD Timer	Tire Penalty	Tire TIME		
16	Tina Colter		00:16.15		00:16.15	1	1
14	Kelly Gaudon		00:16.47		00:16.47	2	2
12	Candace Locken		00:17.50		00:17.50	3	3
6	Jenna Simpson	Fit By Design 5	00:18.53		00:18.53	4	4
8	Talia Wight	Fit By Design 5	00:18.72		00:18.72	5	5
15	Nicole Shelton-Lawson		00:18.84		00:18.84	6	6
10	Crystal Corby	Kitten Attack	00:19.53		00:19.53	7	7
7	Lisa Deol-Rollo	Fit By Design 5	00:21.31		00:21.31	8	8
13	Emily Sedgwick		00:23.41		00:23.41	9	9
9	Bridie Jeffery	Kitten Attack	00:32.35		00:32.35	10	10
11	Kim Carter	Kitten Attack	00:53.79		00:53.79	11	11

KETTLEBELL LIFT

NOVICE DIVISION			KETTLE BELLS			KB Rank	Points
#	NAME	TEAM	KB Timer	KB Penalty	KB TIME		
14	Kelly Gaudon		00:35.66		00:35.66	1	1
7	Lisa Deol-Rollo	Fit By Design 5	00:36.40		00:36.40	2	2
16	Tina Colter		00:37.84		00:37.84	3	3
8	Talia Wight	Fit By Design 5	00:38.87		00:38.87	4	4
6	Jenna Simpson	Fit By Design 5	00:39.37		00:39.37	5	5
12	Candace Locken		00:38.53	00:01.00	00:39.53	6	6
15	Nicole Shelton-Lawson		00:41.88		00:41.88	7	7
13	Emily Sedgwick		00:42.69		00:42.69	8	8
9	Bridie Jeffery	Kitten Attack	00:44.53		00:44.53	9	9
10	Crystal Corby	Kitten Attack	00:45.37		00:45.37	10	10
11	Kim Carter	Kitten Attack	01:06.47	00:02.00	01:08.47	11	11