

FEMSPORT

Women's Strength & Fitness Challenge

FEMSPORT Kamloops Challenge – May 28th, 2016



CHI Bursary Winner: Tami Newman



Ladybug Award: Kim Carter

OPEN TEAM RANKING

	Row Rank	Box Rank	KB Rank	Flip Rank	Tire Rank	OC Rank	Overall Rank	Overall Points	TEAM Rank
Fit By Design 1								98.5	1
Christina Masse	1	11	7	15	11	6	10		
Julie Klassen	1	2	1	8	7	2	2		
Tami Newman	1	7	4	4	2	3	3		
Cat Attack								157.0	2
Brittany Corby	1	12	12	10	4	5	7		
Dani Adamo	1	16	10	14	13	14	13		
Sarah Robb	1	3	3	6	21	1	5		
LC Squared								159.5	3
Crystal Petrie	1	4	6	7	23	7	8		
Cristalee Brinkworth	1	5	11	12	22	9	12		
Lindsay Allan	1	6	5	3	12	11	6		
Fit By Design 2								198.5	4
Kendelle Johnston	1	1	2	1	1	8	1		
Jennifer Miller	1	20	14	22	9	18	18		
Lori Wells	1	14	15	20	18	13	15		
Fit By Design 3								222.0	5
Lori Brennan	1	9	8	2	5	4	4		
Megan Provencher	1	22	17	19	6	17	17		
Shannon Liburd	1	22	20	11	15	21	21		
Strong Squad								238.0	6
Andrea Gray	1	19	18	13	14	15	15		
Ilse Leiker	1	17	19	16	16	19	20		
Tara Sales	1	10	9	5	10	12	9		
Wine Box Jumpers								294.5	7
Andrea Hall	1	8	16	9	17	16	13		
Bosha Joyce	1	15	22	21	8	20	19		
Nicole Kowal	1	21	23	23	20	23	23		

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

OPEN INDIVIDUAL RANKING

#	NAME	TEAM	Final Rank	Overall Points
25	Kendelle Johnston	Fit By Design 2	1	18.0
22	Julie Klassen	Fit By Design 1	2	22.0
23	Tami Newman	Fit By Design 1	3	22.5
27	Lori Brennan	Fit By Design 3	4	31.0
20	Sarah Robb	Cat Attack	5	35.5
32	Lindsay Allan	LC Squared	6	43.5
18	Brittany Corby	Cat Attack	7	46.5
31	Crystal Petrie	LC Squared	8	51.5
35	Tara Sales	Strong Squad	9	53.0
21	Christina Masse	Fit By Design 1	10	54.0
39	Brandy Behrisch		11	63.0
30	Cristalee Brinkworth	LC Squared	12	64.5
19	Dani Adamo	Cat Attack	13	75.0
36	Andrea Hall	Wine Box Jumpers	13	75.0
26	Lori Wells	Fit By Design 2	15	87.5
33	Andrea Gray	Strong Squad	15	87.5
28	Megan Provencher	Fit By Design 3	17	90.5
24	Jennifer Miller	Fit By Design 2	18	93.0
37	Bosha Joyce	Wine Box Jumpers	19	97.0
34	Ilse Leiker	Strong Squad	20	97.5
29	Shannon Liburd	Fit By Design 3	21	100.5
40	Danielle Roy		22	109.0
38	Nicole Kowal	Wine Box Jumpers	23	122.5

OPEN EVENT RANKING

OBSTACLE COURSE

OPEN DIVISION			OBSTACLE COURSE			OC Rank	Points
#	NAME	TEAM	Timer	Penalty	OC TIME		
20	Sarah Robb	Cat Attack	01:19.25		01:19.25	1	1.5
22	Julie Klassen	Fit By Design 1	01:20.18		01:20.18	2	3.0
23	Tami Newman	Fit By Design 1	01:20.10	00:02.00	01:22.10	3	4.5
27	Lori Brennan	Fit By Design 3	01:24.03		01:24.03	4	6.0
18	Brittany Corby	Cat Attack	01:26.63		01:26.63	5	7.5
21	Christina Masse	Fit By Design 1	01:25.72	00:01.00	01:26.72	6	9.0
31	Crystal Petrie	LC Squared	01:27.68		01:27.68	7	10.5
25	Kendelle Johnston	Fit By Design 2	01:27.59	00:03.00	01:30.59	8	12.0

30	Cristalee Brinkworth	LC Squared	01:30.69	00:01.00	01:31.69	9	13.5
39	Brandy Behrisch		01:31.81		01:31.81	10	15.0
32	Lindsay Allan	LC Squared	01:31.97		01:31.97	11	16.5
35	Tara Sales	Strong Squad	01:35.19	00:02.00	01:37.19	12	18.0
26	Lori Wells	Fit By Design 2	01:36.25	00:01.00	01:37.25	13	19.5
19	Dani Adamo	Cat Attack	01:35.56	00:02.00	01:37.56	14	21.0
33	Andrea Gray	Strong Squad	01:37.88	00:01.00	01:38.88	15	22.5
36	Andrea Hall	Wine Box Jumpers	01:34.99	00:04.00	01:38.99	16	24.0
28	Megan Provencher	Fit By Design 3	01:39.15		01:39.15	17	25.5
24	Jennifer Miller	Fit By Design 2	01:38.59	00:02.00	01:40.59	18	27.0
34	Ilse Leiker	Strong Squad	01:43.69	00:01.00	01:44.69	19	28.5
37	Bosha Joyce	Wine Box Jumpers	01:43.90	00:02.00	01:45.90	20	30.0
29	Shannon Liburd	Fit By Design 3	01:49.09		01:49.09	21	31.5
40	Danielle Roy		01:52.37		01:52.37	22	33.0
38	Nicole Kowal	Wine Box Jumpers	02:45.12		02:45.12	23	34.5

BOX JUMPS

#	NAME	TEAM	BOX JUMPS		Box Rank	Points
			Box Reps	Box TIME		
25	Kendelle Johnston	Fit By Design 2	50	00:46.28	1	1
22	Julie Klassen	Fit By Design 1	50	00:47.84	2	2
20	Sarah Robb	Cat Attack	50	00:47.91	3	3
31	Crystal Petrie	LC Squared	50	00:49.50	4	4
30	Cristalee Brinkworth	LC Squared	50	01:05.91	5	5
32	Lindsay Allan	LC Squared	50	01:08.00	6	6
23	Tami Newman	Fit By Design 1	50	01:16.69	7	7
36	Andrea Hall	Wine Box Jumpers	50	01:29.07	8	8
27	Lori Brennan	Fit By Design 3	50	01:31.38	9	9
35	Tara Sales	Strong Squad	50	01:33.85	10	10
21	Christina Masse	Fit By Design 1	50	01:34.72	11	11
18	Brittany Corby	Cat Attack	50	01:42.00	12	12
39	Brandy Behrisch		50	01:56.89	13	13
26	Lori Wells	Fit By Design 2	50	02:00.07	14	14
37	Bosha Joyce	Wine Box Jumpers	50	02:02.56	15	15
19	Dani Adamo	Cat Attack	50	02:09.35	16	16
34	Ilse Leiker	Strong Squad	50	02:14.85	17	17
40	Danielle Roy		50	02:20.25	18	18
33	Andrea Gray	Strong Squad	50	02:24.19	19	19
24	Jennifer Miller	Fit By Design 2	49	03:00.00	20	20
38	Nicole Kowal	Wine Box Jumpers	45	03:00.00	21	21
28	Megan Provencher	Fit By Design 3		03:00.00	22	22
29	Shannon Liburd	Fit By Design 3		03:00.00	22	22

TIRE FLIPS

OPEN DIVISION			TIRE FLIP		Rank	Points
#	NAME	TEAM	Flips	Flip Time		
25	Kendelle Johnston	Fit By Design 2	06	00:16.90	1	1
27	Lori Brennan	Fit By Design 3	06	00:17.29	2	2
32	Lindsay Allan	LC Squared	06	00:17.78	3	3
23	Tami Newman	Fit By Design 1	06	00:18.97	4	4
35	Tara Sales	Strong Squad	06	00:19.10	5	5
20	Sarah Robb	Cat Attack	06	00:19.28	6	6
31	Crystal Petrie	LC Squared	06	00:19.46	7	7
22	Julie Klassen	Fit By Design 1	06	00:20.12	8	8
36	Andrea Hall	Wine Box Jumpers	06	00:20.84	9	9
18	Brittany Corby	Cat Attack	06	00:20.88	10	10
29	Shannon Liburd	Fit By Design 3	06	00:21.47	11	11
30	Cristalee Brinkworth	LC Squared	06	00:22.32	12	12
33	Andrea Gray	Strong Squad	06	00:23.09	13	13
19	Dani Adamo	Cat Attack	06	00:24.82	14	14
21	Christina Masse	Fit By Design 1	06	00:25.31	15	15
34	Ilse Leiker	Strong Squad	06	00:25.47	16	16
40	Danielle Roy		06	00:26.81	17	17
39	Brandy Behrisch		06	00:28.28	18	18
28	Megan Provencher	Fit By Design 3	06	00:29.06	19	19
26	Lori Wells	Fit By Design 2	06	00:31.22	20	20
37	Bosha Joyce	Wine Box Jumpers	06	00:40.06	21	21
24	Jennifer Miller	Fit By Design 2	06	00:40.56	22	22
38	Nicole Kowal	Wine Box Jumpers	06	00:58.63	23	23

TIRE DRAG

OPEN DIVISION			TIRE DRAG			Tire Rank	Points
#	NAME	TEAM	TD Timer	Tire Penalty	Tire TIME		
25	Kendelle Johnston	Fit By Design 2	00:14.97		00:14.97	1	1
23	Tami Newman	Fit By Design 1	00:15.81		00:15.81	2	2
39	Brandy Behrisch		00:15.90		00:15.90	3	3
18	Brittany Corby	Cat Attack	00:15.94		00:15.94	4	4
27	Lori Brennan	Fit By Design 3	00:16.31		00:16.31	5	5
28	Megan Provencher	Fit By Design 3	00:17.03		00:17.03	6	6
22	Julie Klassen	Fit By Design 1	00:17.23		00:17.23	7	7
37	Bosha Joyce	Wine Box Jumpers	00:17.69		00:17.69	8	8
24	Jennifer Miller	Fit By Design 2	00:17.72		00:17.72	9	9
35	Tara Sales	Strong Squad	00:18.15		00:18.15	10	10
21	Christina Masse	Fit By Design 1	00:18.66		00:18.66	11	11
32	Lindsay Allan	LC Squared	00:18.82		00:18.82	12	12
19	Dani Adamo	Cat Attack	00:19.25		00:19.25	13	13

33	Andrea Gray	Strong Squad	00:19.50		00:19.50	14	14
29	Shannon Liburd	Fit By Design 3	00:20.07		00:20.07	15	15
34	Ilse Leiker	Strong Squad	00:20.44		00:20.44	16	16
36	Andrea Hall	Wine Box Jumpers	00:21.66		00:21.66	17	17
26	Lori Wells	Fit By Design 2	00:21.78		00:21.78	18	18
40	Danielle Roy		00:23.97		00:23.97	19	19
38	Nicole Kowal	Wine Box Jumpers	00:27.62		00:27.62	20	20
20	Sarah Robb	Cat Attack	00:31.40		00:31.40	21	21
30	Cristalee Brinkworth	LC Squared	00:34.62		00:34.62	22	22
31	Crystal Petrie	LC Squared	00:36.94		00:36.94	23	23

KETTLEBELL LIFT

OPEN DIVISION			KETTLE BELLS			KB Rank	Points
#	NAME	TEAM	KB Timer	KB Penalty	KB TIME		
22	Julie Klassen	Fit By Design 1	00:32.19		00:32.19	1	1
25	Kendelle Johnston	Fit By Design 2	00:32.40		00:32.40	2	2
20	Sarah Robb	Cat Attack	00:32.66		00:32.66	3	3
23	Tami Newman	Fit By Design 1	00:33.75		00:33.75	4	4
32	Lindsay Allan	LC Squared	00:34.19		00:34.19	5	5
31	Crystal Petrie	LC Squared	00:33.40	00:01.00	00:34.40	6	6
21	Christina Masse	Fit By Design 1	00:35.47		00:35.47	7	7
27	Lori Brennan	Fit By Design 3	00:35.81		00:35.81	8	8
35	Tara Sales	Strong Squad	00:37.37		00:37.37	9	9
19	Dani Adamo	Cat Attack	00:38.16		00:38.16	10	10
30	Cristalee Brinkworth	LC Squared	00:38.25		00:38.25	11	11
18	Brittany Corby	Cat Attack	00:35.31	00:03.00	00:38.31	12	12
39	Brandy Behrisch		00:39.63		00:39.63	13	13
24	Jennifer Miller	Fit By Design 2	00:40.28		00:40.28	14	14
26	Lori Wells	Fit By Design 2	00:41.13		00:41.13	15	15
36	Andrea Hall	Wine Box Jumpers	00:42.00		00:42.00	16	16
28	Megan Provencher	Fit By Design 3	00:42.44		00:42.44	17	17
33	Andrea Gray	Strong Squad	00:40.97	00:02.00	00:42.97	18	18
34	Ilse Leiker	Strong Squad	00:43.09		00:43.09	19	19
29	Shannon Liburd	Fit By Design 3	00:44.47		00:44.47	20	20
40	Danielle Roy		00:45.44		00:45.44	21	21
37	Bosha Joyce	Wine Box Jumpers	00:48.16		00:48.16	22	22
38	Nicole Kowal	Wine Box Jumpers	00:52.19		00:52.19	23	23