



### FEMSPORT Edmonton Challenge – July 22nd, 2017



### CHI Bursary Winner: Justine MacDonald

#### SCORING:

- ★ Low points place first
- ★ Placing is equal to points (i.e. 1st place = 1 point, 2nd place = 2 points, etc.)
- ★ Obstacle Course placing is equal to 1.5 x (i.e. 1st place = 1.5 points, 2nd place = 3 points, etc.)
- ★ Each competitor received 1 point for Tire Drag which was not performed at this event.

### NOVICE TEAM RANKING

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

	SB Rank	Box Rank	KB Rank	Flip Rank	Tire Rank	OC Rank	Overall Rank	Overall Points	TEAM RANK
<b>Perfectfit4u #1</b>	<b>25</b>	<b>19</b>	<b>47</b>	<b>69</b>	<b>3</b>	<b>23</b>	<b>23</b>	<b>197.5</b>	<b>1</b>
Melanie Van Seters	1	1	6	12	1	7	2		
Morgan Michalsky	21	13	29	34	1	10	15		
Samantha Paradee	3	5	12	23	1	6	6		
<b>Perfectfit4u #2</b>	<b>53</b>	<b>76</b>	<b>56</b>	<b>26</b>	<b>3</b>	<b>73</b>	<b>59</b>	<b>330.5</b>	<b>2</b>
Jamie Williamson	6	16	18	15	1	32	14		
Katie Pahara	25	44	22	9	1	36	27		
Savana Antonation	22	18	19	4	1	5	9		
<b>Iron Maidens</b>	<b>88</b>	<b>124</b>	<b>33</b>	<b>36</b>	<b>3</b>	<b>48</b>	<b>55</b>	<b>354.0</b>	<b>3</b>
Allie MacDonald	29	46	15	14	1	11	19		
Jillian Hicks	37	45	13	20	1	20	24		
Michelle Elliott	20	33	5	2	1	17	12		
<b>Victory or Valhalla</b>	<b>52</b>	<b>45</b>	<b>74</b>	<b>103</b>	<b>3</b>	<b>59</b>	<b>63</b>	<b>363.5</b>	<b>4</b>
Chessie Clark	7	2	2	10	1	9	3		
Jennifer Wolanski	41	30	38	56	1	24	40		
Kim Fisher	4	11	34	37	1	26	20		
<b>Perpetual Fitness #2</b>	<b>88</b>	<b>48</b>	<b>73</b>	<b>106</b>	<b>3</b>	<b>48</b>	<b>67</b>	<b>392.5</b>	<b>5</b>
Kristin James	31	19	27	38	1	12	21		
Meagan Shoquist	19	3	4	16	1	16	8		
Megan Clifton	38	27	42	52	1	21	38		
<b>Woman Up</b>	<b>65</b>	<b>103</b>	<b>68</b>	<b>68</b>	<b>3</b>	<b>72</b>	<b>75</b>	<b>415.0</b>	<b>6</b>
Alison Wilson	26	31	26	33	1	31	29		
Erin Neil	34	52	32	29	1	37	41		
Rachel Pluhator	5	20	10	6	1	4	5		
<b>Perfectfit4u #3</b>	<b>63</b>	<b>74</b>	<b>66</b>	<b>77</b>	<b>3</b>	<b>74</b>	<b>74</b>	<b>436.0</b>	<b>7</b>
Amber Pressley	9	21	8	5	1	1	4		

Danielle Macinnis-Tanner	16	25	16	11	1	23	13		
Justine MacDonald	60	28	62	61	1	50	59		
<b>No Machines No Problems</b>	<b>69</b>	<b>65</b>	<b>79</b>	<b>67</b>	<b>3</b>	<b>100</b>	<b>82</b>	<b>482.5</b>	<b>8</b>
Amanda Cavanagh	18	37	3	3	1	3	7		
Donna-Lee Flowerday	11	10	28	28	1	59	30		
Joanne Lemke	40	36	48	60	1	43	45		
<b>Heart &amp; Swole</b>	<b>79</b>	<b>112</b>	<b>89</b>	<b>107</b>	<b>3</b>	<b>74</b>	<b>90</b>	<b>501.0</b>	<b>9</b>
Amanda DeWolfe	54	55	45	40	1	54	56		
Diana Kent	17	35	30	36	1	18	24		
Sandy DeWolfe	8	22	14	31	1	2	10		
<b>Runners off Course</b>	<b>87</b>	<b>89</b>	<b>97</b>	<b>137</b>	<b>3</b>	<b>87</b>	<b>98</b>	<b>523.5</b>	<b>10</b>
Annett Kamenz	15	8	21	45	1	19	18		
Kristin Baker	27	23	39	48	1	30	35		
Tara Chahl	45	38	37	44	1	38	43		
<b>Perpetual Fitness #4</b>	<b>78</b>	<b>85</b>	<b>100</b>	<b>140</b>	<b>3</b>	<b>104</b>	<b>98</b>	<b>530.0</b>	<b>11</b>
Ashley Raymond	28	39	23	30	1	27	28		
Lasha Campbell	13	4	44	57	1	55	39		
Tiana Campbell	35	12	33	53	1	22	31		
<b>Perpetual Fitness #3</b>	<b>87</b>	<b>113</b>	<b>121</b>	<b>142</b>	<b>3</b>	<b>96</b>	<b>115</b>	<b>610.0</b>	<b>12</b>
Allison MacLauring	36	24	31	41	1	13	26		
Cara Butt	39	55	49	54	1	48	52		
Jana Bjorgan	12	34	41	47	1	35	37		
<b>The Tacos</b>	<b>140</b>	<b>109</b>	<b>106</b>	<b>98</b>	<b>3</b>	<b>132</b>	<b>112</b>	<b>614.0</b>	<b>13</b>
Ashley Lynn	55	49	46	19	1	62	49		
Chantel Hutchison	23	6	9	21	1	14	11		
Tara Clelland	62	54	51	18	1	56	52		
<b>Daughters of Darkness</b>	<b>140</b>	<b>150</b>	<b>110</b>	<b>91</b>	<b>3</b>	<b>124</b>	<b>128</b>	<b>688.0</b>	<b>14</b>
Arlene Sandy	58	40	24	17	1	28	34		
Jenna Porr	32	55	50	42	1	56	50		
Shanna Gillis	58	55	36	32	1	40	44		
<b>Fire and Ice</b>	<b>153</b>	<b>118</b>	<b>115</b>	<b>133</b>	<b>3</b>	<b>126</b>	<b>135</b>	<b>711.0</b>	<b>15</b>
Chris Lawson	53	48	55	49	1	53	58		
Crystal Jones	57	55	53	58	1	58	61		
Lisa Huskins	43	15	7	26	1	15	16		
<b>Sweaty Coconuts</b>	<b>121</b>	<b>134</b>	<b>147</b>	<b>136</b>	<b>3</b>	<b>114</b>	<b>135</b>	<b>714.0</b>	<b>16</b>
Anisha Rhemu	46	51	46	55	1	39	48		
Karen Bartko	33	42	40	25	1	29	36		
Miranda Lee	42	41	61	58	1	46	55		
<b>Team KAPtains</b>	<b>148</b>	<b>155</b>	<b>155</b>	<b>94</b>	<b>3</b>	<b>153</b>	<b>152</b>	<b>794.5</b>	<b>17</b>
Andrea Beca	48	55	54	27	1	45	47		
Kelly Chipman	51	47	59	43	1	61	60		
Patti Jones	49	53	52	24	1	47	45		
<b>Determinable</b>	<b>169</b>	<b>153</b>	<b>175</b>	<b>135</b>	<b>3</b>	<b>152</b>	<b>170</b>	<b>863.0</b>	<b>18</b>
Pamela Bonar	56	43	57	39	1	48	51		
Sandra Anderson	61	55	60	46	1	60	62		
Sherri Jaillet-Martinez	52	55	58	50	1	44	57		

## NOVICE INDIVIDUAL RANKING

#	NAME	DIVISION	TEAM	Overall Rank	Overall Points
80	Joanna Kissick	Novice		1	24.0
42	Melanie Van Seters	Novice	Perfectfit4u #1	2	31.5
72	Chessie Clark	Novice	Victory or Valhalla	3	35.5
48	Amber Pressley	Novice	Perfectfit4u #3	4	45.5
77	Rachel Pluhator	Novice	Woman Up	5	48.0
44	Samantha Paradee	Novice	Perfectfit4u #1	6	53.0
39	Amanda Cavanagh	Novice	No Machines No Problems	7	66.5
52	Meagan Shoquist	Novice	Perpetual Fitness #2	8	67.0
47	Savana Antonation	Novice	Perfectfit4u #2	9	71.5
35	Sandy DeWolfe	Novice	Heart & Swole	10	79.0
70	Chantel Hutchison	Novice	The Tacos	11	81.0
38	Michelle Elliott	Novice	Iron Maidens	12	86.5
49	Danielle Macinnis-Tanner	Novice	Perfectfit4u #3	13	103.5
45	Jamie Williamson	Novice	Perfectfit4u #2	14	104.0
43	Morgan Michalsky	Novice	Perfectfit4u #1	15	113.0
32	Lisa Huskins	Novice	Fire and Ice	16	114.5
82	Laura Veenendaal	Novice		16	114.5
60	Annett Kamenz	Novice	Runners off Course	18	118.5
36	Allie MacDonald	Novice	Iron Maidens	19	121.5
74	Kim Fisher	Novice	Victory or Valhalla	20	126.0
51	Kristin James	Novice	Perpetual Fitness #2	21	134.0
78	Abby Smith	Novice		22	140.5
81	Kara Penney	Novice		23	141.0
34	Diana Kent	Novice	Heart & Swole	24	146.0
37	Jillian Hicks	Novice	Iron Maidens	24	146.0
54	Allison MacLauring	Novice	Perpetual Fitness #3	26	152.5
46	Katie Pahara	Novice	Perfectfit4u #2	27	155.0
57	Ashley Raymond	Novice	Perpetual Fitness #4	28	161.5
75	Alison Wilson	Novice	Woman Up	29	163.5
40	Donna-Lee Flowerday	Novice	No Machines No Problems	30	166.5
59	Tiana Campbell	Novice	Perpetual Fitness #4	31	167.0
84	Loretta Armstrong	Novice		31	167.0
83	Lindsay Morey	Novice		33	180.5
24	Arlene Sandy	Novice	Daughters of Darkness	34	182.0
61	Kristin Baker	Novice	Runners off Course	35	183.0
64	Karen Bartko	Novice	Sweaty Coconuts	36	184.5
56	Jana Bjorgan	Novice	Perpetual Fitness #3	37	187.5
53	Megan Clifton	Novice	Perpetual Fitness #2	38	191.5
58	Lasha Campbell	Novice	Perpetual Fitness #4	39	201.5
73	Jennifer Wolanski	Novice	Victory or Valhalla	40	202.0
76	Erin Neil	Novice	Woman Up	41	203.5
85	Meagan Thjiedemann	Novice		42	211.5

62	Tara Chahl	Novice	Runners off Course	43	222.0
26	Shanna Gillis	Novice	Daughters of Darkness	44	242.0
41	Joanne Lemke	Novice	No Machines No Problems	45	249.5
68	Patti Jones	Novice	Team KAPtains	45	249.5
66	Andrea Beca	Novice	Team KAPtains	47	252.5
63	Anisha Rhemu	Novice	Sweaty Coconuts	48	257.5
69	Ashley Lynn	Novice	The Tacos	49	263.0
25	Jenna Porr	Novice	Daughters of Darkness	50	264.0
27	Pamela Bonar	Novice	Determinable	51	268.0
55	Cara Butt	Novice	Perpetual Fitness #3	52	270.0
71	Tara Clelland	Novice	The Tacos	52	270.0
79	Gail Allison	Novice		52	270.0
65	Miranda Lee	Novice	Sweaty Coconuts	55	272.0
33	Amanda DeWolfe	Novice	Heart & Swole	56	276.0
29	Sherri Jaillet-Martinez	Novice	Determinable	57	282.0
30	Chris Lawson	Novice	Fire and Ice	58	285.5
50	Justine MacDonald	Novice	Perfectfit4u #3	59	287.0
67	Kelly Chipman	Novice	Team KAPtains	60	292.5
31	Crystal Jones	Novice	Fire and Ice	61	311.0
28	Sandra Anderson	Novice	Determinable	62	313.0

## **NOVICE EVENT RANKING**

### **OBSTACLE COURSE**

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

<b>NOVICE DIVISION</b>			<b>OBSTACLE COURSE</b>			<b>OC Rank</b>
<b>#</b>	<b>NAME</b>	<b>TEAM</b>	<b>OCTimer</b>	<b>OC Penalty</b>	<b>OC TIME</b>	
48	Amber Pressley	Perfectfit4u #3	00:35.43		00:35.43	1
35	Sandy DeWolfe	Heart & Swole	00:36.19		00:36.19	2
39	Amanda Cavanagh	No Machines No Problems	00:36.22		00:36.22	3
77	Rachel Pluhator	Woman Up	00:36.72		00:36.72	4
47	Savana Antonation	Perfectfit4u #2	00:37.50		00:37.50	5
44	Samantha Paradee	Perfectfit4u #1	00:37.60		00:37.60	6
42	Melanie Van Seters	Perfectfit4u #1	00:38.85		00:38.85	7
80	Joanna Kissick		00:39.13		00:39.13	8
72	Chessie Clark	Victory or Valhalla	00:39.44		00:39.44	9
43	Morgan Michalsky	Perfectfit4u #1	00:39.88		00:39.88	10
36	Allie MacDonald	Iron Maidens	00:40.09		00:40.09	11
51	Kristin James	Perpetual Fitness #2	00:40.15		00:40.15	12
54	Allison MacLauring	Perpetual Fitness #3	00:41.00		00:41.00	13
70	Chantel Hutchison	The Tacos	00:41.13		00:41.13	14
32	Lisa Huskins	Fire and Ice	00:41.69		00:41.69	15
52	Meagan Shoquist	Perpetual Fitness #2	00:40.81	00:01.00	00:41.81	16

38	Michelle Elliott	Iron Maidens	00:42.03		00:42.03	17
34	Diana Kent	Heart & Swole	00:42.06		00:42.06	18
60	Annett Kamenz	Runners off Course	00:42.29		00:42.29	19
37	Jillian Hicks	Iron Maidens	00:42.50		00:42.50	20
53	Megan Clifton	Perpetual Fitness #2	00:42.54		00:42.54	21
59	Tiana Campbell	Perpetual Fitness #4	00:42.84		00:42.84	22
49	Danielle Macinnis-Tanner	Perfectfit4u #3	00:43.32		00:43.32	23
73	Jennifer Wolanski	Victory or Valhalla	00:44.53		00:44.53	24
85	Meagan Thjedemann		00:44.56		00:44.56	25
74	Kim Fisher	Victory or Valhalla	00:44.81		00:44.81	26
57	Ashley Raymond	Perpetual Fitness #4	00:45.50		00:45.50	27
24	Arlene Sandy	Daughters of Darkness	00:45.70		00:45.70	28
64	Karen Bartko	Sweaty Coconuts	00:45.97		00:45.97	29
61	Kristin Baker	Runners off Course	00:46.12		00:46.12	30
75	Alison Wilson	Woman Up	00:46.47		00:46.47	31
45	Jamie Williamson	Perfectfit4u #2	00:45.85	00:01.00	00:46.85	32
82	Laura Veenendaal		00:47.32		00:47.32	33
84	Loretta Armstrong		00:47.63		00:47.63	34
56	Jana Bjorgan	Perpetual Fitness #3	00:49.09		00:49.09	35
46	Katie Pahara	Perfectfit4u #2	00:49.53		00:49.53	36
76	Erin Neil	Woman Up	00:49.78		00:49.78	37
62	Tara Chahl	Runners off Course	00:49.90		00:49.90	38
63	Anisha Rhemu	Sweaty Coconuts	00:50.78		00:50.78	39
26	Shanna Gillis	Daughters of Darkness	00:40.81	00:10.00	00:50.81	40
83	Lindsay Morey		00:52.32		00:52.32	41
81	Kara Penney		00:52.72		00:52.72	42
41	Joanne Lemke	No Machines No Problems	00:53.31		00:53.31	43
29	Sherri Jaillet-Martinez	Determinable	00:54.53		00:54.53	44
66	Andrea Beca	Team KAPtains	00:54.62		00:54.62	45
65	Miranda Lee	Sweaty Coconuts	00:55.32		00:55.32	46
68	Patti Jones	Team KAPtains	00:57.03		00:57.03	47
27	Pamela Bonar	Determinable	00:57.25		00:57.25	48
55	Cara Butt	Perpetual Fitness #3	00:57.25		00:57.25	48
50	Justine MacDonald	Perfectfit4u #3	00:57.78		00:57.78	50
78	Abby Smith		00:57.94		00:57.94	51
79	Gail Allison		00:59.81		00:59.81	52
30	Chris Lawson	Fire and Ice	01:00.09		01:00.09	53
33	Amanda DeWolfe	Heart & Swole	01:01.15		01:01.15	54
58	Lasha Campbell	Perpetual Fitness #4	01:01.37		01:01.37	55
25	Jenna Porr	Daughters of Darkness	00:53.19	00:10.00	01:03.19	56
71	Tara Clelland	The Tacos	01:03.19		01:03.19	56
31	Crystal Jones	Fire and Ice	01:03.82		01:03.82	58
40	Donna-Lee Flowerday	No Machines No Problems	01:03.87		01:03.87	59
28	Sandra Anderson	Determinable	01:06.06		01:06.06	60
67	Kelly Chipman	Team KAPtains	01:09.15		01:09.15	61
69	Ashley Lynn	The Tacos	01:13.94		01:13.94	62

# BOX JUMPS

NOVICE DIVISION			BOX JUMPS		Box Rank
#	NAME	TEAM	Box Reps	Box TIME	
42	Melanie Van Seters	Perfectfit4u #1	50	00:42.59	1
72	Chessie Clark	Victory or Valhalla	50	00:44.00	2
52	Meagan Shoquist	Perpetual Fitness #2	50	00:50.66	3
58	Lasha Campbell	Perpetual Fitness #4	50	00:57.75	4
44	Samantha Paradee	Perfectfit4u #1	50	00:58.25	5
70	Chantel Hutchison	The Tacos	50	00:59.66	6
80	Joanna Kissick		50	01:00.00	7
60	Annett Kamenz	Runners off Course	50	01:00.19	8
82	Laura Veenendaal		50	01:09.69	9
40	Donna-Lee Flowerday	No Machines No Problems	50	01:10.34	10
74	Kim Fisher	Victory or Valhalla	50	01:12.58	11
59	Tiana Campbell	Perpetual Fitness #4	50	01:13.59	12
43	Morgan Michalsky	Perfectfit4u #1	50	01:13.75	13
84	Loretta Armstrong		50	01:14.72	14
32	Lisa Huskins	Fire and Ice	50	01:16.56	15
45	Jamie Williamson	Perfectfit4u #2	50	01:18.37	16
83	Lindsay Morey		50	01:21.10	17
47	Savana Antonation	Perfectfit4u #2	50	01:21.18	18
51	Kristin James	Perpetual Fitness #2	50	01:21.59	19
77	Rachel Pluhator	Woman Up	50	01:24.31	20
48	Amber Pressley	Perfectfit4u #3	50	01:24.81	21
35	Sandy DeWolfe	Heart & Swole	50	01:25.63	22
61	Kristin Baker	Runners off Course	50	01:31.44	23
54	Allison MacLauring	Perpetual Fitness #3	50	01:34.00	24
49	Danielle Macinnis-Tanner	Perfectfit4u #3	50	01:41.57	25
81	Kara Penney		50	01:43.59	26
53	Megan Clifton	Perpetual Fitness #2	50	01:52.31	27
50	Justine MacDonald	Perfectfit4u #3	50	01:52.37	28
78	Abby Smith		50	01:59.75	29
73	Jennifer Wolanski	Victory or Valhalla	50	02:01.72	30
75	Alison Wilson	Woman Up	50	02:02.25	31
85	Meagan Thjedemann		50	02:02.50	32
38	Michelle Elliott	Iron Maidens	50	02:03.81	33
56	Jana Bjorgan	Perpetual Fitness #3	50	02:08.19	34
34	Diana Kent	Heart & Swole	50	02:10.34	35
41	Joanne Lemke	No Machines No Problems	50	02:10.63	36
39	Amanda Cavanagh	No Machines No Problems	50	02:11.28	37
62	Tara Chahl	Runners off Course	50	02:17.66	38
57	Ashley Raymond	Perpetual Fitness #4	50	02:20.88	39
24	Arlene Sandy	Daughters of Darkness	50	02:25.41	40

65	Miranda Lee	Sweaty Coconuts	50	02:30.97	41
64	Karen Bartko	Sweaty Coconuts	50	02:32.56	42
27	Pamela Bonar	Determinable	50	02:44.35	43
46	Katie Pahara	Perfectfit4u #2	50	02:45.50	44
37	Jillian Hicks	Iron Maidens	50	02:58.17	45
36	Allie MacDonald	Iron Maidens	50	02:58.98	46
67	Kelly Chipman	Team KAPtains	46	03:00.00	47
30	Chris Lawson	Fire and Ice	45	03:00.00	48
69	Ashley Lynn	The Tacos	44	03:00.00	49
79	Gail Allison		40	03:00.00	50
63	Anisha Rhemu	Sweaty Coconuts	33	03:00.00	51
76	Erin Neil	Woman Up	31	03:00.00	52
68	Patti Jones	Team KAPtains	25	03:00.00	53
71	Tara Clelland	The Tacos	01	03:00.00	54
25	Jenna Porr	Daughters of Darkness		03:00.00	55
26	Shanna Gillis	Daughters of Darkness		03:00.00	55
28	Sandra Anderson	Determinable		03:00.00	55
29	Sherri Jaillet-Martinez	Determinable		03:00.00	55
31	Crystal Jones	Fire and Ice		03:00.00	55
33	Amanda DeWolfe	Heart & Swole		03:00.00	55
55	Cara Butt	Perpetual Fitness #3		03:00.00	55
66	Andrea Beca	Team KAPtains		03:00.00	55

## TIRE FLIPS

NOVICE DIVISION		TIRE FLIP			Flip Rank	
#	NAME	TEAM	Flips	Flip Time		Flip Score
80	Joanna Kissick		06	00:21.40	00:21.40	1
38	Michelle Elliott	Iron Maidens	06	00:29.00	00:29.00	2
39	Amanda Cavanagh	No Machines No Problems	06	00:31.44	00:31.44	3
47	Savana Antonation	Perfectfit4u #2	06	00:31.56	00:31.56	4
48	Amber Pressley	Perfectfit4u #3	06	00:31.65	00:31.65	5
77	Rachel Pluhator	Woman Up	06	00:33.96	00:33.96	6
81	Kara Penney		06	00:34.53	00:34.53	7
82	Laura Veenendaal		06	00:35.09	00:35.09	8
46	Katie Pahara	Perfectfit4u #2	06	00:35.78	00:35.78	9
72	Chessie Clark	Victory or Valhalla	06	00:36.34	00:36.34	10
49	Danielle Macinnis-Tanner	Perfectfit4u #3	06	00:36.81	00:36.81	11
42	Melanie Van Seters	Perfectfit4u #1	06	00:36.90	00:36.90	12
78	Abby Smith		06	00:37.45	00:37.45	13
36	Allie MacDonald	Iron Maidens	06	00:38.53	00:38.53	14
45	Jamie Williamson	Perfectfit4u #2	06	00:40.16	00:40.16	15
52	Meagan Shoquist	Perpetual Fitness #2	06	00:40.32	00:40.32	16

24	Arlene Sandy	Daughters of Darkness	06	00:40.79	00:40.79	17
71	Tara Clelland	The Tacos	06	00:41.19	00:41.19	18
69	Ashley Lynn	The Tacos	06	00:41.31	00:41.31	19
37	Jillian Hicks	Iron Maidens	06	00:44.37	00:44.37	20
70	Chantel Hutchison	The Tacos	06	00:44.39	00:44.39	21
83	Lindsay Morey		06	00:44.96	00:44.96	22
44	Samantha Paradee	Perfectfit4u #1	06	00:46.94	00:46.94	23
68	Patti Jones	Team KAPtains	06	00:47.19	00:47.19	24
64	Karen Bartko	Sweaty Coconuts	06	00:47.22	00:47.22	25
32	Lisa Huskins	Fire and Ice	06	00:47.35	00:47.35	26
66	Andrea Beca	Team KAPtains	06	00:47.60	00:47.60	27
40	Donna-Lee Flowerday	No Machines No Problems	06	00:47.75	00:47.75	28
76	Erin Neil	Woman Up	06	00:49.00	00:49.00	29
57	Ashley Raymond	Perpetual Fitness #4	06	00:50.84	00:50.84	30
35	Sandy DeWolfe	Heart & Swole	06	00:52.65	00:52.65	31
26	Shanna Gillis	Daughters of Darkness	06	00:52.81	00:52.81	32
75	Alison Wilson	Woman Up	06	00:53.38	00:53.38	33
43	Morgan Michalsky	Perfectfit4u #1	06	00:56.41	00:56.41	34
79	Gail Allison		06	00:56.56	00:56.56	35
34	Diana Kent	Heart & Swole	06	00:56.78	00:56.78	36
74	Kim Fisher	Victory or Valhalla	06	00:58.81	00:58.81	37
51	Kristin James	Perpetual Fitness #2	06	00:58.94	00:58.94	38
27	Pamela Bonar	Determinable	06	01:00.03	01:00.03	39
33	Amanda DeWolfe	Heart & Swole	06	01:00.53	01:00.53	40
54	Allison MacLauring	Perpetual Fitness #3	06	01:04.00	01:04.00	41
25	Jenna Porr	Daughters of Darkness	06	01:05.78	01:05.78	42
67	Kelly Chipman	Team KAPtains	06	01:06.94	01:06.94	43
62	Tara Chahl	Runners off Course	06	01:11.66	01:11.66	44
60	Annett Kamenz	Runners off Course	06	01:13.44	01:13.44	45
28	Sandra Anderson	Determinable	06	01:20.47	01:20.47	46
56	Jana Bjorgan	Perpetual Fitness #3	06	01:23.40	01:23.40	47
61	Kristin Baker	Runners off Course	06	01:25.94	01:25.94	48
30	Chris Lawson	Fire and Ice	06	01:27.36	01:27.36	49
29	Sherri Jaillet-Martinez	Determinable	06	01:27.87	01:27.87	50
85	Meagan Thjedemann		06	01:30.97	01:30.97	51
53	Megan Clifton	Perpetual Fitness #2	06	01:33.78	01:33.78	52
59	Tiana Campbell	Perpetual Fitness #4	06	01:46.12	01:46.12	53
55	Cara Butt	Perpetual Fitness #3	06	01:47.40	01:47.40	54
63	Anisha Rhemu	Sweaty Coconuts	06	01:50.81	01:50.81	55
73	Jennifer Wolanski	Victory or Valhalla	05	02:00.00	02:55.00	56
58	Lasha Campbell	Perpetual Fitness #4	04	02:00.00	02:56.00	57
31	Crystal Jones	Fire and Ice	03	02:00.00	02:57.00	58
65	Miranda Lee	Sweaty Coconuts	03	02:00.00	02:57.00	58
41	Joanne Lemke	No Machines No Problems	02	02:00.00	02:58.00	60
50	Justine MacDonald	Perfectfit4u #3	01	02:00.00	02:59.00	61
84	Loretta Armstrong				03:00.00	62



# TIRE DRAG

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

## KETTLEBELL LIFT

NOVICE DIVISION					KETTLE BELLS		KB Rank
#	NAME	TEAM	KB Timer	KB Penalty	KB TIME		
80	Joanna Kissick		00:34.25		00:34.25	1	
72	Chessie Clark	Victory or Valhalla	00:34.36		00:34.36	2	
39	Amanda Cavanagh	No Machines No Problems	00:35.24		00:35.24	3	
52	Meagan Shoquist	Perpetual Fitness #2	00:35.40		00:35.40	4	
38	Michelle Elliott	Iron Maidens	00:35.43		00:35.43	5	
42	Melanie Van Seters	Perfectfit4u #1	00:36.03		00:36.03	6	
32	Lisa Huskins	Fire and Ice	00:36.69		00:36.69	7	
48	Amber Pressley	Perfectfit4u #3	00:37.27		00:37.27	8	
70	Chantel Hutchison	The Tacos	00:37.57		00:37.57	9	
77	Rachel Pluhator	Woman Up	00:37.59		00:37.59	10	
78	Abby Smith		00:37.27	00:01.00	00:38.27	11	
44	Samantha Paradee	Perfectfit4u #1	00:38.34		00:38.34	12	
37	Jillian Hicks	Iron Maidens	00:38.72		00:38.72	13	
35	Sandy DeWolfe	Heart & Swole	00:39.35		00:39.35	14	
36	Allie MacDonald	Iron Maidens	00:39.42		00:39.42	15	
49	Danielle Macinnis-Tanner	Perfectfit4u #3	00:39.84		00:39.84	16	
82	Laura Veenendaal		00:39.97		00:39.97	17	
45	Jamie Williamson	Perfectfit4u #2	00:40.12		00:40.12	18	
47	Savana Antonation	Perfectfit4u #2	00:40.16		00:40.16	19	
81	Kara Penney		00:40.30		00:40.30	20	
60	Annett Kamenz	Runners off Course	00:40.51		00:40.51	21	
46	Katie Pahara	Perfectfit4u #2	00:40.57		00:40.57	22	
57	Ashley Raymond	Perpetual Fitness #4	00:40.99		00:40.99	23	
24	Arlene Sandy	Daughters of Darkness	00:41.09		00:41.09	24	
84	Loretta Armstrong		00:41.15		00:41.15	25	
75	Alison Wilson	Woman Up	00:41.57		00:41.57	26	
51	Kristin James	Perpetual Fitness #2	00:41.87		00:41.87	27	
40	Donna-Lee Flowerday	No Machines No Problems	00:42.32		00:42.32	28	
43	Morgan Michalsky	Perfectfit4u #1	00:42.97		00:42.97	29	
34	Diana Kent	Heart & Swole	00:43.35		00:43.35	30	
54	Allison MacLauring	Perpetual Fitness #3	00:43.54		00:43.54	31	
76	Erin Neil	Woman Up	00:43.56		00:43.56	32	
59	Tiana Campbell	Perpetual Fitness #4	00:43.85		00:43.85	33	
74	Kim Fisher	Victory or Valhalla	00:44.19		00:44.19	34	
83	Lindsay Morey		00:44.50		00:44.50	35	
26	Shanna Gillis	Daughters of Darkness	00:44.88		00:44.88	36	

62	Tara Chahl	Runners off Course	00:45.72		00:45.72	37
73	Jennifer Wolanski	Victory or Valhalla	00:45.90		00:45.90	38
61	Kristin Baker	Runners off Course	00:45.91		00:45.91	39
64	Karen Bartko	Sweaty Coconuts	00:46.06		00:46.06	40
56	Jana Bjorgan	Perpetual Fitness #3	00:46.53		00:46.53	41
53	Megan Clifton	Perpetual Fitness #2	00:46.72		00:46.72	42
85	Meagan Thjiedemann		00:46.91		00:46.91	43
58	Lasha Campbell	Perpetual Fitness #4	00:47.25		00:47.25	44
33	Amanda DeWolfe	Heart & Swole	00:47.93		00:47.93	45
63	Anisha Rhemu	Sweaty Coconuts	00:48.15		00:48.15	46
69	Ashley Lynn	The Tacos	00:48.15		00:48.15	46
41	Joanne Lemke	No Machines No Problems	00:48.65		00:48.65	48
55	Cara Butt	Perpetual Fitness #3	00:49.54		00:49.54	49
25	Jenna Porr	Daughters of Darkness	00:50.68		00:50.68	50
71	Tara Clelland	The Tacos	00:50.72		00:50.72	51
68	Patti Jones	Team KAPtains	00:51.22		00:51.22	52
31	Crystal Jones	Fire and Ice	00:51.46		00:51.46	53
66	Andrea Beca	Team KAPtains	00:52.57		00:52.57	54
30	Chris Lawson	Fire and Ice	00:53.51		00:53.51	55
79	Gail Allison		00:53.54		00:53.54	56
27	Pamela Bonar	Determinable	00:54.96		00:54.96	57
29	Sherri Jaillet-Martinez	Determinable	00:58.25		00:58.25	58
67	Kelly Chipman	Team KAPtains	00:58.38		00:58.38	59
28	Sandra Anderson	Determinable	00:59.37		00:59.37	60
65	Miranda Lee	Sweaty Coconuts	01:03.03		01:03.03	61
50	Justine MacDonald	Perfectfit4u #3	01:12.25		01:12.25	62

## SANDBAG BURPEE CLEAN/PRESS

<b>NOVICE DIVISION</b>		<b>SANDBAG</b>			<b>SB Rank</b>
<b>#</b>	<b>NAME</b>	<b>TEAM</b>	<b>Sandbag Reps</b>	<b>Sandbag TIME</b>	
42	Melanie Van Seters	Perfectfit4u #1	15	00:43.35	1
80	Joanna Kissick		15	00:45.00	2
44	Samantha Paradee	Perfectfit4u #1	15	00:45.13	3
74	Kim Fisher	Victory or Valhalla	15	00:52.78	4
77	Rachel Pluhator	Woman Up	15	00:55.57	5
45	Jamie Williamson	Perfectfit4u #2	15	00:56.22	6
72	Chessie Clark	Victory or Valhalla	15	00:56.88	7
35	Sandy DeWolfe	Heart & Swole	15	00:57.06	8
48	Amber Pressley	Perfectfit4u #3	15	00:57.37	9
78	Abby Smith		15	01:02.66	10
40	Donna-Lee Flowerday	No Machines No Problems	15	01:05.31	11

56	Jana Bjorgan	Perpetual Fitness #3	15	01:06.34	12
58	Lasha Campbell	Perpetual Fitness #4	15	01:06.37	13
84	Loretta Armstrong		15	01:06.90	14
60	Annett Kamenz	Runners off Course	15	01:07.70	15
49	Danielle Macinnis-Tanner	Perfectfit4u #3	15	01:09.78	16
34	Diana Kent	Heart & Swole	15	01:10.51	17
39	Amanda Cavanagh	No Machines No Problems	15	01:10.81	18
52	Meagan Shoquist	Perpetual Fitness #2	15	01:12.68	19
38	Michelle Elliott	Iron Maidens	15	01:12.87	20
43	Morgan Michalsky	Perfectfit4u #1	15	01:13.06	21
47	Savana Antonation	Perfectfit4u #2	15	01:13.36	22
70	Chantel Hutchison	The Tacos	15	01:13.47	23
81	Kara Penney		15	01:15.00	24
46	Katie Pahara	Perfectfit4u #2	15	01:15.48	25
75	Alison Wilson	Woman Up	15	01:15.87	26
61	Kristin Baker	Runners off Course	15	01:16.37	27
57	Ashley Raymond	Perpetual Fitness #4	15	01:18.81	28
36	Allie MacDonald	Iron Maidens	15	01:19.57	29
82	Laura Veenendaal		15	01:20.58	30
51	Kristin James	Perpetual Fitness #2	15	01:21.09	31
25	Jenna Porr	Daughters of Darkness	15	01:21.88	32
64	Karen Bartko	Sweaty Coconuts	15	01:22.00	33
76	Erin Neil	Woman Up	15	01:22.21	34
59	Tiana Campbell	Perpetual Fitness #4	15	01:24.63	35
54	Allison MacLauring	Perpetual Fitness #3	15	01:25.19	36
37	Jillian Hicks	Iron Maidens	15	01:25.34	37
53	Megan Clifton	Perpetual Fitness #2	15	01:28.33	38
55	Cara Butt	Perpetual Fitness #3	15	01:28.97	39
41	Joanne Lemke	No Machines No Problems	15	01:31.06	40
73	Jennifer Wolanski	Victory or Valhalla	15	01:34.12	41
65	Miranda Lee	Sweaty Coconuts	15	01:34.54	42
32	Lisa Huskins	Fire and Ice	15	01:34.60	43
83	Lindsay Morey		15	01:36.15	44
62	Tara Chahl	Runners off Course	15	01:37.53	45
63	Anisha Rhemu	Sweaty Coconuts	15	01:39.94	46
85	Meagan Thjedemann		15	01:40.10	47
66	Andrea Beca	Team KAPtains	15	01:40.79	48
68	Patti Jones	Team KAPtains	15	01:41.62	49
79	Gail Allison		15	01:51.50	50
67	Kelly Chipman	Team KAPtains	15	01:52.93	51
29	Sherri Jaillet-Martinez	Determinable	15	01:53.63	52
30	Chris Lawson	Fire and Ice	15	01:55.41	53
33	Amanda DeWolfe	Heart & Swole	15	01:56.00	54
69	Ashley Lynn	The Tacos	15	01:57.03	55
27	Pamela Bonar	Determinable	15	01:58.63	56
31	Crystal Jones	Fire and Ice	15	01:59.50	57
24	Arlene Sandy	Daughters of Darkness	15	02:01.90	58

<b>26</b>	Shanna Gillis	Daughters of Darkness	15	02:01.90	58
<b>50</b>	Justine MacDonald	Perfectfit4u #3	15	02:06.91	60
<b>28</b>	Sandra Anderson	Determinable	15	02:29.60	61
<b>71</b>	Tara Clelland	The Tacos	07	03:00.00	62