



### FEMSPORT Spruce Grove Challenge – July 21<sup>st</sup>, 2018



**CHI Bursary Winner: Olesia Richard**

#### 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.)

### MASTERS TEAM RANKING

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

	<b>SB Rank</b>	<b>Box Rank</b>	<b>KB Rank</b>	<b>Flip Rank</b>	<b>Tire Rank</b>	<b>OC Rank</b>	<b>Overall Rank</b>	<b>Overall Points</b>	
<b>Run Fit</b>								<b>181.5</b>	<b>1</b>
Kathy Carl	11	6	11	6	4	6	5		
Sandy Bugeja	6	7	14	10	14	3	9		
Stephanie Tempest	15	12	12	15	13	8	14		
<b>Wild, Wet &amp; Weary</b>								<b>215.0</b>	<b>2</b>
Hali Hennig	14	15	15	13	15	15	15		
Kim Kennedy	10	4	9	11	5	10	7		
Laurie Bjorgan	13	13	8	12	10	7	13		

## MASTERS INDIVIDUAL RANKING

#	NAME	TEAM	Overall Rank	Overall Points
13	Nancy Whelen		1	16.5
9	Deanne Langlois-Klassen		2	26.0
8	Cindy Veluw		3	27.0
17	Kim Borowiecki		3	27.0
1	Kathy Carl	Run Fit	5	47.0
11	Jennifer Clifford		6	49.0
5	Kim Kennedy	Wild, Wet & Weary	7	54.0
14	Rita Duncan		8	54.5
2	Sandy Bugeja	Run Fit	9	55.5
10	Jamie McIldoon		10	56.5
12	Jennifer Rowe		11	61.5
7	Christie Desousa		12	65.5
6	Laurie Bjorgan	Wild, Wet & Weary	13	66.5
3	Stephanie Tempest	Run Fit	14	79.0
4	Hali Hennig	Wild, Wet & Weary	15	94.5

## MASTERS EVENT RANKING

### OBSTACLE COURSE

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

<b>MASTERS DIVISION</b>			<b>OBSTACLE COURSE</b>			OC Rank
#	NAME	TEAM	OCTimer	OC Penalty	OC TIME	
13	Nancy Whelen		00:36.63		00:36.63	1
17	Kim Borowiecki		00:43.90		00:43.90	2
2	Sandy Bugeja	Run Fit	00:44.18		00:44.18	3
9	Deanne Langlois-Klassen		00:44.23		00:44.23	4
7	Christie Desousa		00:44.34		00:44.34	5
1	Kathy Carl	Run Fit	00:49.31		00:49.31	6
6	Laurie Bjorgan	Wild, Wet & Weary	00:51.69		00:51.69	7
3	Stephanie Tempest	Run Fit	00:52.75		00:52.75	8
10	Jamie McIldoon		00:56.94		00:56.94	9
5	Kim Kennedy	Wild, Wet & Weary	00:58.66		00:58.66	10
12	Jennifer Rowe		01:04.00		01:04.00	11
11	Jennifer Clifford		01:03.43	00:01.00	01:04.43	12
14	Rita Duncan		01:13.22		01:13.22	13
8	Cindy Veluw		01:13.91		01:13.91	14

## BOX JUMPS

<b>MASTERS DIVISION</b>			<b>BOX JUMPS</b>		<b>Box Rank</b>
<b>#</b>	<b>NAME</b>	<b>TEAM</b>	<b>Box Reps</b>	<b>Box TIME</b>	
8	Cindy Veluw		50	00:57.88	1
11	Jennifer Clifford		50	01:00.87	2
13	Nancy Whelen		50	01:18.78	3
5	Kim Kennedy	Wild, Wet & Weary	50	01:27.85	4
17	Kim Borowiecki		50	01:30.34	5
1	Kathy Carl	Run Fit	50	01:51.72	6
2	Sandy Bugeja	Run Fit	50	01:55.41	7
14	Rita Duncan		50	02:02.47	8
12	Jennifer Rowe		50	02:02.75	9
10	Jamie McIldoon		50	02:14.94	10
9	Deanne Langlois-Klassen		50	02:20.72	11
3	Stephanie Tempest	Run Fit	50	02:38.44	12
6	Laurie Bjorgan	Wild, Wet & Weary	29	03:00.00	13
7	Christie Desousa		20	03:00.00	14
4	Hali Hennig	Wild, Wet & Weary		03:00.00	15

## TIRE FLIPS

<b>MASTERS DIVISION</b>			<b>TIRE FLIP</b>		<b>Flip Rank</b>
<b>#</b>	<b>NAME</b>	<b>TEAM</b>	<b>Flips</b>	<b>Flip Time</b>	
9	Deanne Langlois-Klassen		06	00:22.03	1
8	Cindy Veluw		06	00:23.15	2
13	Nancy Whelen		06	00:23.96	3
11	Jennifer Clifford		06	00:24.81	4
17	Kim Borowiecki		06	00:33.25	5
1	Kathy Carl	Run Fit	06	00:33.32	6
12	Jennifer Rowe		06	00:38.25	7
10	Jamie McIldoon		06	00:40.00	8
14	Rita Duncan		06	00:40.69	9
2	Sandy Bugeja	Run Fit	06	00:42.35	10
5	Kim Kennedy	Wild, Wet & Weary	06	00:43.28	11
6	Laurie Bjorgan	Wild, Wet & Weary	06	00:47.03	12
4	Hali Hennig	Wild, Wet & Weary	06	00:48.47	13
7	Christie Desousa		06	00:51.75	14

## TIRE DRAG

<b>MASTERS DIVISION</b>					<b>TIRE DRAG</b>		<b>Tire Rank</b>
<b>#</b>	<b>NAME</b>	<b>TEAM</b>	<b>Drag Time</b>	<b>Drag Penalty</b>	<b>DRAG TIME</b>		
8	Cindy Veluw		00:11.75		00:11.75	1	
13	Nancy Whelen		00:12.69		00:12.69	2	
9	Deanne Langlois-Klassen		00:14.84		00:14.84	3	
1	Kathy Carl	Run Fit	00:15.28		00:15.28	4	
5	Kim Kennedy	Wild, Wet & Weary	00:15.65		00:15.65	5	
14	Rita Duncan		00:16.18		00:16.18	6	
12	Jennifer Rowe		00:17.53		00:17.53	7	
17	Kim Borowiecki		00:17.72		00:17.72	8	
10	Jamie McIldoon		00:18.25		00:18.25	9	
6	Laurie Bjorgan	Wild, Wet & Weary	00:18.94		00:18.94	10	
11	Jennifer Clifford		00:19.00		00:19.00	11	
7	Christie Desousa		00:19.25		00:19.25	12	
3	Stephanie Tempest	Run Fit	00:19.41		00:19.41	13	
2	Sandy Bugeja	Run Fit	00:19.97		00:19.97	14	
4	Hali Hennig	Wild, Wet & Weary	02:00.00		02:00.00	15	

## KETTLEBELL LIFT

<b>MASTERS DIVISION</b>					<b>KETTLE BELLS</b>		<b>KB Rank</b>
<b>#</b>	<b>NAME</b>	<b>TEAM</b>	<b>KB Timer</b>	<b>KB Penalty</b>	<b>KB TIME</b>		
8	Cindy Veluw		00:36.29		00:36.29	1	
9	Deanne Langlois-Klassen		00:41.46		00:41.46	2	
13	Nancy Whelen		00:44.25		00:44.25	3	
17	Kim Borowiecki		00:46.13		00:46.13	4	
14	Rita Duncan		00:45.18	00:04.00	00:49.18	5	
11	Jennifer Clifford		00:49.34		00:49.34	6	
10	Jamie McIldoon		00:49.56		00:49.56	7	
6	Laurie Bjorgan	Wild, Wet & Weary	00:51.25		00:51.25	8	
5	Kim Kennedy	Wild, Wet & Weary	00:51.44		00:51.44	9	
12	Jennifer Rowe		00:52.69		00:52.69	10	
1	Kathy Carl	Run Fit	00:53.62		00:53.62	11	
3	Stephanie Tempest	Run Fit	00:57.19		00:57.19	12	
7	Christie Desousa		01:03.54		01:03.54	13	
2	Sandy Bugeja	Run Fit	01:04.19	00:01.00	01:05.19	14	

## SANDBAG BURPEE CLEAN/PRESS

<b>MASTERS 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>
8	Cindy Veluw		15	00:59.50	1
17	Kim Borowiecki		15	01:01.22	2
9	Deanne Langlois-Klassen		15	01:12.37	3
13	Nancy Whelen		15	01:14.32	4
7	Christie Desousa		15	01:28.87	5
2	Sandy Bugeja	Run Fit	15	01:29.34	6
14	Rita Duncan		15	01:36.90	7
11	Jennifer Clifford		15	01:37.90	8
10	Jamie McIldoon		15	01:38.75	9
5	Kim Kennedy	Wild, Wet & Weary	15	01:42.93	10
1	Kathy Carl	Run Fit	15	01:43.10	11
12	Jennifer Rowe		15	01:45.38	12
6	Laurie Bjorgan	Wild, Wet & Weary	15	01:56.41	13
4	Hali Hennig	Wild, Wet & Weary	15	02:32.03	14
3	Stephanie Tempest	Run Fit	15	02:41.15	15