



FEMSPORT Spruce Grove Challenge – July 21st, 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.)

OPEN TEAM RANKING

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

	SB Rank	Box Rank	KB Rank	Flip Rank	Tire Rank	OC Rank	Overall Rank	Overall Points	
Perpetual Fitness #1								201.5	1
Ashley Denton	7	9	9	15	14	7	8		
Karmen Suitor	3	7	17	18	12	16	12		
Kristen Grise	5	2	4	12	6	18	6		
Stronger Than Yesterday								222.0	2
Bobbi-Jo									
Atchison	10	17	5	2	5	3	4		
Davina Alyward	24	23	13	5	3	9	13		
Heather Peddle	21	15	20	11	15	10	16		
High Voltage								234.0	3
Amanda Vaters	6	4	1	1	1	2	1		
Monique Kabel	15	5	14	13	11	23	15		
Lyn Rafferty	23	19	19	19	17	19	22		
Barbellas								263.5	4
Gillian Buhler	22	13	24	25	24	25	25		
Kim Evans	2	3	7	7	13	5	3		
Sarah Jones	8	14	10	8	16	15	11		
Mom Strong								269.0	5
Alycia Wood	13	20	18	16	2	13	14		
Jonnell McVicar	14	8	12	17	23	21	17		
Maria Hogan	20	22	11	6	4	8	10		

Beautifully Athletic								322.5	6
Aimee Campbell	16	11	16	3	7	4	7		
Linda-Lee Pierre	17	12	21	20	21	20	20		
Livia Costa	25	21	25	24	22	17	24		
Honey Badgers								345.0	7
Cara Butt	12	24	22	22	18	22	23		
Jana Bjorgan	4	25	15	23	20	14	19		
Jodi Plitt	19	10	8	14	19	24	18		

OPEN INDIVIDUAL RANKING

#	NAME	TEAM	Final Rank	Overall Points
79	Amanda Vaters	High Voltage	1	16.0
96	Katrina Brandt		2	23.5
74	Kim Evans	Barbellas	3	39.5
91	Bobbi-Jo Atchison	Stronger Than Yesterday	4	43.5
95	Helen Kiernan		5	45.0
90	Kristen Grise	Perpetual Fitness #1	6	56.0
76	Aimee Campbell	Beautifully Athletic	7	59.0
88	Ashley Denton	Perpetual Fitness #1	8	64.5
97	Kodee Pilling		9	65.5
87	Maria Hogan	Mom Strong	10	75.0
75	Sarah Jones	Barbellas	11	78.5
89	Karmen Sutor	Perpetual Fitness #1	12	81.0
92	Davina Alyward	Stronger Than Yesterday	13	81.5
85	Alycia Wood	Mom Strong	14	88.5
81	Monique Kabel	High Voltage	15	92.5
93	Heather Peddle	Stronger Than Yesterday	16	97.0
86	Jonnell McVicar	Mom Strong	17	105.5
84	Jodi Plitt	Honey Badgers	18	106.0
83	Jana Bjorgan	Honey Badgers	19	108.0
77	Linda-Lee Pierre	Beautifully Athletic	20	121.0
94	Chrissie Brouse		20	121.0
80	Lyn Rafferty	High Voltage	22	125.5
82	Cara Butt	Honey Badgers	23	131.0
78	Livia Costa	Beautifully Athletic	24	142.5
73	Gillian Buhler	Barbellas	25	145.5
98	Lynn Michaud		26	169.0

OPEN EVENT RANKING

OBSTACLE COURSE

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

OPEN DIVISION			OBSTACLE COURSE			OC Rank
#	NAME	TEAM	Timer	Penalty	OC TIME	
96	Katrina Brandt		00:26.37		00:26.37	1
79	Amanda Vaters	High Voltage	00:27.63		00:27.63	2
91	Bobbi-Jo Atchison	Stronger Than Yesterday	00:28.15		00:28.15	3
76	Aimee Campbell	Beautifully Athletic	00:30.53		00:30.53	4
74	Kim Evans	Barbellas	00:31.09		00:31.09	5
95	Helen Kiernan		00:31.87		00:31.87	6
88	Ashley Denton	Perpetual Fitness #1	00:32.40		00:32.40	7
87	Maria Hogan	Mom Strong	00:32.91		00:32.91	8
92	Davina Alyward	Stronger Than Yesterday	00:33.91		00:33.91	9
93	Heather Peddle	Stronger Than Yesterday	00:34.00		00:34.00	10
97	Kodee Pilling		00:33.63	00:01.00	00:34.63	11
94	Chrissie Brouse		00:34.40	00:01.00	00:35.40	12
85	Alycia Wood	Mom Strong	00:34.81	00:01.00	00:35.81	13
83	Jana Bjorgan	Honey Badgers	00:37.06		00:37.06	14
75	Sarah Jones	Barbellas	00:38.00		00:38.00	15
89	Karmen Suitor	Perpetual Fitness #1	00:39.09		00:39.09	16
78	Livia Costa	Beautifully Athletic	00:39.84		00:39.84	17
90	Kristen Grise	Perpetual Fitness #1	00:38.87	00:01.00	00:39.87	18
80	Lyn Rafferty	High Voltage	00:41.06		00:41.06	19
77	Linda-Lee Pierre	Beautifully Athletic	00:42.82	00:01.00	00:43.82	20
86	Jonnell McVicar	Mom Strong	00:48.00		00:48.00	21
82	Cara Butt	Honey Badgers	00:49.35		00:49.35	22
81	Monique Kabel	High Voltage	00:50.69		00:50.69	23
84	Jodi Plitt	Honey Badgers	00:51.35		00:51.35	24
73	Gillian Buhler	Barbellas	01:05.66		01:05.66	25
98	Lynn Michaud		01:35.06		01:35.06	26

BOX JUMPS

OPEN DIVISION			BOX JUMPS		Box Rank
#	NAME	TEAM	Box Reps	Box TIME	
96	Katrina Brandt		50	00:37.03	1
90	Kristen Grise	Perpetual Fitness #1	50	00:42.50	2
74	Kim Evans	Barbellas	50	00:46.43	3
79	Amanda Vaters	High Voltage	50	00:46.47	4
81	Monique Kabel	High Voltage	50	00:46.82	5
95	Helen Kiernan		50	00:47.78	6
89	Karmen Suitor	Perpetual Fitness #1	50	00:48.62	7

86	Jonnell McVicar	Mom Strong	50	00:52.03	8
88	Ashley Denton	Perpetual Fitness #1	50	00:58.71	9
84	Jodi Plitt	Honey Badgers	50	01:03.16	10
76	Aimee Campbell	Beautifully Athletic	50	01:08.78	11
77	Linda-Lee Pierre	Beautifully Athletic	50	01:09.38	12
73	Gillian Buhler	Barbellas	50	01:12.72	13
75	Sarah Jones	Barbellas	50	01:14.65	14
93	Heather Peddle	Stronger Than Yesterday	50	01:21.47	15
94	Chrissie Brouse		50	01:31.15	16
91	Bobbi-Jo Atchison	Stronger Than Yesterday	50	01:37.38	17
97	Kodee Pilling		50	01:49.01	18
80	Lyn Rafferty	High Voltage	50	01:52.81	19
85	Alycia Wood	Mom Strong	50	01:55.28	20
78	Livia Costa	Beautifully Athletic	50	01:58.00	21
78	Livia Costa	Beautifully Athletic	50	01:58.00	21
87	Maria Hogan	Mom Strong	50	02:21.40	22
92	Davina Alyward	Stronger Than Yesterday	50	02:26.07	23
82	Cara Butt	Honey Badgers	50	02:29.65	24
83	Jana Bjorgan	Honey Badgers	49	03:00.00	25
98	Lynn Michaud		42	03:00.00	26

TIRE FLIPS

OPEN DIVISION			TIRE FLIP		Rank
#	NAME	TEAM	Flips	Flip Time	
79	Amanda Vaters	High Voltage	06	00:19.56	1
91	Bobbi-Jo Atchison	Stronger Than Yesterday	06	00:20.10	2
76	Aimee Campbell	Beautifully Athletic	06	00:21.60	3
95	Helen Kiernan		06	00:21.97	4
92	Davina Alyward	Stronger Than Yesterday	06	00:22.16	5
87	Maria Hogan	Mom Strong	06	00:22.25	6
74	Kim Evans	Barbellas	06	00:22.62	7
75	Sarah Jones	Barbellas	06	00:23.29	8
97	Kodee Pilling		06	00:23.88	9
96	Katrina Brandt		06	00:24.16	10
93	Heather Peddle	Stronger Than Yesterday	06	00:24.40	11
90	Kristen Grise	Perpetual Fitness #1	06	00:24.50	12
81	Monique Kabel	High Voltage	06	00:24.94	13
84	Jodi Plitt	Honey Badgers	06	00:25.09	14
88	Ashley Denton	Perpetual Fitness #1	06	00:26.57	15
85	Alycia Wood	Mom Strong	06	00:26.81	16
86	Jonnell McVicar	Mom Strong	06	00:28.37	17
89	Karmen Sutor	Perpetual Fitness #1	06	00:28.75	18
80	Lyn Rafferty	High Voltage	06	00:28.97	19
77	Linda-Lee Pierre	Beautifully Athletic	06	00:29.18	20
94	Chrissie Brouse		06	00:30.16	21
82	Cara Butt	Honey Badgers	06	00:32.69	22

83	Jana Bjorgan	Honey Badgers	06	00:35.25	23
78	Livia Costa	Beautifully Athletic	06	00:49.22	24
73	Gillian Buhler	Barbellas	06	00:52.66	25
98	Lynn Michaud		03	03:00.00	26

TIRE DRAG

OPEN DIVISION			TIRE DRAG			Tire Rank
#	NAME	TEAM	TD Timer	Tire Penalty	Tire TIME	
79	Amanda Vaters	High Voltage	00:13.03		00:13.03	1
85	Alycia Wood	Mom Strong	00:14.31		00:14.31	2
92	Davina Alyward	Stronger Than Yesterday	00:14.32		00:14.32	3
87	Maria Hogan	Mom Strong	00:15.09		00:15.09	4
91	Bobbi-Jo Atchison	Stronger Than Yesterday	00:15.34		00:15.34	5
90	Kristen Grise	Perpetual Fitness #1	00:15.43		00:15.43	6
76	Aimee Campbell	Beautifully Athletic	00:15.72		00:15.72	7
96	Katrina Brandt		00:15.88		00:15.88	8
95	Helen Kiernan		00:16.06		00:16.06	9
97	Kodee Pilling		00:16.15		00:16.15	10
81	Monique Kabel	High Voltage	00:16.28		00:16.28	11
89	Karmen Suitor	Perpetual Fitness #1	00:16.37		00:16.37	12
74	Kim Evans	Barbellas	00:16.82		00:16.82	13
88	Ashley Denton	Perpetual Fitness #1	00:17.28		00:17.28	14
93	Heather Peddle	Stronger Than Yesterday	00:16.63	00:01.00	00:17.63	15
75	Sarah Jones	Barbellas	00:19.10		00:19.10	16
80	Lyn Rafferty	High Voltage	00:20.41		00:20.41	17
82	Cara Butt	Honey Badgers	00:21.16		00:21.16	18
84	Jodi Plitt	Honey Badgers	00:21.53		00:21.53	19
83	Jana Bjorgan	Honey Badgers	00:21.57		00:21.57	20
77	Linda-Lee Pierre	Beautifully Athletic	00:21.75		00:21.75	21
78	Livia Costa	Beautifully Athletic	00:23.91		00:23.91	22
86	Jonnell McVicar	Mom Strong	00:24.31		00:24.31	23
73	Gillian Buhler	Barbellas	00:29.06		00:29.06	24
94	Chrissie Brouse		00:32.78		00:32.78	25
98	Lynn Michaud		02:00.00		02:00.00	26

KETTLEBELL LIFT

OPEN DIVISION			KETTLE BELLS			KB Rank
#	NAME	TEAM	KB Timer	KB Penalty	KB TIME	
79	Amanda Vaters	High Voltage	00:30.29		00:30.29	1
96	Katrina Brandt		00:34.15		00:34.15	2

97	Kodee Pilling		00:34.84		00:34.84	3
90	Kristen Grise	Perpetual Fitness #1	00:34.91		00:34.91	4
91	Bobbi-Jo Atchison	Stronger Than Yesterday	00:35.75		00:35.75	5
95	Helen Kiernan		00:35.19	00:02.00	00:37.19	6
74	Kim Evans	Barbellas	00:37.69		00:37.69	7
84	Jodi Plitt	Honey Badgers	00:39.16		00:39.16	8
88	Ashley Denton	Perpetual Fitness #1	00:37.25	00:02.00	00:39.25	9
75	Sarah Jones	Barbellas	00:40.75		00:40.75	10
87	Maria Hogan	Mom Strong	00:41.12		00:41.12	11
86	Jonnell McVicar	Mom Strong	00:41.44		00:41.44	12
92	Davina Alyward	Stronger Than Yesterday	00:41.50		00:41.50	13
81	Monique Kabel	High Voltage	00:40.72	00:01.00	00:41.72	14
83	Jana Bjorgan	Honey Badgers	00:42.47		00:42.47	15
76	Aimee Campbell	Beautifully Athletic	00:42.78		00:42.78	16
89	Karmen Suitor	Perpetual Fitness #1	00:42.87		00:42.87	17
85	Alycia Wood	Mom Strong	00:43.13		00:43.13	18
80	Lyn Rafferty	High Voltage	00:44.84		00:44.84	19
93	Heather Peddle	Stronger Than Yesterday	00:44.44	00:01.00	00:45.44	20
77	Linda-Lee Pierre	Beautifully Athletic	00:44.91	00:01.00	00:45.91	21
82	Cara Butt	Honey Badgers	00:46.63		00:46.63	22
94	Chrissie Brouse		00:48.06		00:48.06	23
73	Gillian Buhler	Barbellas	01:01.87		01:01.87	24
78	Livia Costa	Beautifully Athletic	01:04.88		01:04.88	25
98	Lynn Michaud		03:00.00		03:00.00	26

SANDBAG BURPEE CLEAN/PRESS

OPEN DIVISION			SANDBAG		SB Rank
#	NAME	TEAM	Sandbag Reps	Sandbag Time	
96	Katrina Brandt		15	00:40.03	1
74	Kim Evans	Barbellas	15	00:52.62	2
89	Karmen Suitor	Perpetual Fitness #1	15	00:53.75	3
83	Jana Bjorgan	Honey Badgers	15	00:53.81	4
90	Kristen Grise	Perpetual Fitness #1	15	00:56.22	5
79	Amanda Vaters	High Voltage	15	00:56.88	6
88	Ashley Denton	Perpetual Fitness #1	15	00:58.03	7
75	Sarah Jones	Barbellas	15	01:03.47	8
97	Kodee Pilling		15	01:04.37	9
91	Bobbi-Jo Atchison	Stronger Than Yesterday	15	01:07.34	10
95	Helen Kiernan		15	01:07.84	11
82	Cara Butt	Honey Badgers	15	01:10.34	12
85	Alycia Wood	Mom Strong	15	01:10.75	13
86	Jonnell McVicar	Mom Strong	15	01:18.50	14
81	Monique Kabel	High Voltage	15	01:18.53	15
76	Aimee Campbell	Beautifully Athletic	15	01:20.12	16

77	Linda-Lee Pierre	Beautifully Athletic	15	01:23.59	17
94	Chrissie Brouse		15	01:24.00	18
84	Jodi Plitt	Honey Badgers	15	01:25.03	19
87	Maria Hogan	Mom Strong	15	01:25.29	20
93	Heather Peddle	Stronger Than Yesterday	15	01:29.00	21
73	Gillian Buhler	Barbellas	15	01:30.47	22
80	Lyn Rafferty	High Voltage	15	01:35.22	23
92	Davina Alyward	Stronger Than Yesterday	15	01:43.47	24
78	Livia Costa	Beautifully Athletic	15	01:51.31	25
98	Lynn Michaud		10	03:00.00	26