



### FEMSPORT Spruce Grove Challenge – July 20<sup>th</sup>, 2019



#### CHI Bursary Winner: Cassandra Jokinen

#### SCORING:

- ★ Low points place first
- ★ Placing is equal to points (i.e. 1st place = 1 point, 2nd place = 2 points, etc.)
- ★ Obstacle Medley placing is equal to 1.5 x (i.e. 1st place = 1.5 points, 2nd place = 3 points, etc.)

*NOTE: Each competitor received 1 point for Tire Drag which was not performed at this event.*

### MASTERS TEAM RANKING

*\*\* Each competitor received 1 point for Tire Drag  
which was not performed at this event \*\**

	SB Rank	Box Rank	KB Rank	Flip Rank	Tire Rank	OC Rank	Overall Rank	Overall Points	
<b>TR Athletics with Acti</b>							<b>61.5</b>	<b>1</b>	
Angela Wegleitner	3	1	1	2	1	1	1		
Cassandra Jokinen	2	2	3	4	1	4	3		
Kristy Wegleitner	5	4	5	7	1	8	6		
<b>The Golden Vixens</b>							<b>87.0</b>	<b>2</b>	
Cindy Sijpbeer	4	8	6	8	1	3	4		
Janelle Jentink	6	13	8	6	1	5	7		
Kirsten Cleland	1	6	2	1	1	2	2		
<b>RunFit</b>							<b>223.0</b>	<b>3</b>	
Kathy Carl	11	5	10	10	1	11	9		
Sandy Bugeja	10	9	13	13	1	17	14		
Stephanie Tempest	18	18	19	15	1	18	19		

## MASTERS INDIVIDUAL RANKING

#	NAME	TEAM	Overall Rank	Overall Points
7	Angela Wegleitner	TR Athletics with Action	1	9.5
6	Kirsten Cleland	The Golden Vixens	2	14.0
8	Cassandra Jokinen	TR Athletics with Action	3	18.0
4	Cindy Sijpheer	The Golden Vixens	4	31.5
15	Kim Borowiecki		5	32.0
9	Kristy Wegleitner	TR Athletics with Action	6	34.0
5	Janelle Jentink	The Golden Vixens	7	41.5
10	Allison Sniher		7	41.5
1	Kathy Carl	RunFit	9	53.5
13	Jodi Russell		10	59.5
14	Karen Schumann		11	68.5
18	Mary Koehn		12	69.0
12	Jacqueline Bruneau		13	71.0
2	Sandy Bugeja	RunFit	14	71.5
19	Sonia Lyonnais		15	78.5
11	Cindy Bragg		16	80.0
16	Laurie Bjorgan		17	94.5
17	Lisa Porret		18	96.5
3	Stephanie Tempest	RunFit	19	98.0

## MASTERS EVENT RANKING

*\*\* Each competitor received 1 point for Tire Drag  
which was not performed at this event \*\**

## OBSTACLE MEDLEY

<b>MASTERS DIVISION</b>			<b>OBSTACLE COURSE</b>			OC Rank
#	NAME	TEAM	OCTimer	OC Penalty	OC TIME	
7	Angela Wegleitner	TR Athletics with Action	00:29.77		00:29.77	1
6	Kirsten Cleland	The Golden Vixens	00:30.84		00:30.84	2
4	Cindy Sijpheer	The Golden Vixens	00:36.75		00:36.75	3
8	Cassandra Jokinen	TR Athletics with Action	00:37.29		00:37.29	4
5	Janelle Jentink	The Golden Vixens	00:38.34		00:38.34	5
15	Kim Borowiecki		00:38.50		00:38.50	6
10	Allison Sniher		00:38.97		00:38.97	7
9	Kristy Wegleitner	TR Athletics with Action	00:39.16		00:39.16	8
13	Jodi Russell		00:39.75		00:39.75	9

14	Karen Schumann		00:39.75		00:39.75	9
1	Kathy Carl	RunFit	00:41.75		00:41.75	11
12	Jacqueline Bruneau		00:42.50		00:42.50	12
19	Sonia Lyonnais		00:43.00		00:43.00	13
18	Mary Koehn		00:43.03		00:43.03	14
16	Laurie Bjorgan		00:45.13		00:45.13	15
11	Cindy Bragg		00:47.37		00:47.37	16
2	Sandy Bugeja	RunFit	00:49.47		00:49.47	17
3	Stephanie Tempest	RunFit	00:51.06		00:51.06	18
17	Lisa Porret		00:56.06		00:56.06	19

## BOX JUMPS

<b>MASTERS DIVISION</b>		<b>BOX JUMPS</b>			Box Rank
#	NAME	TEAM	Box Reps	Box TIME	
7	Angela Wegleitner	TR Athletics with Action	50	00:42.85	1
8	Cassandra Jokinen	TR Athletics with Action	50	00:57.53	2
15	Kim Borowiecki		50	01:04.00	3
9	Kristy Wegleitner	TR Athletics with Action	50	01:24.31	4
1	Kathy Carl	RunFit	50	01:27.63	5
6	Kirsten Cleland	The Golden Vixens	50	01:32.16	6
12	Jacqueline Bruneau		50	01:42.39	7
4	Cindy Sijpheer	The Golden Vixens	50	01:42.56	8
2	Sandy Bugeja	RunFit	50	01:49.65	9
10	Allison Sniher		50	01:56.62	10
13	Jodi Russell		50	02:01.72	11
18	Mary Koehn		50	02:11.57	12
5	Janelle Jentink	The Golden Vixens	50	02:19.24	13
11	Cindy Bragg		50	02:30.00	14
17	Lisa Porret		50	02:30.37	15
14	Karen Schumann		50	02:40.56	16
19	Sonia Lyonnais		48	03:00.00	17
3	Stephanie Tempest	RunFit	46	03:00.00	18
16	Laurie Bjorgan			03:00.00	19

## TIRE FLIPS

<b>MASTERS DIVISION</b>		<b>TIRE FLIP</b>			Flip Rank
#	NAME	TEAM	Flips	Flip Time	
6	Kirsten Cleland	The Golden Vixens	06	00:17.56	1
7	Angela Wegleitner	TR Athletics with Action	06	00:18.87	2
10	Allison Sniher		06	00:21.09	3
8	Cassandra Jokinen	TR Athletics with Action	06	00:25.31	4
15	Kim Borowiecki		06	00:25.85	5

5	Janelle Jentink	The Golden Vixens	06	00:26.28	6
9	Kristy Wegleitner	TR Athletics with Action	06	00:28.00	7
4	Cindy Sijpheer	The Golden Vixens	06	00:28.07	8
13	Jodi Russell		06	00:30.90	9
1	Kathy Carl	RunFit	06	00:31.75	10
18	Mary Koehn		06	00:33.34	11
11	Cindy Bragg		06	00:34.66	12
2	Sandy Bugeja	RunFit	06	00:40.31	13
14	Karen Schumann		06	00:42.43	14
3	Stephanie Tempest	RunFit	06	00:55.16	15
16	Laurie Bjorgan		06	00:55.31	16
19	Sonia Lyonnais		06	00:57.97	17
17	Lisa Porret		06	01:04.34	18
12	Jacqueline Bruneau		06	01:27.94	19

## TIRE DRAG

*\*\* Each competitor received 1 point for Tire Drag  
which was not performed at this event \*\**

## KETTLEBELL LIFT

MASTERS DIVISION			KETTLE BELLS			KB Rank
#	NAME	TEAM	KB Timer	KB Penalty	KB TIME	
7	Angela Wegleitner	TR Athletics with Action	00:31.88	00:01.00	00:32.88	1
6	Kirsten Cleland	The Golden Vixens	00:35.56		00:35.56	2
8	Cassandra Jokinen	TR Athletics with Action	00:35.63		00:35.63	3
10	Allison Sniher		00:37.53		00:37.53	4
9	Kristy Wegleitner	TR Athletics with Action	00:38.78		00:38.78	5
4	Cindy Sijpheer	The Golden Vixens	00:41.69		00:41.69	6
15	Kim Borowiecki		00:41.53	00:01.00	00:42.53	7
5	Janelle Jentink	The Golden Vixens	00:43.50		00:43.50	8
18	Mary Koehn		00:44.22		00:44.22	9
1	Kathy Carl	RunFit	00:44.28		00:44.28	10
13	Jodi Russell		00:44.68		00:44.68	11
11	Cindy Bragg		00:45.50		00:45.50	12
2	Sandy Bugeja	RunFit	00:46.06		00:46.06	13
12	Jacqueline Bruneau		00:47.13		00:47.13	14
19	Sonia Lyonnais		00:49.22		00:49.22	15
14	Karen Schumann		00:50.28		00:50.28	16
16	Laurie Bjorgan		00:50.56		00:50.56	17
17	Lisa Porret		00:50.78	00:01.00	00:51.78	18
3	Stephanie Tempest	RunFit	00:52.94	00:02.00	00:54.94	19

# 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>
6	Kirsten Cleland	The Golden Vixens	15	00:50.22	1
8	Cassandra Jokinen	TR Athletics with Action	15	00:50.30	2
7	Angela Wegleitner	TR Athletics with Action	15	00:50.38	3
4	Cindy Sijpbeer	The Golden Vixens	15	00:55.75	4
9	Kristy Wegleitner	TR Athletics with Action	15	01:01.93	5
5	Janelle Jentink	The Golden Vixens	15	01:05.28	6
15	Kim Borowiecki		15	01:05.84	7
14	Karen Schumann		15	01:20.75	8
19	Sonia Lyonnais		15	01:23.12	9
2	Sandy Bugeja	RunFit	15	01:23.99	10
1	Kathy Carl	RunFit	15	01:32.44	11
12	Jacqueline Bruneau		15	01:36.72	12
10	Allison Sniher		15	01:39.63	13
13	Jodi Russell		15	01:48.60	14
18	Mary Koehn		15	01:51.35	15
17	Lisa Porret		15	01:56.06	16
11	Cindy Bragg		15	02:12.59	17
3	Stephanie Tempest	RunFit	15	02:16.19	18
16	Laurie Bjorgan		15	02:25.25	19