



FEMSPORT Kamloops Challenge – May 25th, 2019



CHI Bursary Winner: Nikki Ford

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 ****

	SB Rank	Box Rank	KB Rank	Flip Rank	Tire Rank	OC Rank	Overall Rank	Overall Points	
Kamloops Fit Centre								273.5	1
Jacquey Meersman	12	12	5	5	13	31	12		
Joanna Norman	21	21	11	7	3	3	6		
Tamra Brouwer	22	14	24	24	15	9	18		
Fit By Design 5								279.0	2
Alisha Beday	4	13	17	18	31	27	22		
Jodi Fowler	17	22	10	8	4	22	13		
Trish Meacher	3	1	8	13	29	5	4		
Warrior Women 2								292.5	3
Cheryl Taylor	19	27	7	3	11	28	17		
Crystal Swayze	14	25	13	10	14	12	13		
Valerie Cox	5	7	12	20	20	17	11		
Strength in 2 Fitness								311.5	4
Audra Parker	33	29	32	33	33	33	33		
Angela Ball	10	20	19	11	6	2	7		
Keltie Watson	2	9	6	9	1	4	2		
Fit By Design 6								340.0	5
Lisa Imeson	26	28	22	12	24	7	21		
Mandy Chapman	28	19	15	14	16	8	16		
Susan Pouncy	18	11	18	21	23	15	19		
Diverse - Marvelicious								349.5	6
Jessie Lindores	6	8	16	26	26	25	20		
Brandy Barnes	15	15	23	29	32	26	28		
Francy Stuart	8	4	20	15	9	14	9		

F3 Fit 'n Fiesty								370.5	7
Charlene Nichol	7	5	3	5	10	32	10		
Donna Brooks	29	18	28	28	22	11	25		
Tracy Waddington	25	23	26	30	17	20	27		
Fit By Design 7								496.0	8
Jennifer Turnbull	30	30	29	27	28	21	30		
Natash Marshal	24	26	21	19	8	30	26		
Nicole Hale	32	30	30	32	19	23	31		

MASTERS INDIVIDUAL RANKING

#	NAME	TEAM	Overall Rank	Overall Points
25	Angela Wegleitner		1	13.5
21	Keltie Watson	Strength in 2 Fitness	2	33.0
32	Melanie Masny		3	54.0
9	Trish Meacher	Fit By Design 5	4	61.5
29	Julie Fazekas		5	63.0
17	Joanna Norman	Kamloops Fit Centre	6	67.5
19	Angela Ball	Strength in 2 Fitness	7	69.0
27	Evelyn Luce		8	69.5
2	Francy Stuart	Diverse - Marvelicious	9	77.0
4	Charlene Nichol	F3 Fit 'n Fiesty	10	78.0
24	Valerie Cox	Warrior Women 2	11	89.5
16	Jacquey Meersman	Kamloops Fit Centre	12	93.5
8	Jodi Fowler	Fit By Design 5	13	94.0
23	Crystal Swayze	Warrior Women 2	13	94.0
28	Gina Gray		15	99.0
11	Mandy Chapman	Fit By Design 6	16	104.0
22	Cheryl Taylor	Warrior Women 2	17	109.0
18	Tamra Brouwer	Kamloops Fit Centre	18	112.5
12	Susan Pouncy	Fit By Design 6	19	113.5
3	Jessie Lindores	Diverse - Marvelicious	20	119.5
10	Lisa Imeson	Fit By Design 6	21	122.5
7	Alisha Beday	Fit By Design 5	22	123.5
30	Liana Jones		23	129.0
31	Lisa Clark		24	140.0
5	Donna Brooks	F3 Fit 'n Fiesty	25	141.5
14	Natash Marshal	Fit By Design 7	26	143.0
6	Tracy Waddington	F3 Fit 'n Fiesty	27	151.0
1	Brandy Barnes	Diverse - Marvelicious	28	153.0
26	Debbie McKinney		29	164.5
13	Jennifer Turnbull	Fit By Design 7	30	175.5
15	Nicole Hale	Fit By Design 7	31	177.5
33	Vanessa Gelowitz		32	191.5
20	Audra Parker	Strength in 2 Fitness	33	209.5

MASTERS EVENT RANKING

OBSTACLE COURSE

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

MASTERS DIVISION			OBSTACLE COURSE			OC Rank
#	NAME	TEAM	OCTimer	OC Penalty	OC TIME	
25	Angela Wegleitner		00:34.84		00:34.84	1
19	Angela Ball	Strength in 2 Fitness	00:39.56		00:39.56	2
17	Joanna Norman	Kamloops Fit Centre	00:39.69		00:39.69	3
21	Keltie Watson	Strength in 2 Fitness	00:40.03		00:40.03	4
9	Trish Meacher	Fit By Design 5	00:40.27		00:40.27	5
29	Julie Fazekas		00:40.56		00:40.56	6
10	Lisa Imeson	Fit By Design 6	00:41.47		00:41.47	7
11	Mandy Chapman	Fit By Design 6	00:45.60		00:45.60	8
18	Tamra Brouwer	Kamloops Fit Centre	00:45.84		00:45.84	9
28	Gina Gray		00:46.00		00:46.00	10
5	Donna Brooks	F3 Fit 'n Fiesty	00:46.60		00:46.60	11
23	Crystal Swayze	Warrior Women 2	00:46.81		00:46.81	12
27	Evelyn Luce		00:47.62		00:47.62	13
2	Francy Stuart	Diverse - Marvelicious	00:49.06		00:49.06	14
12	Susan Pouncy	Fit By Design 6	00:49.32		00:49.32	15
30	Liana Jones		00:47.94	00:02.00	00:49.94	16
24	Valerie Cox	Warrior Women 2	00:50.28		00:50.28	17
32	Melanie Masny		00:49.50	00:01.00	00:50.50	18
26	Debbie McKinney		00:52.25		00:52.25	19
6	Tracy Waddington	F3 Fit 'n Fiesty	00:54.00		00:54.00	20
13	Jennifer Turnbull	Fit By Design 7	00:58.25		00:58.25	21
8	Jodi Fowler	Fit By Design 5	00:58.28		00:58.28	22
15	Nicole Hale	Fit By Design 7	01:00.02		01:00.02	23
31	Lisa Clark		01:00.16		01:00.16	24
3	Jessie Lindores	Diverse - Marvelicious	01:00.19		01:00.19	25
1	Brandy Barnes	Diverse - Marvelicious	01:02.34		01:02.34	26
7	Alisha Beday	Fit By Design 5	01:04.09		01:04.09	27
22	Cheryl Taylor	Warrior Women 2	01:10.50		01:10.50	28
33	Vanessa Gelowitz		01:16.09	00:02.00	01:18.09	29
14	Natash Marshal	Fit By Design 7	01:22.41		01:22.41	30
16	Jacquey Meersman	Kamloops Fit Centre	01:25.69		01:25.69	31
4	Charlene Nichol	F3 Fit 'n Fiesty	01:27.68		01:27.68	32
20	Audra Parker	Strength in 2 Fitness	04:00.00		04:00.00	33

BOX JUMPS

MASTERS DIVISION				BOX JUMPS		Box Rank
#	NAME	TEAM	Box Reps	Box TIME		
9	Trish Meacher	Fit By Design 5	50	00:44.16	1	
29	Julie Fazekas		50	00:48.00	2	
25	Angela Wegleitner		50	00:48.91	3	
2	Francy Stuart	Diverse - Marvelicious	50	00:50.84	4	
4	Charlene Nichol	F3 Fit 'n Fiesty	50	00:52.30	5	
32	Melanie Masny		50	00:55.93	6	
24	Valerie Cox	Warrior Women 2	50	01:06.19	7	
3	Jessie Lindores	Diverse - Marvelicious	50	01:15.56	8	
21	Keltie Watson	Strength in 2 Fitness	50	01:20.37	9	
27	Evelyn Luce		50	01:25.46	10	
12	Susan Pouncy	Fit By Design 6	50	01:28.84	11	
16	Jacquey Meersman	Kamloops Fit Centre	50	01:32.37	12	
7	Alisha Beday	Fit By Design 5	50	01:33.16	13	
18	Tamra Brouwer	Kamloops Fit Centre	50	01:33.72	14	
1	Brandy Barnes	Diverse - Marvelicious	50	01:35.03	15	
31	Lisa Clark		50	01:40.47	16	
28	Gina Gray		50	01:40.69	17	
5	Donna Brooks	F3 Fit 'n Fiesty	50	01:42.07	18	
11	Mandy Chapman	Fit By Design 6	50	01:53.69	19	
19	Angela Ball	Strength in 2 Fitness	50	01:58.47	20	
17	Joanna Norman	Kamloops Fit Centre	50	02:07.36	21	
8	Jodi Fowler	Fit By Design 5	50	02:10.15	22	
6	Tracy Waddington	F3 Fit 'n Fiesty	50	02:15.84	23	
33	Vanessa Gelowitz		50	02:25.69	24	
23	Crystal Swayze	Warrior Women 2	50	02:32.99	25	
14	Natash Marshal	Fit By Design 7	50	02:33.34	26	
22	Cheryl Taylor	Warrior Women 2	50	02:33.53	27	
10	Lisa Imeson	Fit By Design 6	50	02:40.42	28	
20	Audra Parker	Strength in 2 Fitness	11	03:00.00	29	
13	Jennifer Turnbull	Fit By Design 7		03:00.00	30	
15	Nicole Hale	Fit By Design 7		03:00.00	30	
26	Debbie McKinney			03:00.00	30	
30	Liana Jones			03:00.00	30	

TIRE FLIPS

MASTERS DIVISION				TIRE FLIP		Flip Rank
#	NAME	TEAM	Flips	Flip Time		
25	Angela Wegleitner		06	00:14.69	1	
32	Melanie Masny		06	00:15.25	2	
22	Cheryl Taylor	Warrior Women 2	06	00:16.56	3	
27	Evelyn Luce		06	00:16.84	4	
4	Charlene Nichol	F3 Fit 'n Fiesty	06	00:16.88	5	
16	Jacquy Meersman	Kamloops Fit Centre	06	00:16.88	5	
17	Joanna Norman	Kamloops Fit Centre	06	00:16.97	7	
8	Jodi Fowler	Fit By Design 5	06	00:17.84	8	
21	Keltie Watson	Strength in 2 Fitness	06	00:18.35	9	
23	Crystal Swayze	Warrior Women 2	06	00:19.03	10	
19	Angela Ball	Strength in 2 Fitness	06	00:19.56	11	
10	Lisa Imeson	Fit By Design 6	06	00:19.81	12	
9	Trish Meacher	Fit By Design 5	06	00:19.82	13	
11	Mandy Chapman	Fit By Design 6	06	00:19.96	14	
2	Francy Stuart	Diverse - Marvelicious	06	00:20.34	15	
29	Julie Fazekas		06	00:20.35	16	
28	Gina Gray		06	00:20.44	17	
7	Alisha Beday	Fit By Design 5	06	00:20.81	18	
14	Natash Marshal	Fit By Design 7	06	00:20.88	19	
24	Valerie Cox	Warrior Women 2	06	00:21.19	20	
12	Susan Pouncy	Fit By Design 6	06	00:21.31	21	
26	Debbie McKinney		06	00:21.72	22	
30	Liana Jones		06	00:21.94	23	
18	Tamra Brouwer	Kamloops Fit Centre	06	00:22.16	24	
31	Lisa Clark		06	00:23.53	25	
3	Jessie Lindores	Diverse - Marvelicious	06	00:24.94	26	
13	Jennifer Turnbull	Fit By Design 7	06	00:26.40	27	
5	Donna Brooks	F3 Fit 'n Fiesty	06	00:26.78	28	
1	Brandy Barnes	Diverse - Marvelicious	06	00:27.21	29	
6	Tracy Waddington	F3 Fit 'n Fiesty	06	00:27.44	30	
33	Vanessa Gelowitz		06	00:31.50	31	
15	Nicole Hale	Fit By Design 7	06	00:43.43	32	
20	Audra Parker	Strength in 2 Fitness		02:00.00	33	

TIRE DRAG

MASTERS DIVISION				TIRE DRAG			Tire Rank
#	NAME	DIVISION	TEAM	Drag Time	Drag Penalty	DRAG TIME	
21	Keltie Watson	Masters	Strength in 2 Fitness	00:07.97		00:07.97	1
28	Gina Gray	Masters		00:08.03		00:08.03	2
17	Joanna Norman	Masters	Kamloops Fit Centre	00:08.90		00:08.90	3
8	Jodi Fowler	Masters	Fit By Design 5	00:09.25		00:09.25	4
25	Angela Wegleitner	Masters		00:09.47		00:09.47	5
19	Angela Ball	Masters	Strength in 2 Fitness	00:09.75		00:09.75	6
32	Melanie Masny	Masters		00:10.81		00:10.81	7
14	Natash Marshal	Masters	Fit By Design 7	00:10.88		00:10.88	8
2	Francy Stuart	Masters	Diverse - Marvelicious	00:11.18		00:11.18	9
4	Charlene Nichol	Masters	F3 Fit 'n Fiesty	00:11.62		00:11.62	10
22	Cheryl Taylor	Masters	Warrior Women 2	00:11.68		00:11.68	11
27	Evelyn Luce	Masters		00:11.87		00:11.87	12
16	Jacquey Meersman	Masters	Kamloops Fit Centre	00:12.69		00:12.69	13
23	Crystal Swayze	Masters	Warrior Women 2	00:12.71		00:12.71	14
18	Tamra Brouwer	Masters	Kamloops Fit Centre	00:12.84		00:12.84	15
11	Mandy Chapman	Masters	Fit By Design 6	00:12.94		00:12.94	16
6	Tracy Waddington	Masters	F3 Fit 'n Fiesty	00:13.78		00:13.78	17
29	Julie Fazekas	Masters		00:13.91		00:13.91	18
15	Nicole Hale	Masters	Fit By Design 7	00:14.31		00:14.31	19
24	Valerie Cox	Masters	Warrior Women 2	00:14.60		00:14.60	20
31	Lisa Clark	Masters		00:14.60		00:14.60	20
5	Donna Brooks	Masters	F3 Fit 'n Fiesty	00:14.91		00:14.91	22
12	Susan Pouncy	Masters	Fit By Design 6	00:15.60		00:15.60	23
10	Lisa Imeson	Masters	Fit By Design 6	00:16.53		00:16.53	24
30	Liana Jones	Masters		00:17.10		00:17.10	25
3	Jessie Lindores	Masters	Diverse - Marvelicious	00:18.13		00:18.13	26
26	Debbie McKinney	Masters		00:19.44		00:19.44	27
13	Jennifer Turnbull	Masters	Fit By Design 7	00:19.50		00:19.50	28
9	Trish Meacher	Masters	Fit By Design 5	00:20.19		00:20.19	29
33	Vanessa Gelowitz	Masters		00:24.15		00:24.15	30
7	Alisha Beday	Masters	Fit By Design 5	00:24.88		00:24.88	31
1	Brandy Barnes	Masters	Diverse - Marvelicious	00:29.84		00:29.84	32
20	Audra Parker	Masters	Strength in 2 Fitness	02:00.00		02:00.00	33

KETTLEBELL LIFT

MASTERS DIVISION			KETTLE BELLS			KB Rank
#	NAME	TEAM	KB Timer	KB Penalty	KB TIME	
32	Melanie Masny		00:33.72		00:33.72	1
25	Angela Wegleitner		00:34.81		00:34.81	2
4	Charlene Nichol	F3 Fit 'n Fiesty	00:36.28		00:36.28	3
27	Evelyn Luce		00:37.63		00:37.63	4
16	Jacquey Meersman	Kamloops Fit Centre	00:37.68		00:37.68	5
21	Keltie Watson	Strength in 2 Fitness	00:37.81		00:37.81	6
22	Cheryl Taylor	Warrior Women 2	00:37.88		00:37.88	7
9	Trish Meacher	Fit By Design 5	00:38.19		00:38.19	8
29	Julie Fazekas		00:38.25		00:38.25	9
8	Jodi Fowler	Fit By Design 5	00:38.40		00:38.40	10
17	Joanna Norman	Kamloops Fit Centre	00:39.22		00:39.22	11
24	Valerie Cox	Warrior Women 2	00:39.69		00:39.69	12
23	Crystal Swayze	Warrior Women 2	00:39.84		00:39.84	13
30	Liana Jones		00:40.13		00:40.13	14
11	Mandy Chapman	Fit By Design 6	00:40.19		00:40.19	15
3	Jessie Lindores	Diverse - Marvelicious	00:40.59		00:40.59	16
7	Alisha Beday	Fit By Design 5	00:40.69		00:40.69	17
12	Susan Pouncy	Fit By Design 6	00:41.13		00:41.13	18
19	Angela Ball	Strength in 2 Fitness	00:41.25		00:41.25	19
2	Francy Stuart	Diverse - Marvelicious	00:41.75		00:41.75	20
14	Natash Marshal	Fit By Design 7	00:42.59		00:42.59	21
10	Lisa Imeson	Fit By Design 6	00:43.12		00:43.12	22
1	Brandy Barnes	Diverse - Marvelicious	00:43.31		00:43.31	23
18	Tamra Brouwer	Kamloops Fit Centre	00:43.31	00:01.00	00:44.31	24
28	Gina Gray		00:44.41		00:44.41	25
6	Tracy Waddington	F3 Fit 'n Fiesty	00:46.00		00:46.00	26
31	Lisa Clark		00:46.35		00:46.35	27
5	Donna Brooks	F3 Fit 'n Fiesty	00:46.41	00:01.00	00:47.41	28
13	Jennifer Turnbull	Fit By Design 7	00:51.94		00:51.94	29
15	Nicole Hale	Fit By Design 7	00:54.25		00:54.25	30
26	Debbie McKinney		00:55.10		00:55.10	31
20	Audra Parker	Strength in 2 Fitness	02:00.00		02:00.00	32
33	Vanessa Gelowitz		02:00.00		02:00.00	32

SANDBAG BURPEE CLEAN/PRESS

MASTERS DIVISION					SANDBAG	
#	NAME	TEAM	Sandbag Reps	Sandbag Time	SB Rank	
25	Angela Wegleitner		15	01:00.16	1	
21	Keltie Watson	Strength in 2 Fitness	15	01:01.41	2	
9	Trish Meacher	Fit By Design 5	15	01:02.18	3	
7	Alisha Beday	Fit By Design 5	15	01:02.63	4	
24	Valerie Cox	Warrior Women 2	15	01:03.31	5	
3	Jessie Lindores	Diverse - Marvelicious	15	01:03.72	6	
4	Charlene Nichol	F3 Fit 'n Fiesty	15	01:03.97	7	
2	Francy Stuart	Diverse - Marvelicious	15	01:06.09	8	
29	Julie Fazekas		15	01:06.72	9	
19	Angela Ball	Strength in 2 Fitness	15	01:10.37	10	
32	Melanie Masny		15	01:11.06	11	
16	Jacquy Meersman	Kamloops Fit Centre	15	01:12.59	12	
30	Liana Jones		15	01:12.81	13	
23	Crystal Swayze	Warrior Women 2	15	01:15.66	14	
1	Brandy Barnes	Diverse - Marvelicious	15	01:16.50	15	
31	Lisa Clark		15	01:17.82	16	
8	Jodi Fowler	Fit By Design 5	15	01:18.06	17	
12	Susan Pouncy	Fit By Design 6	15	01:18.12	18	
22	Cheryl Taylor	Warrior Women 2	15	01:20.22	19	
27	Evelyn Luce		15	01:22.28	20	
17	Joanna Norman	Kamloops Fit Centre	15	01:28.21	21	
18	Tamra Brouwer	Kamloops Fit Centre	15	01:32.00	22	
28	Gina Gray		15	01:32.78	23	
14	Natash Marshal	Fit By Design 7	15	01:33.78	24	
6	Tracy Waddington	F3 Fit 'n Fiesty	15	01:39.72	25	
10	Lisa Imeson	Fit By Design 6	15	01:46.69	26	
26	Debbie McKinney		15	01:46.69	26	
11	Mandy Chapman	Fit By Design 6	15	01:50.22	28	
5	Donna Brooks	F3 Fit 'n Fiesty	15	01:55.09	29	
13	Jennifer Turnbull	Fit By Design 7	15	02:01.03	30	
33	Vanessa Gelowitz		15	02:57.88	31	
15	Nicole Hale	Fit By Design 7	15	02:59.75	32	
20	Audra Parker	Strength in 2 Fitness		03:00.00	33	

