



### FEMSPORT Kamloops Challenge – May 25<sup>th</sup>, 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.)

### NOVICE 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>Never Say Never</b>								<b>237.0</b>	<b>1</b>
Amanda Redl	8	3	11	23	20	7	5		
Christine Sheena	20	34	12	14	7	4	12		
Jessica McCulloch	12	2	6	20	24	3	4		
<b>Warrior Women 3</b>								<b>278.0</b>	<b>2</b>
Christie Hill	10	32	22	8	4	11	11		
Tara Sterling	13	26	7	21	9	16	13		
Tina Stirling	17	21	17	5	3	15	10		
<b>Fit By Design 3</b>								<b>331.5</b>	<b>3</b>
Aimee Bryant	7	25	19	32	21	22	20		
Charlene Feistmann	33	24	9	16	9	24	17		
Julie Wade	6	4	4	2	11	27	3		
<b>Global Kettlebells</b>								<b>371.0</b>	<b>4</b>
Dana Saretsky	5	8	15	10	28	8	6		
Karen Bowen	24	28	32	34	38	18	32		
Morgan Smith	31	23	23	12	6	10	14		
<b>Cirque de Sore Legs</b>								<b>410.5</b>	<b>5</b>
Kirstie Hill	2	7	1	1	14	2	2		
Randi Henschel	28	19	34	29	34	35	37		
Shirlee-Ann Henderson	29	20	36	30	32	26	33		
<b>SC Champions</b>								<b>421.0</b>	<b>6</b>
Briana Vaillancourt	18	18	14	22	17	21	16		
Kait Milne	26	17	10	9	8	9	8		
Nikki Ford	41	21	31	35	35	36	39		

Drop it Like it's Squats								462.5	7
Andrea Zazzi	11	13	8	15	31	25	15		
Shay McTaggart	27	11	20	31	40	42	35		
Stephanie Skoda	16	14	24	13	37	34	25		
F3 Fit 'n Fierce								465.5	8
Anna Tzingounakis	21	10	18	41	26	41	30		
Lisa Newman	9	6	5	27	25	40	19		
Stephanie Sear	30	29	16	18	18	30	26		
Fit by Design 2								485.0	9
Amanda Wiebe	42	31	28	26	27	13	28		
Christein Paradis	23	15	30	28	33	23	27		
Samantha Dickinson	35	30	26	17	19	14	23		
Fit By Design 1								500.5	10
Amber May	36	39	33	33	29	19	38		
Kelcey Shinkewski	4	39	25	37	13	6	17		
Melissa John	32	37	29	24	23	20	29		
Anytime Fitness Fun								611.0	11
Kaci-Ann Phillips	19	38	27	36	12	38	34		
Krystal Thompson	15	5	37	38	39	29	30		
Stephanie Henderson	39	39	39	42	30	37	41		

## NOVICE INDIVIDUAL RANKING

#	NAME	DIVISION	TEAM	Overall Rank	Overall Points
68	Brianna Powrie	Novice		1	13.5
37	Kirstie Hill	Novice	Cirque de Sore Legs	2	28.0
54	Julie Wade	Novice	Fit By Design 3	3	67.5
60	Jessica McCulloch	Novice	Never Say Never	4	68.5
58	Amanda Redl	Novice	Never Say Never	5	75.5
55	Dana Saretsky	Novice	Global Kettlebells	6	78.0
71	Jacqueline Siemens	Novice		7	83.0
62	Kait Milne	Novice	SC Champions	8	83.5
69	Cassie Nolan	Novice		8	83.5
66	Tina Stirling	Novice	Warrior Women 3	10	85.5
64	Christie Hill	Novice	Warrior Women 3	11	92.5
59	Christine Sheena	Novice	Never Say Never	12	93.0
65	Tara Sterling	Novice	Warrior Women 3	13	100.0
57	Morgan Smith	Novice	Global Kettlebells	14	110.0
40	Andrea Zazzi	Novice	Drop it Like it's Squats	15	115.5
61	Briana Vaillancourt	Novice	SC Champions	16	120.5
47	Kelcey Shinkewski	Novice	Fit By Design 1	17	127.0
53	Charlene Feistmann	Novice	Fit By Design 3	17	127.0
44	Lisa Newman	Novice	F3 Fit 'n Fierce	19	132.0
52	Aimee Bryant	Novice	Fit By Design 3	20	137.0
67	Ashleigh Huston	Novice		21	139.0

72	Jessica Stewart	Novice		22	140.5
51	Samantha Dickinson	Novice	Fit By Design 2	23	148.0
74	Tosha Illingworth	Novice		24	148.5
42	Stephanie Skoda	Novice	Drop it Like it's Squats	25	155.0
45	Stephanie Sear	Novice	F3 Fit 'n Fierce	26	156.0
50	Christein Paradis	Novice	Fit By Design 2	27	163.5
49	Amanda Wiebe	Novice	Fit by Design 2	28	173.5
48	Melissa John	Novice	Fit By Design 1	29	175.0
35	Krystal Thompson	Novice	Anytime Fitness Fun	30	177.5
43	Anna Tzingounakis	Novice	F3 Fit 'n Fierce	30	177.5
56	Karen Bowen	Novice	Global Kettlebells	32	183.0
39	Shirlee-Ann Henderson	Novice	Cirque de Sore Legs	33	186.0
34	Kaci-Ann Phillips	Novice	Anytime Fitness Fun	34	189.0
41	Shay McTaggart	Novice	Drop it Like it's Squats	35	192.0
70	Cheryl Dawson	Novice		36	195.5
38	Randi Henschel	Novice	Cirque de Sore Legs	37	196.5
46	Amber May	Novice	Fit By Design 1	38	198.5
63	Nikki Ford	Novice	SC Champions	39	217.0
75	Wendy Wiles	Novice		40	223.0
36	Stephanie Henderson	Novice	Anytime Fitness Fun	41	244.5
73	Sheila Bursey	Novice		42	256.5

## **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>
68	Brianna Powrie		00:39.16		00:39.16	1
37	Kirstie Hill	Cirque de Sore Legs	00:40.15		00:40.15	2
60	Jessica McCulloch	Never Say Never	00:43.85		00:43.85	3
59	Christine Sheena	Never Say Never	00:44.25		00:44.25	4
72	Jessica Stewart		00:45.40		00:45.40	5
47	Kelcey Shinkewski	Fit By Design 1	00:46.72		00:46.72	6
58	Amanda Redl	Never Say Never	00:45.78	00:01.00	00:46.78	7
55	Dana Saretsky	Global Kettlebells	00:47.03		00:47.03	8
62	Kait Milne	SC Champions	00:48.25		00:48.25	9
57	Morgan Smith	Global Kettlebells	00:48.62		00:48.62	10
64	Christie Hill	Warrior Women 3	00:49.10		00:49.10	11
71	Jacqueline Siemens		00:49.16		00:49.16	12
49	Amanda Wiebe	Fit by Design 2	00:49.35		00:49.35	13

51	Samantha Dickinson	Fit By Design 2	00:49.88	00:49.88	14
66	Tina Stirling	Warrior Women 3	00:50.00	00:50.00	15
65	Tara Sterling	Warrior Women 3	00:51.12	00:51.12	16
74	Tosha Illingworth		00:51.19	00:51.19	17
56	Karen Bowen	Global Kettlebells	00:51.54	00:51.54	18
46	Amber May	Fit By Design 1	00:52.31	00:52.31	19
48	Melissa John	Fit By Design 1	00:52.97	00:52.97	20
61	Briana Vaillancourt	SC Champions	00:53.32	00:53.32	21
52	Aimee Bryant	Fit By Design 3	00:53.37	00:53.37	22
50	Christein Paradis	Fit By Design 2	00:53.88	00:53.88	23
53	Charlene Feistmann	Fit By Design 3	00:54.06	00:54.06	24
40	Andrea Zazzi	Drop it Like it's Squats	00:54.21	00:54.21	25
39	Shirlee-Ann Henderson	Cirque de Sore Legs	00:54.41	00:54.41	26
54	Julie Wade	Fit By Design 3	00:54.66	00:54.66	27
75	Wendy Wiles		00:56.03	00:56.03	28
35	Krystal Thompson	Anytime Fitness Fun	00:56.68	00:56.68	29
45	Stephanie Sear	F3 Fit 'n Fierce	00:57.16	00:57.16	30
70	Cheryl Dawson		00:57.53	00:57.53	31
67	Ashleigh Huston		00:59.00	00:59.00	32
69	Cassie Nolan		01:00.81	01:00.81	33
42	Stephanie Skoda	Drop it Like it's Squats	01:04.16	01:04.16	34
38	Randi Henschel	Cirque de Sore Legs	01:06.60	01:06.60	35
63	Nikki Ford	SC Champions	01:21.56	01:21.56	36
36	Stephanie Henderson	Anytime Fitness Fun	01:26.75	01:26.75	37
34	Kaci-Ann Phillips	Anytime Fitness Fun	01:29.84	01:29.84	38
73	Sheila Bursey		01:34.22	01:34.22	39
44	Lisa Newman	F3 Fit 'n Fierce	01:36.38	01:36.38	40
43	Anna Tzingounakis	F3 Fit 'n Fierce	01:36.97	01:36.97	41
41	Shay McTaggart	Drop it Like it's Squats	02:12.44	02:12.44	42

## BOX JUMPS

NOVICE DIVISION			BOX JUMPS		Box Rank
#	NAME	TEAM	Box Reps	Box TIME	
68	Brianna Powrie		50	01:00.13	1
60	Jessica McCulloch	Never Say Never	50	01:21.47	2
58	Amanda Redl	Never Say Never	50	01:26.94	3
54	Julie Wade	Fit By Design 3	50	01:27.25	4
35	Krystal Thompson	Anytime Fitness Fun	50	01:28.81	5
44	Lisa Newman	F3 Fit 'n Fierce	50	01:29.38	6
37	Kirstie Hill	Cirque de Sore Legs	50	01:31.56	7
55	Dana Saretsky	Global Kettlebells	50	01:37.91	8
72	Jessica Stewart		50	01:38.21	9
43	Anna Tzingounakis	F3 Fit 'n Fierce	50	01:38.28	10
41	Shay McTaggart	Drop it Like it's Squats	50	01:39.85	11
69	Cassie Nolan		50	01:45.44	12

40	Andrea Zazzi	Drop it Like it's Squats	50	01:47.84	13
42	Stephanie Skoda	Drop it Like it's Squats	50	01:49.28	14
50	Christein Paradis	Fit By Design 2	50	01:55.81	15
67	Ashleigh Huston		50	02:02.88	16
62	Kait Milne	SC Champions	50	02:12.06	17
61	Briana Vaillancourt	SC Champions	50	02:13.28	18
38	Randi Henschel	Cirque de Sore Legs	50	02:15.78	19
39	Shirlee-Ann Henderson	Cirque de Sore Legs	50	02:16.97	20
63	Nikki Ford	SC Champions	50	02:20.34	21
66	Tina Stirling	Warrior Women 3	50	02:20.34	21
57	Morgan Smith	Global Kettlebells	50	02:22.97	23
53	Charlene Feistmann	Fit By Design 3	50	02:28.13	24
52	Aimee Bryant	Fit By Design 3	50	02:34.28	25
65	Tara Sterling	Warrior Women 3	50	02:42.65	26
71	Jacqueline Siemens		50	02:42.75	27
56	Karen Bowen	Global Kettlebells	50	02:42.84	28
45	Stephanie Sear	F3 Fit 'n Fierce	50	02:50.50	29
51	Samantha Dickinson	Fit By Design 2	50	02:56.19	30
49	Amanda Wiebe	Fit by Design 2	50	02:59.97	31
64	Christie Hill	Warrior Women 3	45	03:00.00	32
75	Wendy Wiles		45	03:00.00	32
59	Christine Sheena	Never Say Never	44	03:00.00	34
70	Cheryl Dawson		41	03:00.00	35
74	Tosha Illingworth		38	03:00.00	36
48	Melissa John	Fit By Design 1	30	03:00.00	37
34	Kaci-Ann Phillips	Anytime Fitness Fun	22	03:00.00	38
36	Stephanie Henderson	Anytime Fitness Fun		03:00.00	39
46	Amber May	Fit By Design 1		03:00.00	39
47	Kelcey Shinkewski	Fit By Design 1		03:00.00	39
73	Sheila Burse			03:00.00	39

## TIRE FLIPS

<b>NOVICE 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>
37	Kirstie Hill	Cirque de Sore Legs	06	00:16.31	1
54	Julie Wade	Fit By Design 3	06	00:17.75	2
71	Jacqueline Siemens		06	00:17.75	2
67	Ashleigh Huston		06	00:18.12	4
66	Tina Stirling	Warrior Women 3	06	00:19.22	5
68	Brianna Powrie		06	00:19.62	6
72	Jessica Stewart		06	00:21.09	7
64	Christie Hill	Warrior Women 3	06	00:21.34	8
62	Kait Milne	SC Champions	06	00:22.12	9
55	Dana Saretsky	Global Kettlebells	06	00:22.29	10

69	Cassie Nolan		06	00:22.53	11
57	Morgan Smith	Global Kettlebells	06	00:23.03	12
42	Stephanie Skoda	Drop it Like it's Squats	06	00:23.19	13
59	Christine Sheena	Never Say Never	06	00:23.50	14
40	Andrea Zazzi	Drop it Like it's Squats	06	00:23.75	15
53	Charlene Feistmann	Fit By Design 3	06	00:23.94	16
51	Samantha Dickinson	Fit By Design 2	06	00:24.12	17
45	Stephanie Sear	F3 Fit 'n Fierce	06	00:24.47	18
74	Tosha Illingworth		06	00:24.65	19
60	Jessica McCulloch	Never Say Never	06	00:25.28	20
65	Tara Sterling	Warrior Women 3	06	00:25.34	21
61	Briana Vaillancourt	SC Champions	06	00:25.46	22
58	Amanda Redl	Never Say Never	06	00:25.68	23
48	Melissa John	Fit By Design 1	06	00:25.81	24
70	Cheryl Dawson		06	00:26.54	25
49	Amanda Wiebe	Fit by Design 2	06	00:27.78	26
44	Lisa Newman	F3 Fit 'n Fierce	06	00:31.84	27
50	Christein Paradis	Fit By Design 2	06	00:34.50	28
38	Randi Henschel	Cirque de Sore Legs	06	00:34.81	29
39	Shirlee-Ann Henderson	Cirque de Sore Legs	06	00:35.06	30
41	Shay McTaggart	Drop it Like it's Squats	06	00:36.16	31
52	Aimee Bryant	Fit By Design 3	06	00:36.50	32
46	Amber May	Fit By Design 1	06	00:36.62	33
56	Karen Bowen	Global Kettlebells	06	00:37.88	34
63	Nikki Ford	SC Champions	06	00:38.90	35
34	Kaci-Ann Phillips	Anytime Fitness Fun	06	00:40.03	36
47	Kelcey Shinkewski	Fit By Design 1	06	00:40.84	37
35	Krystal Thompson	Anytime Fitness Fun	06	00:46.53	38
75	Wendy Wiles		06	00:46.71	39
73	Sheila Burse		06	00:59.59	40
43	Anna Tzingounakis	F3 Fit 'n Fierce	06	01:12.09	41
36	Stephanie Henderson	Anytime Fitness Fun	06	01:12.31	42

## TIRE DRAG

NOVICE DIVISION							TIRE DRAG		Tire Rank
#	NAME	DIVISION	TEAM	TD Timer	Tire Penalty	Tire TIME			
71	Jacqueline Siemens	Novice		00:08.06		00:08.06	1		
68	Brianna Powrie	Novice		00:08.90		00:08.90	2		
66	Tina Stirling	Novice	Warrior Women 3	00:08.97		00:08.97	3		
64	Christie Hill	Novice	Warrior Women 3	00:09.22		00:09.22	4		
69	Cassie Nolan	Novice		00:09.63		00:09.63	5		
57	Morgan Smith	Novice	Global Kettlebells	00:09.78		00:09.78	6		
59	Christine Sheena	Novice	Never Say Never	00:09.88		00:09.88	7		
62	Kait Milne	Novice	SC Champions	00:10.60		00:10.60	8		

53	Charlene Feistmann	Novice	Fit By Design 3	00:10.63	00:10.63	9
65	Tara Sterling	Novice	Warrior Women 3	00:10.63	00:10.63	9
54	Julie Wade	Novice	Fit By Design 3	00:10.79	00:10.79	11
34	Kaci-Ann Phillips	Novice	Anytime Fitness Fun	00:10.94	00:10.94	12
47	Kelcey Shinkewski	Novice	Fit By Design 1	00:11.19	00:11.19	13
37	Kirstie Hill	Novice	Cirque de Sore Legs	00:12.09	00:12.09	14
70	Cheryl Dawson	Novice		00:12.09	00:12.09	14
67	Ashleigh Huston	Novice		00:12.22	00:12.22	16
61	Briana Vaillancourt	Novice	SC Champions	00:12.31	00:12.31	17
45	Stephanie Sear	Novice	F3 Fit 'n Fierce	00:12.34	00:12.34	18
51	Samantha Dickinson	Novice	Fit By Design 2	00:12.69	00:12.69	19
58	Amanda Redl	Novice	Never Say Never	00:13.10	00:13.10	20
52	Aimee Bryant	Novice	Fit By Design 3	00:13.16	00:13.16	21
74	Tosha Illingworth	Novice		00:13.46	00:13.46	22
48	Melissa John	Novice	Fit By Design 1	00:13.69	00:13.69	23
60	Jessica McCulloch	Novice	Never Say Never	00:14.25	00:14.25	24
44	Lisa Newman	Novice	F3 Fit 'n Fierce	00:14.63	00:14.63	25
43	Anna Tzingounakis	Novice	F3 Fit 'n Fierce	00:15.22	00:15.22	26
49	Amanda Wiebe	Novice	Fit by Design 2	00:15.25	00:15.25	27
55	Dana Saretsky	Novice	Global Kettlebells	00:15.44	00:15.44	28
46	Amber May	Novice	Fit By Design 1	00:15.47	00:15.47	29
36	Stephanie Henderson	Novice	Anytime Fitness Fun	00:16.06	00:16.06	30
40	Andrea Zazzi	Novice	Drop it Like it's Squats	00:16.62	00:16.62	31
39	Shirlee-Ann Henderson	Novice	Cirque de Sore Legs	00:17.44	00:17.44	32
50	Christein Paradis	Novice	Fit By Design 2	00:17.47	00:17.47	33
38	Randi Henschel	Novice	Cirque de Sore Legs	00:17.50	00:17.50	34
63	Nikki Ford	Novice	SC Champions	00:17.78	00:17.78	35
75	Wendy Wiles	Novice		00:18.03	00:18.03	36
42	Stephanie Skoda	Novice	Drop it Like it's Squats	00:18.06	00:18.06	37
56	Karen Bowen	Novice	Global Kettlebells	00:19.31	00:19.31	38
35	Krystal Thompson	Novice	Anytime Fitness Fun	00:20.41	00:20.41	39
41	Shay McTaggart	Novice	Drop it Like it's Squats	00:21.68	00:21.68	40
73	Sheila Bursey	Novice		00:28.12	00:28.12	41
72	Jessica Stewart	Novice		02:00.00	02:00.00	42

## KETTLEBELL LIFT

<b>NOVICE DIVISION</b>		<b>KETTLE BELLS</b>			KB Rank	
#	NAME	TEAM	KB Timer	KB Penalty		KB TIME
37	Kirstie Hill	Cirque de Sore Legs	00:36.35		00:36.35	1
68	Brianna Powrie		00:36.37		00:36.37	2
69	Cassie Nolan		00:37.22		00:37.22	3
54	Julie Wade	Fit By Design 3	00:37.16	00:01.00	00:38.16	4
44	Lisa Newman	F3 Fit 'n Fierce	00:38.34		00:38.34	5
60	Jessica McCulloch	Never Say Never	00:38.44		00:38.44	6



65	Tara Sterling	Warrior Women 3	00:39.34		00:39.34	7
40	Andrea Zazzi	Drop it Like it's Squats	00:40.32		00:40.32	8
53	Charlene Feistmann	Fit By Design 3	00:39.90	00:01.00	00:40.90	9
62	Kait Milne	SC Champions	00:41.19		00:41.19	10
58	Amanda Redl	Never Say Never	00:41.46		00:41.46	11
59	Christine Sheena	Never Say Never	00:41.53		00:41.53	12
71	Jacqueline Siemens		00:42.32		00:42.32	13
61	Briana Vaillancourt	SC Champions	00:39.88	00:03.00	00:42.88	14
55	Dana Saretsky	Global Kettlebells	00:40.09	00:03.00	00:43.09	15
45	Stephanie Sear	F3 Fit 'n Fierce	00:43.18		00:43.18	16
66	Tina Stirling	Warrior Women 3	00:43.25		00:43.25	17
43	Anna Tzingounakis	F3 Fit 'n Fierce	00:42.25	00:01.00	00:43.25	18
52	Aimee Bryant	Fit By Design 3	00:43.37		00:43.37	19
41	Shay McTaggart	Drop it Like it's Squats	00:43.50		00:43.50	20
74	Tosha Illingworth		00:43.53		00:43.53	21
64	Christie Hill	Warrior Women 3	00:43.81		00:43.81	22
57	Morgan Smith	Global Kettlebells	00:44.03		00:44.03	23
42	Stephanie Skoda	Drop it Like it's Squats	00:44.25		00:44.25	24
47	Kelcey Shinkewski	Fit By Design 1	00:44.44		00:44.44	25
51	Samantha Dickinson	Fit By Design 2	00:44.50		00:44.50	26
34	Kaci-Ann Phillips	Anytime Fitness Fun	00:44.72		00:44.72	27
49	Amanda Wiebe	Fit by Design 2	00:45.57		00:45.57	28
48	Melissa John	Fit By Design 1	00:46.00		00:46.00	29
50	Christein Paradis	Fit By Design 2	00:46.16		00:46.16	30
63	Nikki Ford	SC Champions	00:48.03		00:48.03	31
56	Karen Bowen	Global Kettlebells	00:48.10		00:48.10	32
46	Amber May	Fit By Design 1	00:48.35		00:48.35	33
38	Randi Henschel	Cirque de Sore Legs	00:48.91		00:48.91	34
70	Cheryl Dawson		00:51.54		00:51.54	35
39	Shirlee-Ann Henderson	Cirque de Sore Legs	00:52.19		00:52.19	36
35	Krystal Thompson	Anytime Fitness Fun	00:52.62		00:52.62	37
75	Wendy Wiles		00:52.62		00:52.62	37
36	Stephanie Henderson	Anytime Fitness Fun	01:06.53		01:06.53	39
73	Sheila Bursey		01:14.32		01:14.32	40
67	Ashleigh Huston		02:00.00		02:00.00	41
72	Jessica Stewart		02:00.00		02:00.00	41

## 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>
<b>68</b>	Brianna Powrie		15	00:47.54	1
<b>37</b>	Kirstie Hill	Cirque de Sore Legs	15	01:03.78	2
<b>69</b>	Cassie Nolan		15	01:12.25	3
<b>47</b>	Kelcey Shinkewski	Fit By Design 1	15	01:13.66	4
<b>55</b>	Dana Saretsky	Global Kettlebells	15	01:13.69	5



54	Julie Wade	Fit By Design 3	15	01:14.10	6
52	Aimee Bryant	Fit By Design 3	15	01:14.22	7
58	Amanda Redl	Never Say Never	15	01:15.25	8
44	Lisa Newman	F3 Fit 'n Fierce	15	01:19.97	9
64	Christie Hill	Warrior Women 3	15	01:20.66	10
40	Andrea Zazzi	Drop it Like it's Squats	15	01:22.56	11
60	Jessica McCulloch	Never Say Never	15	01:24.78	12
65	Tara Sterling	Warrior Women 3	15	01:26.16	13
67	Ashleigh Huston		15	01:27.81	14
35	Krystal Thompson	Anytime Fitness Fun	15	01:28.59	15
42	Stephanie Skoda	Drop it Like it's Squats	15	01:28.94	16
66	Tina Stirling	Warrior Women 3	15	01:29.28	17
61	Briana Vaillancourt	SC Champions	15	01:29.34	18
34	Kaci-Ann Phillips	Anytime Fitness Fun	15	01:32.03	19
59	Christine Sheena	Never Say Never	15	01:32.10	20
43	Anna Tzingounakis	F3 Fit 'n Fierce	15	01:34.66	21
71	Jacqueline Siemens		15	01:35.75	22
50	Christein Paradis	Fit By Design 2	15	01:37.07	23
56	Karen Bowen	Global Kettlebells	15	01:37.28	24
74	Tosha Illingworth		15	01:39.28	25
62	Kait Milne	SC Champions	15	01:39.81	26
41	Shay McTaggart	Drop it Like it's Squats	15	01:44.03	27
38	Randi Henschel	Cirque de Sore Legs	15	01:47.53	28
39	Shirlee-Ann Henderson	Cirque de Sore Legs	15	01:47.59	29
45	Stephanie Sear	F3 Fit 'n Fierce	15	01:49.19	30
57	Morgan Smith	Global Kettlebells	15	01:51.16	31
48	Melissa John	Fit By Design 1	15	01:52.35	32
53	Charlene Feistmann	Fit By Design 3	15	01:54.03	33
72	Jessica Stewart		15	01:54.13	34
51	Samantha Dickinson	Fit By Design 2	15	01:55.69	35
46	Amber May	Fit By Design 1	15	02:01.85	36
75	Wendy Wiles		15	02:04.53	37
73	Sheila Bursey		15	02:22.17	38
36	Stephanie Henderson	Anytime Fitness Fun	15	02:31.10	39
70	Cheryl Dawson		15	02:42.97	40
63	Nikki Ford	SC Champions	15	02:52.34	41
49	Amanda Wiebe	Fit by Design 2	15	02:56.06	42