



FEMSPORT Kamloops Challenge – June 4th, 2022

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 ***

	SB Rank	Box Rank	KB Rank	Flip Rank	Tire Rank	OC Rank	Overall Rank	Overall Points	
Freeze Fitness 2								61.0	1
Keri Lewis	1	1	2	2	7	1	2		
Melissa Keresztesi	7	8	7	6	3	3	3		
Samantha Knox	3	2	1	1	1	2	1		
Natures Fare Knockouts								209.5	2
Alysha Muzio	2	3	3	24	2	4	4		
Lauren Viesner	6	4	4	7	15	5	5		
Sofia Arias	25	16	24	24	25	8	22		
Barbellas								269.5	3
Andrea Brown	9	17	7	11	5	16	8		
Jessica Drescher	23	18	9	16	12	9	12		
Kaitlan Hansen	11	23	13	19	18	14	18		
The Swanson-Nightswea								270.5	4
Jenn Hamilton	17	21	17	15	11	10	14		
Lindsay Arnold	14	6	16	18	20	15	16		
Vivien Crow	4	15	22	3	16	12	10		
Kettlebellas								272.5	5
Claire Tibbs	22	22	10	4	8	19	13		
Jordan Obeirne	8	5	5	5	10	7	5		
Michelle Wright	13	24	25	23	24	17	24		
Freeze Fitness 1								284.5	6
Kelly Beckett	10	13	19	8	21	25	20		
Kirsten Rath	18	10	20	17	13	20	19		
Stephanie Sokoloski	15	9	21	10	4	6	7		
Daily Movement								297.5	7
Brandi Smith	21	12	6	21	9	11	11		
Britni Horncastle	19	19	11	12	19	24	21		
Nicole Pleasants	20	11	11	13	14	18	14		
Freeze Fitness 5								315.0	8
Charla Johnstone	24	25	18	20	22	22	25		
Charlene Croukamp	12	14	15	9	6	13	9		
Monique Ruppel	5	7	14	14	23	23	17		

NOVICE INDIVIDUAL RANKING

#	NAME	TEAM	Overall Rank	Overall Points
26	Samantha Knox	Freeze Fitness 2	1	11.0
24	Keri Lewis	Freeze Fitness 2	2	14.5
25	Melissa Keresztesi	Freeze Fitness 2	3	35.5
33	Alysha Muzio	Natures Fare Knockouts	4	40.0
31	Jordan Obeirne	Kettlebellas	5	43.5
34	Lauren Viesner	Natures Fare Knockouts	5	43.5
23	Stephanie Sokoloski	Freeze Fitness 1	7	68.0
15	Andrea Brown	Barbellas	8	73.0
28	Charlene Croukamp	Freeze Fitness 5	9	75.5
38	Vivien Crow	The Swanson-Nightsweats	10	78.0
18	Brandi Smith	Daily Movement	11	85.5
16	Jessica Drescher	Barbellas	12	91.5
30	Claire Tibbs	Kettlebellas	13	94.5
20	Nicole Pleasants	Daily Movement	14	96.0
36	Jenn Hamilton	The Swanson-Nightsweats	14	96.0
37	Lindsay Arnold	The Swanson-Nightsweats	16	96.5
29	Monique Ruppel	Freeze Fitness 5	17	97.5
17	Kaitlan Hansen	Barbellas	18	105.0
22	Kirsten Rath	Freeze Fitness 1	19	108.0
21	Kelly Beckett	Freeze Fitness 1	20	108.5
19	Britni Horncastle	Daily Movement	21	116.0
35	Sofia Arias	Natures Fare Knockouts	22	126.0
39	Lauren Helton		23	129.5
32	Michelle Wright	Kettlebellas	24	134.5
27	Charla Johnstone	Freeze Fitness 5	25	142.0

NOVICE EVENT RANKING

OBSTACLE COURSE

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

NOVICE DIVISION			OBSTACLE COURSE			OC Rank
#	NAME	TEAM	OCTimer	OC Penalty	OC TIME	
24	Keri Lewis	Freeze Fitness 2	00:42.03		00:42.03	1
26	Samantha Knox	Freeze Fitness 2	00:42.35		00:42.35	2
25	Melissa Keresztesi	Freeze Fitness 2	00:42.40		00:42.40	3
33	Alysha Muzio	Natures Fare Knockouts	00:44.06		00:44.06	4
34	Lauren Viesner	Natures Fare Knockouts	00:46.41		00:46.41	5
23	Stephanie Sokoloski	Freeze Fitness 1	00:49.47		00:49.47	6
31	Jordan Obeirne	Kettlebellas	00:49.28	00:01.00	00:50.28	7
35	Sofia Arias	Natures Fare Knockouts	00:51.10		00:51.10	8
16	Jessica Drescher	Barbellas	00:51.69		00:51.69	9
36	Jenn Hamilton	The Swanson-Nightsweats	00:51.72		00:51.72	10
18	Brandi Smith	Daily Movement	00:51.75		00:51.75	11
38	Vivien Crow	The Swanson-Nightsweats	00:51.97		00:51.97	12
28	Charlene Croukamp	Freeze Fitness 5	00:52.25		00:52.25	13
17	Kaitlan Hansen	Barbellas	00:53.18		00:53.18	14
37	Lindsay Arnold	The Swanson-Nightsweats	00:53.25		00:53.25	15
15	Andrea Brown	Barbellas	00:54.97		00:54.97	16
32	Michelle Wright	Kettlebellas	00:56.93		00:56.93	17
20	Nicole Pleasants	Daily Movement	00:57.69		00:57.69	18
30	Claire Tibbs	Kettlebellas	00:57.13	00:01.00	00:58.13	19
22	Kirsten Rath	Freeze Fitness 1	00:58.56		00:58.56	20
39	Lauren Helton		00:58.85		00:58.85	21
27	Charla Johnstone	Freeze Fitness 5	01:05.25	00:01.00	01:06.25	22
29	Monique Ruppel	Freeze Fitness 5	01:07.44		01:07.44	23
19	Britni Horncastle	Daily Movement	01:10.00		01:10.00	24
21	Kelly Beckett	Freeze Fitness 1	01:49.00		01:49.00	25

BOX JUMPS

NOVICE DIVISION			BOX JUMPS		Box Rank
#	NAME	TEAM	Box Reps	Box TIME	
24	Keri Lewis	Freeze Fitness 2	50	00:44.97	1
26	Samantha Knox	Freeze Fitness 2	50	00:50.66	2
33	Alysha Muzio	Natures Fare Knockouts	50	01:13.69	3
34	Lauren Viesner	Natures Fare Knockouts	50	01:21.84	4
31	Jordan Obeirne	Kettlebells	50	01:38.06	5
37	Lindsay Arnold	The Swanson-Nightsweats	50	01:39.34	6
29	Monique Ruppel	Freeze Fitness 5	50	01:44.16	7
25	Melissa Keresztesi	Freeze Fitness 2	50	01:45.69	8
23	Stephanie Sokoloski	Freeze Fitness 1	50	02:01.97	9
22	Kirsten Rath	Freeze Fitness 1	50	02:03.00	10
20	Nicole Pleasants	Daily Movement	50	02:03.37	11
18	Brandi Smith	Daily Movement	50	02:04.66	12
21	Kelly Beckett	Freeze Fitness 1	50	02:05.68	13
28	Charlene Croukamp	Freeze Fitness 5	50	02:13.60	14
38	Vivien Crow	The Swanson-Nightsweats	50	02:16.41	15
35	Sofia Arias	Natures Fare Knockouts	50	02:23.06	16
15	Andrea Brown	Barbellas	50	02:24.78	17
16	Jessica Drescher	Barbellas	50	02:31.28	18
19	Britni Horncastle	Daily Movement	50	02:31.35	19
39	Lauren Helton		50	02:36.22	20
36	Jenn Hamilton	The Swanson-Nightsweats	50	02:40.09	21
30	Claire Tibbs	Kettlebells	50	02:41.22	22
17	Kaitlan Hansen	Barbellas	50	02:46.10	23
32	Michelle Wright	Kettlebells	38	03:00.00	24
27	Charla Johnstone	Freeze Fitness 5	21	03:00.00	25

TIRE FLIPS

NOVICE DIVISION			TIRE FLIP		Flip Rank
#	NAME	TEAM	Flips	Flip Time	
26	Samantha Knox	Freeze Fitness 2	06	00:15.00	1
24	Keri Lewis	Freeze Fitness 2	06	00:17.22	2
38	Vivien Crow	The Swanson-Nightsweats	06	00:17.25	3
30	Claire Tibbs	Kettlebells	06	00:17.88	4
31	Jordan Obeirne	Kettlebells	06	00:18.44	5
25	Melissa Keresztesi	Freeze Fitness 2	06	00:18.56	6
34	Lauren Viesner	Natures Fare Knockouts	06	00:19.06	7
21	Kelly Beckett	Freeze Fitness 1	06	00:19.10	8
28	Charlene Croukamp	Freeze Fitness 5	06	00:19.15	9
23	Stephanie Sokoloski	Freeze Fitness 1	06	00:19.81	10
15	Andrea Brown	Barbellas	06	00:19.97	11
19	Britni Horncastle	Daily Movement	06	00:20.03	12
20	Nicole Pleasants	Daily Movement	06	00:20.75	13
29	Monique Ruppel	Freeze Fitness 5	06	00:20.91	14
36	Jenn Hamilton	The Swanson-Nightsweats	06	00:21.43	15
16	Jessica Drescher	Barbellas	06	00:21.50	16
22	Kirsten Rath	Freeze Fitness 1	06	00:23.57	17
37	Lindsay Arnold	The Swanson-Nightsweats	06	00:23.69	18
17	Kaitlan Hansen	Barbellas	06	00:23.91	19
27	Charla Johnstone	Freeze Fitness 5	06	00:24.71	20
18	Brandi Smith	Daily Movement	06	00:25.41	21
39	Lauren Helton		06	00:26.88	22
32	Michelle Wright	Kettlebells	06	00:33.97	23
33	Alysha Muzio	Natures Fare Knockouts		03:00.00	24
35	Sofia Arias	Natures Fare Knockouts		03:00.00	24

TIRE DRAG

NOVICE DIVISION			TIRE DRAG			Tire Rank
#	NAME	TEAM	TD Timer	Tire Penalty	Tire TIME	
26	Samantha Knox	Freeze Fitness 2	00:19.18		00:19.18	1
33	Alysha Muzio	Natures Fare Knockouts	00:22.90		00:22.90	2
25	Melissa Keresztesi	Freeze Fitness 2	00:25.44		00:25.44	3
23	Stephanie Sokoloski	Freeze Fitness 1	00:26.09		00:26.09	4
15	Andrea Brown	Barbellas	00:26.88		00:26.88	5
28	Charlene Croukamp	Freeze Fitness 5	00:28.09		00:28.09	6
24	Keri Lewis	Freeze Fitness 2	00:30.20		00:30.20	7
30	Claire Tibbs	Kettlebellas	00:30.30		00:30.30	8
18	Brandi Smith	Daily Movement	00:30.87		00:30.87	9
31	Jordan Obeirne	Kettlebellas	00:31.78		00:31.78	10
36	Jenn Hamilton	The Swanson-Nightsweats	00:33.63		00:33.63	11
16	Jessica Drescher	Barbellas	00:34.59		00:34.59	12
22	Kirsten Rath	Freeze Fitness 1	00:40.12		00:40.12	13
20	Nicole Pleasants	Daily Movement	00:41.28		00:41.28	14
34	Lauren Viesner	Natures Fare Knockouts	00:43.56		00:43.56	15
38	Vivien Crow	The Swanson-Nightsweats	00:44.15		00:44.15	16
39	Lauren Helton		00:51.03		00:51.03	17
17	Kaitlan Hansen	Barbellas	00:53.84		00:53.84	18
19	Britni Horncastle	Daily Movement	01:17.93		01:17.93	19
37	Lindsay Arnold	The Swanson-Nightsweats	01:29.10		01:29.10	20
21	Kelly Beckett	Freeze Fitness 1	01:36.66		01:36.66	21
27	Charla Johnstone	Freeze Fitness 5	02:24.47		02:24.47	22
29	Monique Ruppel	Freeze Fitness 5	02:31.87		02:31.87	23
32	Michelle Wright	Kettlebellas	02:43.78		02:43.78	24
35	Sofia Arias	Natures Fare Knockouts	03:00.00		03:00.00	25

KETTLEBELL LIFT

NOVICE DIVISION			KETTLE BELLS			KB Rank
#	NAME	TEAM	KB Timer	KB Penalty	KB TIME	
26	Samantha Knox	Freeze Fitness 2	00:34.69		00:34.69	1
24	Keri Lewis	Freeze Fitness 2	00:36.07		00:36.07	2
33	Alysha Muzio	Natures Fare Knockouts	00:37.72		00:37.72	3
34	Lauren Viesner	Natures Fare Knockouts	00:37.81		00:37.81	4
31	Jordan Obeirne	Kettlebellas	00:37.93		00:37.93	5
18	Brandi Smith	Daily Movement	00:39.49		00:39.49	6
15	Andrea Brown	Barbellas	00:40.00		00:40.00	7
25	Melissa Keresztesi	Freeze Fitness 2	00:40.00		00:40.00	7
16	Jessica Drescher	Barbellas	00:40.59		00:40.59	9
30	Claire Tibbs	Kettlebellas	00:40.96		00:40.96	10
19	Britni Horncastle	Daily Movement	00:41.35		00:41.35	11
20	Nicole Pleasants	Daily Movement	00:41.35		00:41.35	11
17	Kaitlan Hansen	Barbellas	00:41.50		00:41.50	13
29	Monique Ruppel	Freeze Fitness 5	00:42.65		00:42.65	14
28	Charlene Croukamp	Freeze Fitness 5	00:43.56		00:43.56	15
37	Lindsay Arnold	The Swanson-Nightsweats	00:43.82		00:43.82	16
36	Jenn Hamilton	The Swanson-Nightsweats	00:44.78		00:44.78	17
27	Charla Johnstone	Freeze Fitness 5	00:45.22		00:45.22	18
21	Kelly Beckett	Freeze Fitness 1	00:45.69		00:45.69	19
22	Kirsten Rath	Freeze Fitness 1	00:45.87		00:45.87	20
23	Stephanie Sokoloski	Freeze Fitness 1	00:46.53		00:46.53	21
38	Vivien Crow	The Swanson-Nightsweats	00:46.48	00:01.00	00:47.48	22
39	Lauren Helton		00:51.32		00:51.32	23
35	Sofia Arias	Natures Fare Knockouts	00:52.78	00:01.00	00:53.78	24
32	Michelle Wright	Kettlebellas	00:51.56	00:03.00	00:54.56	25

SANDBAG BURPEE CLEAN/PRESS

NOVICE DIVISION			SANDBAG		SB Rank
#	NAME	TEAM	Sandbag Reps	Sandbag TIME	
24	Keri Lewis	Freeze Fitness 2	15	00:54.82	1
33	Alysha Muzio	Natures Fare Knockouts	15	00:57.34	2
26	Samantha Knox	Freeze Fitness 2	15	00:57.94	3
38	Vivien Crow	The Swanson-Nightsweats	15	01:01.94	4
29	Monique Ruppel	Freeze Fitness 5	15	01:05.81	5
34	Lauren Viesner	Natures Fare Knockouts	15	01:08.69	6
25	Melissa Keresztesi	Freeze Fitness 2	15	01:15.50	7
31	Jordan Obeirne	Kettlebellas	15	01:18.44	8
15	Andrea Brown	Barbellas	15	01:19.49	9
21	Kelly Beckett	Freeze Fitness 1	15	01:25.18	10
17	Kaitlan Hansen	Barbellas	15	01:25.53	11
28	Charlene Croukamp	Freeze Fitness 5	15	01:33.41	12
32	Michelle Wright	Kettlebellas	15	01:34.38	13
37	Lindsay Arnold	The Swanson-Nightsweats	15	01:37.68	14
23	Stephanie Sokoloski	Freeze Fitness 1	15	01:38.12	15
39	Lauren Helton		15	01:38.38	16
36	Jenn Hamilton	The Swanson-Nightsweats	15	01:38.81	17
22	Kirsten Rath	Freeze Fitness 1	15	01:39.19	18
19	Britni Horncastle	Daily Movement	15	01:45.19	19
20	Nicole Pleasants	Daily Movement	15	01:45.22	20
18	Brandi Smith	Daily Movement	15	01:45.65	21
30	Claire Tibbs	Kettlebellas	15	01:51.87	22
16	Jessica Drescher	Barbellas	15	01:53.63	23
27	Charla Johnstone	Freeze Fitness 5	14	03:00.00	24
35	Sofia Arias	Natures Fare Knockouts		03:00.00	25

*Competition day is a celebration of champions!
Well done everyone!*