



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.)

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	
Steel Benders								114.5	1
Michelle Mattice	12	15	6	2	3	3	7		
Sara Spence	7	5	1	3	1	1	1		
Shay McTaggart	6	1	9	8	16	9	9		
Thicc Cheeks								127.5	2
Braedeen MacGregor	4	10	5	1	7	2	3		
Lorraine Painchaud	1	7	13	10	15	8	10		
Mariah Senger	2	4	2	14	10	5	5		
Freeze Fitness 3								182.0	3
Rachel Bohnet	8	2	4	6	11	4	4		
Julie Heppner	14	3	8	5	5	10	8		
Jill Byrd	16	12	15	15	13	16	16		
CMK								183.0	4
Chelsea Fowler	5	6	3	3	2	6	2		
Kate Peetoom	15	11	11	11	8	11	11		
Mackenzie De Beer	11	16	14	16	6	13	15		
Can't Stop Won't Stop								235.5	5
Candace Cameron	13	8	12	12	9	15	12		
Clara-Marie Burdett	10	14	10	9	14	14	13		
Melisa Joyal	9	13	16	13	12	12	14		

OPEN INDIVIDUAL RANKING

#	NAME	TEAM	Final Rank	Overall Points
50	Sara Spence	Steel Benders	1	18.5
43	Chelsea Fowler	CMK	2	28.0
52	Braeeden MacGregor	Thicc Cheeks	3	30.0
48	Rachel Bohnet	Freeze Fitness 3	4	37.0
54	Mariah Senger	Thicc Cheeks	5	39.5
55	Bonnie MacMillan		6	40.5
49	Michelle Mattice	Steel Benders	7	42.5
47	Julie Heppner	Freeze Fitness 3	8	50.0
51	Shay McTaggart	Steel Benders	9	53.5
53	Lorraine Painchaud	Thicc Cheeks	10	58.0
44	Kate Peetoom	CMK	11	72.5
40	Candace Cameron	Can't Stop Won't Stop	12	76.5
41	Clara-Marie Burdett	Can't Stop Won't Stop	13	78.0
42	Melisa Joyal	Can't Stop Won't Stop	14	81.0
45	Mackenzie De Beer	CMK	15	82.5
46	Jill Byrd	Freeze Fitness 3	16	95.0

OPEN EVENT RANKING

OBSTACLE COURSE

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

OPEN DIVISION			OBSTACLE COURSE			OC Rank
#	NAME	TEAM	Timer	Penalty	OC TIME	
50	Sara Spence	Steel Benders	00:39.16		00:39.16	1
52	Braeeden MacGregor	Thicc Cheeks	00:39.36	00:01.00	00:40.36	2
49	Michelle Mattice	Steel Benders	00:40.84		00:40.84	3
48	Rachel Bohnet	Freeze Fitness 3	00:42.53		00:42.53	4
54	Mariah Senger	Thicc Cheeks	00:43.62		00:43.62	5
43	Chelsea Fowler	CMK	00:43.66		00:43.66	6
55	Bonnie MacMillan		00:42.99	00:01.00	00:43.99	7
53	Lorraine Painchaud	Thicc Cheeks	00:43.16	00:02.00	00:45.16	8
51	Shay McTaggart	Steel Benders	00:46.85		00:46.85	9
47	Julie Heppner	Freeze Fitness 3	00:47.72		00:47.72	10
44	Kate Peetoom	CMK	00:49.07		00:49.07	11
42	Melisa Joyal	Can't Stop Won't Stop	00:52.25		00:52.25	12
45	Mackenzie De Beer	CMK	00:53.28		00:53.28	13
41	Clara-Marie Burdett	Can't Stop Won't Stop	00:53.91		00:53.91	14
40	Candace Cameron	Can't Stop Won't Stop	00:53.78	00:01.00	00:54.78	15
46	Jill Byrd	Freeze Fitness 3	00:56.90		00:56.90	16

BOX JUMPS

OPEN DIVISION			BOX JUMPS		Box Rank
#	NAME	TEAM	Box Reps	Box TIME	
51	Shay McTaggart	Steel Benders	50	00:50.82	1
48	Rachel Bohnet	Freeze Fitness 3	50	00:52.25	2
47	Julie Heppner	Freeze Fitness 3	50	00:58.15	3
54	Mariah Senger	Thicc Cheeks	50	01:03.85	4
50	Sara Spence	Steel Benders	50	01:06.09	5
43	Chelsea Fowler	CMK	50	01:20.85	6
53	Lorraine Painchaud	Thicc Cheeks	50	01:22.75	7
40	Candace Cameron	Can't Stop Won't Stop	50	01:24.63	8
55	Bonnie MacMillan		50	01:31.66	9
52	Braeeden MacGregor	Thicc Cheeks	50	01:33.19	10
44	Kate Peetoom	CMK	50	01:44.82	11
46	Jill Byrd	Freeze Fitness 3	50	01:46.44	12
42	Melisa Joyal	Can't Stop Won't Stop	50	01:48.34	13
41	Clara-Marie Burdett	Can't Stop Won't Stop	50	01:53.21	14
49	Michelle Mattice	Steel Benders	50	02:29.47	15
45	Mackenzie De Beer	CMK		03:00.00	16

TIRE FLIPS

OPEN DIVISION			TIRE FLIP		Rank
#	NAME	TEAM	Flips	Flip Time	
52	Braeeden MacGregor	Thicc Cheeks	06	00:16.19	1
49	Michelle Mattice	Steel Benders	06	00:17.41	2
43	Chelsea Fowler	CMK	06	00:18.25	3
50	Sara Spence	Steel Benders	06	00:18.25	3
47	Julie Heppner	Freeze Fitness 3	06	00:19.41	5
48	Rachel Bohnet	Freeze Fitness 3	06	00:19.43	6
55	Bonnie MacMillan		06	00:19.50	7
51	Shay McTaggart	Steel Benders	06	00:21.90	8
41	Clara-Marie Burdett	Can't Stop Won't Stop	06	00:23.28	9
53	Lorraine Painchaud	Thicc Cheeks	06	00:23.66	10
44	Kate Peetoom	CMK	06	00:24.32	11
40	Candace Cameron	Can't Stop Won't Stop	06	00:25.66	12
42	Melisa Joyal	Can't Stop Won't Stop	06	00:26.13	13
54	Mariah Senger	Thicc Cheeks	06	00:28.19	14
46	Jill Byrd	Freeze Fitness 3	06	00:37.03	15
45	Mackenzie De Beer	CMK		03:00.00	16

TIRE DRAG

OPEN DIVISION			TIRE DRAG			Tire Rank
#	NAME	TEAM	TD Timer	Tire Penalty	Tire TIME	
50	Sara Spence	Steel Benders	00:15.78		00:15.78	1
43	Chelsea Fowler	CMK	00:25.54		00:25.54	2
49	Michelle Mattice	Steel Benders	00:25.78		00:25.78	3
55	Bonnie MacMillan		00:27.25		00:27.25	4
47	Julie Heppner	Freeze Fitness 3	00:34.51		00:34.51	5
45	Mackenzie De Beer	CMK	00:37.66		00:37.66	6
52	Braedeen MacGregor	Thicc Cheeks	00:38.15		00:38.15	7
44	Kate Peetoom	CMK	00:47.32		00:47.32	8
40	Candace Cameron	Can't Stop Won't Stop	00:48.50		00:48.50	9
54	Mariah Senger	Thicc Cheeks	00:49.66		00:49.66	10
48	Rachel Bohnet	Freeze Fitness 3	01:09.84		01:09.84	11
42	Melisa Joyal	Can't Stop Won't Stop	01:16.84		01:16.84	12
46	Jill Byrd	Freeze Fitness 3	01:19.79		01:19.79	13
41	Clara-Marie Burdett	Can't Stop Won't Stop	01:20.34		01:20.34	14
53	Lorraine Painchaud	Thicc Cheeks	01:27.56		01:27.56	15
51	Shay McTaggart	Steel Benders	01:42.41		01:42.41	16

KETTLEBELL LIFT

OPEN DIVISION			KETTLE BELLS			KB Rank
#	NAME	TEAM	KB Timer	KB Penalty	KB TIME	
50	Sara Spence	Steel Benders	00:34.42		00:34.42	1
54	Mariah Senger	Thicc Cheeks	00:34.30	00:01.00	00:35.30	2
43	Chelsea Fowler	CMK	00:36.21		00:36.21	3
48	Rachel Bohnet	Freeze Fitness 3	00:36.94	00:01.00	00:37.94	4
52	Braedeen MacGregor	Thicc Cheeks	00:38.47		00:38.47	5
49	Michelle Mattice	Steel Benders	00:37.50	00:01.00	00:38.50	6
55	Bonnie MacMillan		00:38.53		00:38.53	7
47	Julie Heppner	Freeze Fitness 3	00:38.56		00:38.56	8
51	Shay McTaggart	Steel Benders	00:41.13		00:41.13	9
41	Clara-Marie Burdett	Can't Stop Won't Stop	00:43.03		00:43.03	10
44	Kate Peetoom	CMK	00:42.88	00:01.00	00:43.88	11
40	Candace Cameron	Can't Stop Won't Stop	00:43.47	00:01.00	00:44.47	12
53	Lorraine Painchaud	Thicc Cheeks	00:45.00		00:45.00	13
45	Mackenzie De Beer	CMK	00:45.47		00:45.47	14
46	Jill Byrd	Freeze Fitness 3	00:46.21		00:46.21	15
42	Melisa Joyal	Can't Stop Won't Stop	00:46.90		00:46.90	16

SANDBAG BURPEE CLEAN/PRESS

OPEN DIVISION			SANDBAG		SB Rank
#	NAME	TEAM	Sandbag Reps	Sandbag Time	
53	Lorraine Painchaud	Thicc Cheeks	15	00:52.78	1
54	Mariah Senger	Thicc Cheeks	15	00:53.00	2
55	Bonnie MacMillan		15	00:56.03	3
52	Braeeden MacGregor	Thicc Cheeks	15	00:57.79	4
43	Chelsea Fowler	CMK	15	00:58.19	5
51	Shay McTaggart	Steel Benders	15	00:59.75	6
50	Sara Spence	Steel Benders	15	01:02.19	7
48	Rachel Bohnet	Freeze Fitness 3	15	01:05.31	8
42	Melisa Joyal	Can't Stop Won't Stop	15	01:08.97	9
41	Clara-Marie Burdett	Can't Stop Won't Stop	15	01:14.07	10
45	Mackenzie De Beer	CMK	15	01:15.19	11
49	Michelle Mattice	Steel Benders	15	01:17.25	12
40	Candace Cameron	Can't Stop Won't Stop	15	01:20.32	13
47	Julie Heppner	Freeze Fitness 3	15	01:24.94	14
44	Kate Peetoom	CMK	15	01:33.16	15
46	Jill Byrd	Freeze Fitness 3	15	01:36.94	16

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