

FEMSPORT Vancouver Challenge – September 6, 2014



CHI Bursary Winner: Tonia Penner



NOVICE

TEAM: TOTALS

TEAM NAME - NOVICE	POINTS	PLACE
Honeybadgers 3	137.5	1
Kore Fitness	210.5	2
Girls Just Wanna Have Fun Too	296.5	3
Dig Deep #2	305.0	4
Destructive Divas	318.5	5
Perform It Fitness	372.5	6
Bootynetix Bod Squat	377.5	7
3 Amigas	387.0	8
Dig Deep #1	431.0	9
Durti Gurlz #3	476.5	10

INDIVIDUAL: TOTALS

#	NOVICE NAME	TEAM	Final Rank	Overall Points
29	Michelle Brown	Honeybadgers 3	1	22.5
25	Karina Christiansen	Girls Just Wanna Have Fun Too	2	34.0
36	Allegra Rogers		3	37.0
31	Nathalie Scharf	Kore Fitness	4	42.5
19	Karla Tomkins	Dig Deep #2	5	50.5
28	Laurie Carstensen	Honeybadgers 3	6	53.0
26	Rachelle Calasin	Girls Just Wanna Have Fun Too	7	56.5
9	Cassandra Antoine	Bootynetix Bod Squad	8	58.5
27	Kerri-Ann Swartz	Honeybadgers 3	9	62.0
23	Kayla Jensen	Durti Gurlz #3	10	65.0
18	Jennifer MacGregor	Dig Deep #2	11	68.5
32	Sydney Nakazawa	Kore Fitness	12	74.0
13	Lisa Dack	Destructive Divas	13	84.5
12	Dustine Vicic	Destructive Divas	14	87.5
8	Willow Gibson	3 Amigas	15	89.5
30	Brenna Nakazawa	Kore Fitness	16	94.0
46	Kelsey Lawson		17	96.0
42	Donna Ramsay		18	105.5
35	Nicole Marshall	Perform It Fitness	19	106.0
15	Kristin Ryper	Dig Deep #1	20	108.5
38	Andrea Waterfield		21	110.0
34	Jennifer Partington	Perform It Fitness	22	110.5
17	Sarah Vanden Elsen	Dig Deep #1	23	133.0
10	Lisa Moyes	Bootynetix Bod Squad	24	133.5

48	Tonia Penner		25	135.0
40	Brianne Stevens		26	135.5
14	Tracy Russell	Destructive Divas	27	146.5
7	Marria Joughin	3 Amigas	28	148.0
6	Mariana Puebla	3 Amigas	29	149.5
39	Avril Tolmie		30	154.5
33	Erin Houldsworth	Perform It Fitness	31	156.0
43	Gwen Tam		32	159.0
41	Chanti Porter		33	166.5
47	Shelley Perkins		34	174.5
45	Jasmin Ginter		35	178.0
21	Trisha Maass	Durti Gurlz #3	36	185.0
11	Stephanie Lefleur	Bootynetix Bod Squad	37	185.5
20	Maria Zary	Dig Deep #2	38	186.0
16	Nikki Tremblay	Dig Deep #1	39	189.5
24	Caitlin Wilson	Girls Just Wanna Have Fun Too	40	206.0
22	Carly Hawes-Meadows	Durti Gurlz #3	41	226.5

NOVICE

INDIVIDUAL: EVENT RESULTS

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

INVERTED ROWS – NOVICE					
#	NAME	TEAM	Reps	Rank	Point Score
19	Karla Tomkins	Dig Deep #2	53.5	1	1
29	Michelle Brown	Honeybadgers 3	50.5	2	2
9	Cassandra Antoine	Bootynetix Bod Squad	49.0	3	3
25	Karina Christiansen	Girls Just Wanna Have Fun Too	46.0	4	4
26	Rachelle Calasin	Girls Just Wanna Have Fun Too	46.0	4	4
38	Andrea Waterfield		46.0	4	4
36	Allegra Rogers		45.0	7	7
43	Gwen Tam		42.5	8	8
7	Marria Joughin	3 Amigas	40.0	9	9
27	Kerri-Ann Swartz	Honeybadgers 3	40.0	9	9
34	Jennifer Partington	Perform It Fitness	40.0	9	9
28	Laurie Carstensen	Honeybadgers 3	38.0	12	12
23	Kayla Jensen	Durti Gurlz #3	37.5	13	13
8	Willow Gibson	3 Amigas	37.0	14	14
40	Brianne Stevens		36.5	15	15
41	Chanti Porter		36.5	15	15
18	Jennifer MacGregor	Dig Deep #2	36.0	17	17
31	Nathalie Scharf	Kore Fitness	36.0	17	17
12	Dustine Vivic	Destructive Divas	35.5	19	19
13	Lisa Dack	Destructive Divas	35.0	20	20
20	Maria Zary	Dig Deep #2	32.0	21	21
46	Kelsey Lawson		32.0	21	21
35	Nicole Marshall	Perform It Fitness	31.5	23	23
42	Donna Ramsay		31.0	24	24
33	Erin Houldsworth	Perform It Fitness	30.0	25	25

6	Mariana Puebla	3 Amigas	29.0	26	26
17	Sarah Vanden Elsen	Dig Deep #1	28.5	27	27
47	Shelley Perkins		27.5	28	28
11	Stephanie Lefleur	Bootynetix Bod Squad	27.0	29	29
30	Brenna Nakazawa	Kore Fitness	26.0	30	30
10	Lisa Moyes	Bootynetix Bod Squad	25.5	31	31
15	Kristin Ryper	Dig Deep #1	24.5	32	32
24	Caitlin Wilson	Girls Just Wanna Have Fun Too	24.5	32	32
16	Nikki Tremblay	Dig Deep #1	24.0	34	34
32	Sydney Nakazawa	Kore Fitness	24.0	34	34
48	Tonia Penner		23.0	36	36
14	Tracy Russell	Destructive Divas	21.5	37	37
39	Avril Tolmie		15.5	38	38
45	Jasmin Ginter		12.0	39	39
21	Trisha Maass	Durti Gurlz #3	2.5	40	40
22	Carly Hawes-Meadows	Durti Gurlz #3	INJ	41	41

KETTLEBELL LIFT – NOVICE

#	NAME	TEAM	KB TIME	PENALTY	FINAL KB TIME	Rank	Point Score
28	Laurie Carstensen	Honeybadgers 3	00:36.78		00:36.78	1	1
29	Michelle Brown	Honeybadgers 3	00:36.85		00:36.85	2	2
9	Cassandra Antoine	Bootynetix Bod Squad	00:37.62		00:37.62	3	3
31	Nathalie Scharf	Kore Fitness	00:37.72		00:37.72	4	4
25	Karina Christiansen	Girls Just Wanna Have Fun Too	00:37.75		00:37.75	5	5
19	Karla Tomkins	Dig Deep #2	00:37.78		00:37.78	6	6
36	Allegra Rogers		00:37.81		00:37.81	7	7
35	Nicole Marshall	Perform It Fitness	00:38.44		00:38.44	8	8
27	Kerri-Ann Swartz	Honeybadgers 3	00:38.60		00:38.60	9	9
26	Rachelle Calasin	Girls Just Wanna Have Fun Too	00:38.72		00:38.72	10	10
23	Kayla Jensen	Durti Gurlz #3	00:38.75		00:38.75	11	11
18	Jennifer MacGregor	Dig Deep #2	00:38.97		00:38.97	12	12
46	Kelsey Lawson		00:39.78		00:39.78	13	13
12	Dustine Vicic	Destructive Divas	00:40.09		00:40.09	14	14
13	Lisa Dack	Destructive Divas	00:40.13		00:40.13	15	15
32	Sydney Nakazawa	Kore Fitness	00:40.44		00:40.44	16	16
48	Tonia Penner		00:40.91		00:40.91	17	17
34	Jennifer Partington	Perform It Fitness	00:41.12		00:41.12	18	18
30	Brenna Nakazawa	Kore Fitness	00:41.34		00:41.34	19	19
38	Andrea Waterfield		00:41.94		00:41.94	20	20
10	Lisa Moyes	Bootynetix Bod Squad	00:42.03		00:42.03	21	21
8	Willow Gibson	3 Amigas	00:42.13		00:42.13	22	22
39	Avril Tolmie		00:42.19		00:42.19	23	23
42	Donna Ramsay		00:42.44		00:42.44	24	24
40	Brianne Stevens		00:42.72		00:42.72	25	25
15	Kristin Ryper	Dig Deep #1	00:43.53		00:43.53	26	26
17	Sarah Vanden Elsen	Dig Deep #1	00:43.87		00:43.87	27	27
14	Tracy Russell	Destructive Divas	00:44.72		00:44.72	28	28
21	Trisha Maass	Durti Gurlz #3	00:44.84		00:44.84	29	29
33	Erin Houldsworth	Perform It Fitness	00:45.69		00:45.69	30	30
47	Shelley Perkins		00:46.43		00:46.43	31	31
11	Stephanie Lefleur	Bootynetix Bod Squad	00:48.47		00:48.47	32	32
16	Nikki Tremblay	Dig Deep #1	00:48.72		00:48.72	33	33
45	Jasmin Ginter		00:48.78		00:48.78	34	34

43	Gwen Tam		00:49.69		00:49.69	35	35
20	Maria Zary	Dig Deep #2	00:50.12		00:50.12	36	36
7	Marria Joughin	3 Amigas	00:51.25		00:51.25	37	37
24	Caitlin Wilson	Girls Just Wanna Have Fun Too	00:56.50		00:56.50	38	38
6	Mariana Puebla	3 Amigas	00:58.50		00:58.50	39	39
41	Chanti Porter		01:00.37		01:00.37	40	40
22	Carly Hawes-Meadows	Durti Gurlz #3	INJ		03:00.00	41	41

BOX JUMPS – NOVICE						
#	NAME	TEAM	Box Reps	Box TIME	Rank	Point Score
29	Michelle Brown	Honeybadgers 3	50	00:45.37	1	1
8	Willow Gibson	3 Amigas	50	00:45.88	2	2
30	Brenna Nakazawa	Kore Fitness	50	00:50.82	3	3
32	Sydney Nakazawa	Kore Fitness	50	00:50.94	4	4
31	Nathalie Scharf	Kore Fitness	50	00:51.46	5	5
27	Kerri-Ann Swartz	Honeybadgers 3	50	00:53.43	6	6
15	Kristin Ryper	Dig Deep #1	50	00:54.18	7	7
6	Mariana Puebla	3 Amigas	50	00:54.90	8	8
36	Allegra Rogers		50	01:00.85	9	9
25	Karina Christiansen	Girls Just Wanna Have Fun Too	50	01:05.91	10	10
9	Cassandra Antoine	Bootynetix Bod Squad	50	01:11.28	11	11
42	Donna Ramsay		50	01:27.38	12	12
10	Lisa Moyes	Bootynetix Bod Squad	50	01:27.54	13	13
7	Marria Joughin	3 Amigas	50	01:28.53	14	14
19	Karla Tomkins	Dig Deep #2	50	01:30.78	15	15
46	Kelsey Lawson		50	01:32.88	16	16
33	Erin Houldsworth	Perform It Fitness	50	01:34.44	17	17
13	Lisa Dack	Destructive Divas	50	01:34.78	18	18
17	Sarah Vanden Elsen	Dig Deep #1	50	01:37.22	19	19
26	Rachelle Calasin	Girls Just Wanna Have Fun Too	50	01:39.56	20	20
23	Kayla Jensen	Durti Gurlz #3	50	01:40.87	21	21
12	Dustine Vicic	Destructive Divas	50	01:41.13	22	22
48	Tonia Penner		50	01:45.00	23	23
18	Jennifer MacGregor	Dig Deep #2	50	01:47.97	24	24
14	Tracy Russell	Destructive Divas	50	01:49.50	25	25
45	Jasmin Ginter		50	01:51.84	26	26
28	Laurie Carstensen	Honeybadgers 3	50	01:52.72	27	27
41	Chanti Porter		50	01:55.25	28	28
39	Avril Tolmie		50	01:57.91	29	29
34	Jennifer Partington	Perform It Fitness	50	01:58.82	30	30
20	Maria Zary	Dig Deep #2	50	02:00.25	31	31
40	Brianne Stevens		50	02:01.88	32	32
43	Gwen Tam		50	02:07.75	33	33
35	Nicole Marshall	Perform It Fitness	50	02:09.53	34	34
16	Nikki Tremblay	Dig Deep #1	50	02:30.62	35	35
11	Stephanie Lefleur	Bootynetix Bod Squad	50	02:32.50	36	36
38	Andrea Waterfield		50	02:32.75	37	37
24	Caitlin Wilson	Girls Just Wanna Have Fun Too	50	02:35.78	38	38
47	Shelley Perkins		50	02:58.72	39	39
21	Trisha Maass	Durti Gurlz #3	29	03:00.00	40	40
22	Carly Hawes-Meadows	Durti Gurlz #3	INJ		41	41

TIRE FLIP – NOVICE					
#	NAME	TEAM	Flip Time	Rank	Point Score
35	Nicole Marshall	Perform It Fitness	00:18.35	1	1
25	Karina Christiansen	Girls Just Wanna Have Fun Too	00:18.69	2	2
28	Laurie Carstensen	Honeybadgers 3	00:20.29	3	3
23	Kayla Jensen	Durti Gurlz #3	00:20.81	4	4
19	Karla Tomkins	Dig Deep #2	00:20.94	5	5
34	Jennifer Partington	Perform It Fitness	00:21.31	6	6
18	Jennifer MacGregor	Dig Deep #2	00:21.37	7	7
26	Rachelle Calasin	Girls Just Wanna Have Fun Too	00:22.28	8	8
46	Kelsey Lawson		00:22.34	9	9
36	Allegra Rogers		00:22.62	10	10
13	Lisa Dack	Destructive Divas	00:23.31	11	11
29	Michelle Brown	Honeybadgers 3	00:23.47	12	12
32	Sydney Nakazawa	Kore Fitness	00:23.60	13	13
31	Nathalie Scharf	Kore Fitness	00:23.69	14	14
38	Andrea Waterfield		00:24.65	15	15
27	Kerri-Ann Swartz	Honeybadgers 3	00:24.66	16	16
47	Shelley Perkins		00:24.87	17	17
9	Cassandra Antoine	Bootynetix Bod Squad	00:24.91	18	18
42	Donna Ramsay		00:27.16	19	19
39	Avril Tolmie		00:27.31	20	20
12	Dustine Vivic	Destructive Divas	00:27.53	21	21
8	Willow Gibson	3 Amigas	00:27.90	22	22
30	Brenna Nakazawa	Kore Fitness	00:29.22	23	23
14	Tracy Russell	Destructive Divas	00:29.56	24	24
40	Brianne Stevens		00:30.37	25	25
15	Kristin Ryper	Dig Deep #1	00:31.25	26	26
41	Chanti Porter		00:31.31	27	27
48	Tonia Penner		00:31.50	28	28
33	Erin Houldsworth	Perform It Fitness	00:35.22	29	29
21	Trisha Maass	Durti Gurlz #3	00:35.68	30	30
43	Gwen Tam		00:35.72	31	31
17	Sarah Vanden Elsen	Dig Deep #1	00:38.37	32	32
10	Lisa Moyes	Bootynetix Bod Squad	00:38.56	33	33
16	Nikki Tremblay	Dig Deep #1	00:39.90	34	34
6	Mariana Puebla	3 Amigas	00:40.87	35	35
45	Jasmin Ginter		00:41.47	36	36
24	Caitlin Wilson	Girls Just Wanna Have Fun Too	00:42.47	37	37
11	Stephanie Lefleur	Bootynetix Bod Squad	00:42.91	38	38
7	Marria Joughin	3 Amigas	00:52.72	39	39
20	Maria Zary	Dig Deep #2	01:14.12	40	40
22	Carly Hawes-Meadows	Durti Gurlz #3	INJ	41	41

OBSTACLE COURSE (x 1.5) – NOVICE							
#	NAME	TEAM	OC TIME	PENALTY	FINAL OC TIME	Rank	Point Score
31	Nathalie Scharf	Kore Fitness	00:51.57		00:51.57	1	1.5
36	Allegra Rogers		00:55.50		00:55.50	2	3.0
29	Michelle Brown	Honeybadgers 3	00:59.06		00:59.06	3	4.5
32	Sydney Nakazawa	Kore Fitness	00:59.44		00:59.44	4	6.0
18	Jennifer MacGregor	Dig Deep #2	00:59.59		00:59.59	5	7.5
28	Laurie Carstensen	Honeybadgers 3	01:01.31		01:01.31	6	9.0

12	Dustine Vicic	Destructive Divas	00:59.32	00:02.00	01:01.32	7	10.5
25	Karina Christiansen	Girls Just Wanna Have Fun Too	01:00.32	00:01.00	01:01.32	8	12.0
26	Rachelle Calasin	Girls Just Wanna Have Fun Too	01:01.00	00:01.00	01:02.00	9	13.5
23	Kayla Jensen	Durti Gurlz #3	01:01.38	00:01.00	01:02.38	10	15.0
15	Kristin Ryper	Dig Deep #1	01:02.88		01:02.88	11	16.5
30	Brenna Nakazawa	Kore Fitness	01:02.31	00:02.00	01:04.31	12	18.0
13	Lisa Dack	Destructive Divas	01:02.50	00:02.00	01:04.50	13	19.5
27	Kerri-Ann Swartz	Honeybadgers 3	01:05.37	00:02.00	01:07.37	14	21.0
9	Cassandra Antoine	Bootynetix Bod Squad	01:07.75	00:01.00	01:08.75	15	22.5
19	Karla Tomkins	Dig Deep #2	01:07.75	00:01.00	01:08.75	15	22.5
42	Donna Ramsay		01:08.22	00:01.00	01:09.22	17	25.5
17	Sarah Vanden Elsen	Dig Deep #1	01:09.41		01:09.41	18	27.0
8	Willow Gibson	3 Amigas	01:09.50		01:09.50	19	28.5
48	Tonia Penner		01:10.13		01:10.13	20	30.0
14	Tracy Russell	Destructive Divas	01:09.72	00:01.00	01:10.72	21	31.5
38	Andrea Waterfield		01:12.07		01:12.07	22	33.0
10	Lisa Moyes	Bootynetix Bod Squad	01:12.53		01:12.53	23	34.5
46	Kelsey Lawson		01:10.94	00:02.00	01:12.94	24	36.0
40	Brianne Stevens		01:13.87		01:13.87	25	37.5
35	Nicole Marshall	Perform It Fitness	01:14.53		01:14.53	26	39.0
6	Mariana Puebla	3 Amigas	01:14.91		01:14.91	27	40.5
45	Jasmin Ginter		01:15.43		01:15.43	28	42.0
39	Avril Tolmie		01:15.15	00:01.00	01:16.15	29	43.5
21	Trisha Maass	Durti Gurlz #3	01:16.75		01:16.75	30	45.0
34	Jennifer Partington	Perform It Fitness	01:17.00		01:17.00	31	46.5
7	Marria Joughin	3 Amigas	01:16.50	00:02.00	01:18.50	32	48.0
11	Stephanie Lefleur	Bootynetix Bod Squad	01:18.56		01:18.56	33	49.5
43	Gwen Tam		01:17.72	00:01.00	01:18.72	34	51.0
16	Nikki Tremblay	Dig Deep #1	01:16.84	00:02.00	01:18.84	35	52.5
33	Erin Houldsworth	Perform It Fitness	01:16.12	00:03.00	01:19.12	36	54.0
41	Chanti Porter		01:22.12		01:22.12	37	55.5
20	Maria Zary	Dig Deep #2	01:22.94		01:22.94	38	57.0
47	Shelley Perkins		01:28.03		01:28.03	39	58.5
24	Caitlin Wilson	Girls Just Wanna Have Fun Too	01:29.31	00:01.00	01:30.31	40	60.0
22	Carly Hawes-Meadows	Durti Gurlz #3	INJ			41	61.5