

# FEMSPORT

Women's Strength & Fitness Challenge

## FEMSPORT Regina Challenge – August 20, 2016



CHI /CSNA Bursary Winner: TBA

### NOVICE TEAM RANKING

		Row Rank	Box Rank	KB Rank	Flip Rank	Tire Rank	OC Rank	Overall Rank	Overall Points	
<b>Sweat Junkies</b>									<b>221.0</b>	<b>1</b>
	Aubrey Shjpaiuk	7	11	5	19	8	14	5		
	Kristy Straub	13	10	9	13	18	3	4		
	Rebecca Handy	18	7	8	21	21	5	12		
<b>FemFierce</b>									<b>246.5</b>	<b>2</b>
	Chelsea Wytrykusz Meredith Anderson	1	9	13	29	14	9	8		
	Nora Gies	5	16	30	6	12	6	7		
		29	27	6	3	9	10	15		
<b>I.Be.Pro.Fun</b>									<b>273.0</b>	<b>3</b>
	Leigh Bollinger	25	14	20	20	19	19	22		
	Lorna Montgomery	23	4	4	7	2	4	3		
	Shelley Polos	11	15	11	16	22	17	17		
<b>Fembots</b>									<b>282.5</b>	<b>4</b>
	Chelsey Domes	31	28	22	10	5	32	25		
	Jessie Cunningham	20	22	29	8	17	20	21		
	Whitney Edworthy	3	1	2	4	1	1	1		
<b>Team DMP</b>									<b>300.5</b>	<b>5</b>
	Chantal Windus	16	3	14	18	23	8	14		
	Stefanie Krochak	16	6	1	5	4	2	2		
	Tricia Yerex	13	24	32	27	31	35	30		

<b>Femmes Fatales</b>								<b>402.5</b>	<b>6</b>
	Cheryl Smyslo	27	33	33	22	33	34	34	
	Genevieve Levesque	8	18	27	33	16	12	20	
	Rebecca Barton	29	19	3	1	15	11	13	
<b>Runaway Mamas</b>								<b>404.0</b>	<b>7</b>
	Angie Jones	21	20	7	14	20	13	18	
	Janice Bennett	21	12	26	25	34	33	28	
	Mandy Andrews	11	21	18	24	25	24	23	
<b>Gym Class Heroes</b>								<b>410.0</b>	<b>8</b>
	Ciara Spratt	36	36	36	36	36	36	36	
	Danae Simpkins	2	2	15	17	11	22	10	
	Kelsee McGill	4	23	21	15	6	18	16	
<b>#motherlifters</b>								<b>412.0</b>	<b>9</b>
	Brittany Booth	13	8	25	30	24	26	24	
	Brooke Thul	24	34	35	26	27	30	32	
	Carly Stanhope	27	5	10	9	7	16	11	
<b>Ready to Move</b>								<b>483.0</b>	<b>10</b>
	Crystal Runge	34	30	31	23	10	31	29	
	Janine Schenher	35	26	23	31	32	28	31	
	Melissa Fradette	6	25	16	11	30	21	19	
<b>Beer-Belles</b>								<b>512.0</b>	<b>11</b>
	Jackie Myers	33	32	24	35	28	27	33	
	Natasha Tinant	8	29	28	32	26	22	26	
	Stephanie Cleroux	19	31	19	28	29	25	27	

## INDIVIDUAL RANKING

#	NAME	TEAM	Final Rank	Overall Points
9	Whitney Edworthy	Fembots	1	12.5
32	Stefanie Krochak	Team DMP	2	35.0
20	Lorna Montgomery	I.Be.Pro.Fun	3	46.0
29	Kristy Straub	Sweat Junkies	4	67.5
28	Aubrey Shjpaiuk	Sweat Junkies	5	71.0
36	Mallory Foster		6	77.5
11	Meredith Anderson	FemFierce	7	78.0
10	Chelsea Wytrykusz	FemFierce	8	79.5
34	Bridget O'Brien		8	79.5
17	Danae Simpkins	Gym Class Heroes	10	80.0
3	Carly Stanhope	#motherlifters	11	82.0
30	Rebecca Handy	Sweat Junkies	12	82.5

15	Rebecca Barton	Femmes Fatales	13	83.5
31	Chantal Windus	Team DMP	14	86.0
12	Nora Gies	FemFierce	15	89.0
18	Kelsee McGill	Gym Class Heroes	16	96.0
21	Shelley Polos	I.Be.Pro.Fun	17	100.5
25	Angie Jones	Runaway Mamas	18	101.5
24	Melissa Fradette	Ready to Move	19	119.5
14	Genevieve Levesque	Femmes Fatales	20	120.0
8	Jessie Cunningham	Fembots	21	126.0
19	Leigh Bollinger	I.Be.Pro.Fun	22	126.5
27	Mandy Andrews	Runaway Mamas	23	135.0
1	Brittany Booth	#motherlifters	24	139.0
7	Chelsey Domes	Fembots	25	144.0
5	Natasha Tinant	Beer-Belles	26	156.0
6	Stephanie Cleroux	Beer-Belles	27	163.5
26	Janice Bennett	Runaway Mamas	28	167.5
22	Crystal Runge	Ready to Move	29	174.5
33	Tricia Yerex	Team DMP	30	179.5
23	Janine Schenher	Ready to Move	31	189.0
2	Brooke Thul	#motherlifters	32	191.0
4	Jackie Myers	Beer-Belles	33	192.5
13	Cheryl Smyslo	Femmes Fatales	34	199.0
35	Christine Roberts		35	213.5
16	Ciara Spratt	Gym Class Heroes	36	234.0

## **NOVICE EVENT RANKING**

### **OBSTACLE COURSE**

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

NOVICE DIVISION			OBSTACLE COURSE			Rank	Points
#	NAME	TEAM	Timer	Penalty	OC TIME		
9	Whitney Edworthy	Fembots	01:30.28		01:30.28	1	1.5
32	Stefanie Krochak	Team DMP	01:33.16	00:01.00	01:34.16	2	3.0
29	Kristy Straub	Sweat Junkies	01:36.40	00:01.00	01:37.40	3	4.5
20	Lorna Montgomery	I.Be.Pro.Fun	01:38.06		01:38.06	4	6.0
30	Rebecca Handy	Sweat Junkies	01:38.34		01:38.34	5	7.5
11	Meredith Anderson	FemFierce	01:38.49		01:38.49	6	9.0
34	Bridget O'Brien		01:38.56		01:38.56	7	10.5
31	Chantal Windus	Team DMP	01:39.00		01:39.00	8	12.0
10	Chelsea Wytrykusz	FemFierce	01:39.68		01:39.68	9	13.5
12	Nora Gies	FemFierce	01:39.07	00:01.00	01:40.07	10	15.0

15	Rebecca Barton	Femmes Fatales	01:42.75		01:42.75	11	16.5
14	Genevieve Levesque	Femmes Fatales	01:43.59		01:43.59	12	18.0
25	Angie Jones	Runaway Mamas	01:44.04		01:44.04	13	19.5
28	Aubrey Shjpaiuk	Sweat Junkies	01:44.47		01:44.47	14	21.0
36	Mallory Foster		01:45.03		01:45.03	15	22.5
3	Carly Stanhope	#motherlifters	01:45.69		01:45.69	16	24.0
21	Shelley Polos	I.Be.Pro.Fun	01:47.31		01:47.31	17	25.5
18	Kelsee McGill	Gym Class Heroes	01:49.28		01:49.28	18	27.0
19	Leigh Bollinger	I.Be.Pro.Fun	01:50.00		01:50.00	19	28.5
8	Jessie Cunningham	Fembots	01:49.32	00:01.00	01:50.32	20	30.0
24	Melissa Fradette	Ready to Move	01:51.00		01:51.00	21	31.5
5	Natasha Tinant	Beer-Belles	01:51.03		01:51.03	22	33.0
17	Danae Simpkins	Gym Class Heroes	01:51.03		01:51.03	22	33.0
27	Mandy Andrews	Runaway Mamas	01:52.47		01:52.47	24	36.0
6	Stephanie Cleroux	Beer-Belles	01:52.41	00:02.00	01:54.41	25	37.5
1	Brittany Booth	#motherlifters	01:54.47		01:54.47	26	39.0
4	Jackie Myers	Beer-Belles	01:54.56	00:02.00	01:56.56	27	40.5
23	Janine Schenher	Ready to Move	01:57.00		01:57.00	28	42.0
35	Christine Roberts		01:57.03		01:57.03	29	43.5
2	Brooke Thul	#motherlifters	01:57.31		01:57.31	30	45.0
22	Crystal Runge	Ready to Move	01:58.60		01:58.60	31	46.5
7	Chelsey Domes	Fembots	01:58.91		01:58.91	32	48.0
26	Janice Bennett	Runaway Mamas	01:59.69	00:01.00	02:00.69	33	49.5
13	Cheryl Smyslo	Femmes Fatales	02:00.81	00:01.00	02:01.81	34	51.0
33	Tricia Yerex	Team DMP	02:05.28		02:05.28	35	52.5
16	Ciara Spratt	Gym Class Heroes	02:55.56	00:02.00	02:57.56	36	54.0

## BOX JUMPS

NOVICE DIVISION			BOX JUMPS		Box Rank	Points
#	NAME	TEAM	Box Reps	Box TIME		
9	Whitney Edworthy	Fembots	50	00:46.44	1	1
17	Danae Simpkins	Gym Class Heroes	50	00:50.53	2	2
31	Chantal Windus	Team DMP	50	00:54.46	3	3
20	Lorna Montgomery	I.Be.Pro.Fun	50	00:55.06	4	4
3	Carly Stanhope	#motherlifters	50	00:57.41	5	5
32	Stefanie Krochak	Team DMP	50	00:58.16	6	6
30	Rebecca Handy	Sweat Junkies	50	00:59.15	7	7
1	Brittany Booth	#motherlifters	50	01:01.06	8	8
10	Chelsea Wytrykusz	FemFierce	50	01:09.90	9	9
29	Kristy Straub	Sweat Junkies	50	01:12.68	10	10
28	Aubrey Shjpaiuk	Sweat Junkies	50	01:14.12	11	11
26	Janice Bennett	Runaway Mamas	50	01:15.82	12	12
36	Mallory Foster		50	01:18.65	13	13
19	Leigh Bollinger	I.Be.Pro.Fun	50	01:18.72	14	14
21	Shelley Polos	I.Be.Pro.Fun	50	01:19.87	15	15
11	Meredith Anderson	FemFierce	50	01:21.72	16	16

34	Bridget O'Brien		50	01:23.68	17	17
14	Genevieve Levesque	Femmes Fatales	50	01:25.85	18	18
15	Rebecca Barton	Femmes Fatales	50	01:29.06	19	19
25	Angie Jones	Runaway Mamas	50	01:32.22	20	20
27	Mandy Andrews	Runaway Mamas	50	01:32.81	21	21
8	Jessie Cunningham	Fembots	50	01:35.28	22	22
18	Kelsee McGill	Gym Class Heroes	50	01:47.03	23	23
33	Tricia Yerex	Team DMP	50	01:49.94	24	24
24	Melissa Fradette	Ready to Move	50	01:51.10	25	25
23	Janine Schenher	Ready to Move	50	01:51.15	26	26
12	Nora Gies	FemFierce	50	01:57.03	27	27
7	Chelsey Domes	Fembots	50	02:15.04	28	28
5	Natasha Tinant	Beer-Belles	50	02:19.75	29	29
22	Crystal Runge	Ready to Move	50	02:23.66	30	30
6	Stephanie Cleroux	Beer-Belles	50	02:27.87	31	31
4	Jackie Myers	Beer-Belles	50	02:32.22	32	32
13	Cheryl Smyslo	Femmes Fatales	50	02:50.34	33	33
2	Brooke Thul	#motherlifters	50	02:58.53	34	34
35	Christine Roberts		49	03:00.00	35	35
16	Ciara Spratt	Gym Class Heroes		INJ	36	36

## TIRE FLIPS

NOVICE DIVISION			TIRE FLIP		Rank	Points
#	NAME	TEAM	Flips	Flip Time		
15	Rebecca Barton	Femmes Fatales	06	00:16.84	1	1
36	Mallory Foster		06	00:17.50	2	2
12	Nora Gies	FemFierce	06	00:18.25	3	3
9	Whitney Edworthy	Fembots	06	00:18.31	4	4
32	Stefanie Krochak	Team DMP	06	00:18.78	5	5
11	Meredith Anderson	FemFierce	06	00:19.15	6	6
20	Lorna Montgomery	I.Be.Pro.Fun	06	00:20.23	7	7
8	Jessie Cunningham	Fembots	06	00:20.25	8	8
3	Carly Stanhope	#motherlifters	06	00:20.28	9	9
7	Chelsey Domes	Fembots	06	00:20.56	10	10
24	Melissa Fradette	Ready to Move	06	00:20.81	11	11
34	Bridget O'Brien		06	00:20.94	12	12
29	Kristy Straub	Sweat Junkies	06	00:20.97	13	13
25	Angie Jones	Runaway Mamas	06	00:21.22	14	14
18	Kelsee McGill	Gym Class Heroes	06	00:21.47	15	15
21	Shelley Polos	I.Be.Pro.Fun	06	00:21.87	16	16
17	Danae Simpkins	Gym Class Heroes	06	00:22.60	17	17
31	Chantal Windus	Team DMP	06	00:22.91	18	18
28	Aubrey Shjpaiuk	Sweat Junkies	06	00:23.62	19	19
19	Leigh Bollinger	I.Be.Pro.Fun	06	00:23.72	20	20
30	Rebecca Handy	Sweat Junkies	06	00:23.94	21	21
13	Cheryl Smyslo	Femmes Fatales	06	00:24.22	22	22

22	Crystal Runge	Ready to Move	06	00:24.78	23	23
27	Mandy Andrews	Runaway Mamas	06	00:24.84	24	24
26	Janice Bennett	Runaway Mamas	06	00:24.90	25	25
2	Brooke Thul	#motherlifters	06	00:25.00	26	26
33	Tricia Yerex	Team DMP	06	00:26.03	27	27
6	Stephanie Cleroux	Beer-Belles	06	00:26.04	28	28
10	Chelsea Wytrykusz	FemFierce	06	00:26.63	29	29
1	Brittany Booth	#motherlifters	06	00:26.90	30	30
23	Janine Schenher	Ready to Move	06	00:26.91	31	31
5	Natasha Tinant	Beer-Belles	06	00:27.03	32	32
14	Genevieve Levesque	Femmes Fatales	06	00:27.28	33	33
35	Christine Roberts		06	00:27.75	34	34
4	Jackie Myers	Beer-Belles	06	00:33.25	35	35
16	Ciara Spratt	Gym Class Heroes		INJ	36	36

## KETTLEBELL LIFT

NOVICE DIVISION			KETTLE BELLS			KB Rank	Points
#	NAME	TEAM	KB Timer	KB Penalty	KB TIME		
32	Stefanie Krochak	Team DMP	00:38.41		00:38.41	1	1
9	Whitney Edworthy	Fembots	00:39.00		00:39.00	2	2
15	Rebecca Barton	Femmes Fatales	00:39.16		00:39.16	3	3
20	Lorna Montgomery	I.Be.Pro.Fun	00:39.37		00:39.37	4	4
28	Aubrey Shjpaiuk	Sweat Junkies	00:39.87		00:39.87	5	5
12	Nora Gies	FemFierce	00:41.28		00:41.28	6	6
25	Angie Jones	Runaway Mamas	00:41.63		00:41.63	7	7
30	Rebecca Handy	Sweat Junkies	00:41.84		00:41.84	8	8
29	Kristy Straub	Sweat Junkies	00:42.21		00:42.21	9	9
3	Carly Stanhope	#motherlifters	00:42.37		00:42.37	10	10
21	Shelley Polos	I.Be.Pro.Fun	00:42.41		00:42.41	11	11
34	Bridget O'Brien		00:42.69		00:42.69	12	12
10	Chelsea Wytrykusz	FemFierce	00:42.78		00:42.78	13	13
31	Chantal Windus	Team DMP	00:43.32		00:43.32	14	14
17	Danae Simpkins	Gym Class Heroes	00:43.44		00:43.44	15	15
24	Melissa Fradette	Ready to Move	00:43.78		00:43.78	16	16
36	Mallory Foster		00:44.62		00:44.62	17	17
27	Mandy Andrews	Runaway Mamas	00:45.53		00:45.53	18	18
6	Stephanie Cleroux	Beer-Belles	00:46.00		00:46.00	19	19
19	Leigh Bollinger	I.Be.Pro.Fun	00:47.06		00:47.06	20	20
18	Kelsee McGill	Gym Class Heroes	00:47.41		00:47.41	21	21
7	Chelsey Domes	Fembots	00:47.88		00:47.88	22	22
23	Janine Schenher	Ready to Move	00:47.97		00:47.97	23	23
4	Jackie Myers	Beer-Belles	00:48.25		00:48.25	24	24
1	Brittany Booth	#motherlifters	00:47.91	00:01.00	00:48.91	25	25
26	Janice Bennett	Runaway Mamas	00:50.36		00:50.36	26	26
14	Genevieve Levesque	Femmes Fatales	00:50.94		00:50.94	27	27

5	Natasha Tinant	Beer-Belles	00:51.07		00:51.07	28	28
8	Jessie Cunningham	Fembots	00:50.10	00:01.00	00:51.10	29	29
11	Meredith Anderson	FemFierce	00:51.65		00:51.65	30	30
22	Crystal Runge	Ready to Move	00:52.47		00:52.47	31	31
33	Tricia Yerex	Team DMP	00:50.97	00:02.00	00:52.97	32	32
13	Cheryl Smyslo	Femmes Fatales	00:54.06		00:54.06	33	33
35	Christine Roberts		00:53.06	00:01.00	00:54.06	34	34
2	Brooke Thul	#motherlifters	00:54.09	00:01.00	00:55.09	35	35
16	Ciara Spratt	Gym Class Heroes		INJ		36	36

## TIRE DRAG

NOVICE DIVISION				TIRE DRAG		
#	NAME	TEAM	Tire TIME	Tire Rank	Points	
9	Whitney Edworthy	Fembots	00:12.96	1	1	
20	Lorna Montgomery	I.Be.Pro.Fun	00:14.18	2	2	
34	Bridget O'Brien		00:15.02	3	3	
32	Stefanie Krochak	Team DMP	00:15.35	4	4	
7	Chelsey Domes	Fembots	00:16.19	5	5	
18	Kelsee McGill	Gym Class Heroes	00:16.22	6	6	
3	Carly Stanhope	#motherlifters	00:16.28	7	7	
28	Aubrey Shjpaiuk	Sweat Junkies	00:16.31	8	8	
12	Nora Gies	FemFierce	00:16.50	9	9	
22	Crystal Runge	Ready to Move	00:16.65	10	10	
17	Danae Simpkins	Gym Class Heroes	00:16.98	11	11	
11	Meredith Anderson	FemFierce	00:17.25	12	12	
36	Mallory Foster		00:17.28	13	13	
10	Chelsea Wytrykusz	FemFierce	00:17.44	14	14	
15	Rebecca Barton	Femmes Fatales	00:17.65	15	15	
14	Genevieve Levesque	Femmes Fatales	00:17.66	16	16	
8	Jessie Cunningham	Fembots	00:17.72	17	17	
29	Kristy Straub	Sweat Junkies	00:17.78	18	18	
19	Leigh Bollinger	I.Be.Pro.Fun	00:17.81	19	19	
25	Angie Jones	Runaway Mamas	00:18.18	20	20	
30	Rebecca Handy	Sweat Junkies	00:18.81	21	21	
21	Shelley Polos	I.Be.Pro.Fun	00:18.97	22	22	
31	Chantal Windus	Team DMP	00:19.25	23	23	
1	Brittany Booth	#motherlifters	00:19.50	24	24	
27	Mandy Andrews	Runaway Mamas	00:19.82	25	25	
5	Natasha Tinant	Beer-Belles	00:19.96	26	26	
2	Brooke Thul	#motherlifters	00:21.19	27	27	
4	Jackie Myers	Beer-Belles	00:21.22	28	28	
6	Stephanie Cleroux	Beer-Belles	00:21.25	29	29	
24	Melissa Fradette	Ready to Move	00:21.66	30	30	
33	Tricia Yerex	Team DMP	00:21.72	31	31	
23	Janine Schenher	Ready to Move	00:23.22	32	32	

13	Cheryl Smyslo	Femmes Fatales	00:23.53	33	33
26	Janice Bennett	Runaway Mamas	00:24.97	34	34
35	Christine Roberts		00:25.34	35	35
16	Ciara Spratt	Gym Class Heroes	INJ	36	36

## INVERTED ROWS

NOVICE DIVISION			INVERTED ROWS	Row Rank	Points
#	NAME	TEAM	Row Score		
10	Chelsea Wytrykusz	FemFierce	38.0	1	1
17	Danae Simpkins	Gym Class Heroes	37.5	2	2
9	Whitney Edworthy	Fembots	37.0	3	3
18	Kelsee McGill	Gym Class Heroes	36.5	4	4
11	Meredith Anderson	FemFierce	34.5	5	5
24	Melissa Fradette	Ready to Move	33.5	6	6
28	Aubrey Shjpaiuk	Sweat Junkies	33.0	7	7
5	Natasha Tinant	Beer-Belles	32.5	8	8
14	Genevieve Levesque	Femmes Fatales	32.5	8	8
36	Mallory Foster		32.0	10	10
21	Shelley Polos	I.Be.Pro.Fun	30.5	11	11
27	Mandy Andrews	Runaway Mamas	30.5	11	11
1	Brittany Booth	#motherlifters	30.0	13	13
29	Kristy Straub	Sweat Junkies	30.0	13	13
33	Tricia Yerex	Team DMP	30.0	13	13
31	Chantal Windus	Team DMP	29.5	16	16
32	Stefanie Krochak	Team DMP	29.5	16	16
30	Rebecca Handy	Sweat Junkies	28.0	18	18
6	Stephanie Cleroux	Beer-Belles	26.5	19	19
8	Jessie Cunningham	Fembots	26.0	20	20
25	Angie Jones	Runaway Mamas	25.0	21	21
26	Janice Bennett	Runaway Mamas	25.0	21	21
20	Lorna Montgomery	I.Be.Pro.Fun	24.5	23	23
2	Brooke Thul	#motherlifters	23.5	24	24
19	Leigh Bollinger	I.Be.Pro.Fun	21.5	25	25
34	Bridget O'Brien		21.5	25	25
3	Carly Stanhope	#motherlifters	21.0	27	27
13	Cheryl Smyslo	Femmes Fatales	21.0	27	27
12	Nora Gies	FemFierce	20.5	29	29
15	Rebecca Barton	Femmes Fatales	20.5	29	29
7	Chelsey Domes	Fembots	20.0	31	31
35	Christine Roberts		17.5	32	32
4	Jackie Myers	Beer-Belles	16.0	33	33
22	Crystal Runge	Ready to Move	15.0	34	34
23	Janinie Schenher	Ready to Move	14.0	35	35
16	Ciara Spratt	Gym Class Heroes	INJ	36	36