



### FEMSPORT Kamloops Challenge – May 27<sup>th</sup>, 2017



### CHI Bursary Winner: Shealynn MacVicar

#### 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

		SB Rank	Box Rank	KB Rank	Flip Rank	Tire Rank	OC Rank	Overall Rank	Overall Points
<b>AOF Hercu-Lillies</b>		22	15	32	21	36	15	17	<b>149.5</b>
	Jessie Carmichael	1	2	1	3	12	1	1	
	Michelle Tinkley	4	11	3	1	8	11	4	
	Sarah Dewar	17	3	28	17	16	3	12	
<b>KC - FLEX</b>		36	43	35	26	30	38	31	<b>227.0</b>
	Ellisse Cataford	19	22	15	6	1	26	15	
	Jordan Harwood	5	4	4	4	6	2	2	
	Tasha Vickerd	12	17	14	18	23	10	14	
<b>Fit By Design 6</b>		21	32	37	31	37	45	31	<b>245.5</b>
	Courtney Woodruff	13	18	7	12	18	8	10	
	Lisa Conroy	2	7	8	8	2	9	3	
	Stacey Parkins	6	27	22	11	17	28	18	
<b>Fit By Design 2</b>		39	51	37	45	21	42	36	<b>256.0</b>
	Brandi Beeton	14	6	9	14	4	14	9	
	Gabrielle Charlebois	22	26	26	22	3	24	21	
	Stacy Durante	3	19	2	9	14	4	6	
<b>Fit By Design 4</b>		42	49	43	56	47	62	51	<b>332.0</b>
	Amanda Ziegler	27	29	27	20	10	19	24	
	Christian Rainier	7	15	11	28	26	31	20	
	Julie Heppner	8	5	5	10	11	12	7	
<b>Buck Furpees</b>		61	29	64	66	55	44	53	<b>343.0</b>
	Erin Gregorash	15	8	6	2	5	6	5	
	Jenny Bulford	18	1	25	32	28	16	19	
	Renee Rust	28	20	33	34	22	22	29	
<b>Little Goal Diggers</b>		63	74	65	66	47	48	51	<b>380.0</b>
	Aleta Salmon	32	30	31	33	25	20	31	

	Gina Dunn	20	28	24	19	15	21	22	
	Kara Hick	11	16	10	7	7	7	8	
<b>Fit By Design 1</b>		<b>82</b>	<b>92</b>	<b>55</b>	<b>76</b>	<b>66</b>	<b>88</b>	<b>87</b>	<b>503.0</b>
	Amanda Burborough	23	32	18	24	21	32	28	
	Denise Roberts	29	36	17	29	27	29	32	
	Jen Casorso	30	24	20	23	18	27	27	
<b>Fit By Design 3</b>		<b>96</b>	<b>93</b>	<b>103</b>	<b>98</b>	<b>94</b>	<b>99</b>	<b>101</b>	<b>632.5</b>
	Cheryl Paige	25	25	32	27	23	30	30	
	Jennifer Norman	36	33	35	36	35	34	35	
	Krista Mounce	35	35	36	35	36	35	36	

## NOVICE INDIVIDUAL RANKING

#	NAME	TEAM	Overall Rank	Overall Points
16	Jessie Carmichael	AOF Hercu-Lillies	1	20.5
41	Jordan Harwood	KC - FLEX	2	26.0
38	Lisa Conroy	Fit By Design 6	3	40.5
17	Michelle Tinkley	AOF Hercu-Lillies	4	43.5
19	Erin Gregorash	Buck Furpees	5	45.0
27	Stacy Durante	Fit By Design 2	6	53.0
33	Julie Heppner	Fit By Design 4	7	57.0
45	Kara Hick	Little Goal Diggers	8	61.5
25	Brandi Beeton	Fit By Design 2	9	68.0
37	Courtney Woodruff	Fit By Design 6	10	80.0
48	Shealynn MacVicar		11	83.5
18	Sarah Dewar	AOF Hercu-Lillies	12	85.5
46	Ariel Swayze		13	87.5
42	Tasha Vickerd	KC - FLEX	14	99.0
40	Ellisse Cataford	KC - FLEX	15	102.0
51	Elle Swaisland		16	103.5
54	Melissa Brown		17	124.5
39	Stacey Parkins	Fit By Design 6	18	125.0
20	Jenny Bulford	Buck Furpees	19	128.0
32	Christian Rainier	Fit By Design 4	20	133.5
26	Gabrielle Charlebois	Fit By Design 2	21	135.0
44	Gina Dunn	Little Goal Diggers	22	137.5
52	Felicia Adams		23	139.5
31	Amanda Ziegler	Fit By Design 4	24	141.5
34	Amy Peltier		25	142.5
53	Jessie Lindores		26	152.5
24	Jen Casorso	Fit By Design 1	27	155.5
21	Renee Rust	Buck Furpees	28	170.0

22	Amanda Burborough	Fit By Design 1	29	171.0
23	Denise Roberts	Fit By Design 1	30	176.5
28	Cheryl Paige	Fit By Design 3	31	177.0
43	Aleta Salmon	Little Goal Diggers	32	181.0
35	Janine Nadeau		33	206.0
49	Amanjit Randhawa		34	212.5
29	Jennifer Norman	Fit By Design 3	35	226.0
30	Krista Mounce	Fit By Design 3	36	229.5
47	Juanita Quewezance	<i>DNF - INJURED</i>	37	240.5

## **NOVICE EVENT RANKING**

### **OBSTACLE COURSE**

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

<b>NOVICE DIVISION</b>			<b>OBSTACLE COURSE</b>			OC Rank
#	NAME	TEAM	OCTimer	OC Penalty	OC TIME	
16	Jessie Carmichael	AOF Hercu-Lillies	00:59.68	00:01.00	01:00.68	1
41	Jordan Harwood	KC - FLEX	01:01.13	00:01.00	01:02.13	2
18	Sarah Dewar	AOF Hercu-Lillies	01:03.12	00:01.00	01:04.12	3
27	Stacy Durante	Fit By Design 2	01:04.22		01:04.22	4
48	Shealynn MacVicar		01:04.75	00:01.00	01:05.75	5
19	Erin Gregorash	Buck Furpees	01:06.83		01:06.83	6
45	Kara Hick	Little Goal Diggers	01:07.22		01:07.22	7
37	Courtney Woodruff	Fit By Design 6	01:07.47		01:07.47	8
38	Lisa Conroy	Fit By Design 6	01:04.62	00:03.00	01:07.62	9
42	Tasha Vickerd	KC - FLEX	01:07.90		01:07.90	10
17	Michelle Tinkley	AOF Hercu-Lillies	01:06.97	00:01.00	01:07.97	11
33	Julie Heppner	Fit By Design 4	01:08.62		01:08.62	12
51	Elle Swaisland		01:06.65	00:02.00	01:08.65	13
25	Brandi Beeton	Fit By Design 2	01:09.47	00:01.00	01:10.47	14
46	Ariel Swayze		01:11.31		01:11.31	15
20	Jenny Bulford	Buck Furpees	01:12.41		01:12.41	16
34	Amy Peltier		01:13.25		01:13.25	17
52	Felicia Adams		01:13.25		01:13.25	17
31	Amanda Ziegler	Fit By Design 4	01:13.37		01:13.37	19
43	Aleta Salmon	Little Goal Diggers	01:13.66		01:13.66	20
44	Gina Dunn	Little Goal Diggers	01:14.50		01:14.50	21
21	Renee Rust	Buck Furpees	01:14.66		01:14.66	22
54	Melissa Brown		01:14.78		01:14.78	23
26	Gabrielle Charlebois	Fit By Design 2	01:11.00	00:04.00	01:15.00	24

53	Jessie Lindores		01:15.22	00:01.00	01:16.22	25
40	Ellisse Cataford	KC - FLEX	01:15.41	00:01.00	01:16.41	26
24	Jen Casorso	Fit By Design 1	01:17.18		01:17.18	27
39	Stacey Parkins	Fit By Design 6	01:17.22		01:17.22	28
23	Denise Roberts	Fit By Design 1	01:19.31		01:19.31	29
28	Cheryl Paige	Fit By Design 3	01:19.50		01:19.50	30
32	Christian Rainier	Fit By Design 4	01:19.10	00:01.00	01:20.10	31
22	Amanda Burborough	Fit By Design 1	01:19.78	00:01.00	01:20.78	32
49	Amanjit Randhawa		01:20.93		01:20.93	33
29	Jennifer Norman	Fit By Design 3	01:26.66	00:01.00	01:27.66	34
30	Krista Mounce	Fit By Design 3	01:28.47		01:28.47	35
35	Janine Nadeau		01:31.84	00:01.00	01:32.84	36
47	Juanita Quewezance		DNF		INJURED	37

## BOX JUMPS

NOVICE DIVISION			BOX JUMPS		Box Rank
#	NAME	TEAM	Box Reps	Box TIME	
20	Jenny Bulford	Buck Furpees	50	00:49.47	1
16	Jessie Carmichael	AOF Hercu-Lillies	50	00:50.37	2
18	Sarah Dewar	AOF Hercu-Lillies	50	00:51.97	3
41	Jordan Harwood	KC - FLEX	50	00:53.75	4
33	Julie Heppner	Fit By Design 4	50	01:03.62	5
25	Brandi Beeton	Fit By Design 2	50	01:10.06	6
38	Lisa Conroy	Fit By Design 6	50	01:14.53	7
19	Erin Gregorash	Buck Furpees	50	01:20.22	8
48	Shealynn MacVicar		50	01:20.97	9
53	Jessie Lindores		50	01:21.78	10
17	Michelle Tinkley	AOF Hercu-Lillies	50	01:22.66	11
52	Felicia Adams		50	01:23.28	12
54	Melissa Brown		50	01:25.82	13
51	Elle Swaisland		50	01:30.88	14
32	Christian Rainier	Fit By Design 4	50	01:35.22	15
45	Kara Hick	Little Goal Diggers	50	01:36.25	16
42	Tasha Vickerd	KC - FLEX	50	01:43.56	17
37	Courtney Woodruff	Fit By Design 6	50	01:45.94	18
27	Stacy Durante	Fit By Design 2	50	01:52.31	19
21	Renee Rust	Buck Furpees	50	01:58.69	20
34	Amy Peltier		50	02:03.85	21
40	Ellisse Cataford	KC - FLEX	50	02:09.38	22
46	Ariel Swayze		50	02:10.50	23
24	Jen Casorso	Fit By Design 1	50	02:11.06	24
28	Cheryl Paige	Fit By Design 3	50	02:16.25	25
26	Gabrielle Charlebois	Fit By Design 2	50	02:16.68	26
39	Stacey Parkins	Fit By Design 6	50	02:25.84	27
44	Gina Dunn	Little Goal Diggers	50	02:45.31	28

31	Amanda Ziegler	Fit By Design 4	50	02:49.25	29
43	Aleta Salmon	Little Goal Diggers	50	02:54.46	30
49	Amanjit Randhawa		50	02:55.59	31
22	Amanda Burborough	Fit By Design 1	50	02:56.12	32
29	Jennifer Norman	Fit By Design 3	50	03:00.00	33
35	Janine Nadeau		50	03:00.00	33
30	Krista Mounce	Fit By Design 3	27	03:00.00	35
23	Denise Roberts	Fit By Design 1	26	03:00.00	36
47	Juanita Quewezance				37

## TIRE FLIPS

<b>NOVICE DIVISION</b>			<b>TIRE FLIP</b>		Flip Rank
#	NAME	TEAM	Flips	Flip Time	
17	Michelle Tinkley	AOF Hercu-Lillies	06	00:19.15	1
19	Erin Gregorash	Buck Furpees	06	00:19.94	2
16	Jessie Carmichael	AOF Hercu-Lillies	06	00:20.44	3
41	Jordan Harwood	KC - FLEX	06	00:21.97	4
46	Ariel Swayze		06	00:23.43	5
40	Ellisse Cataford	KC - FLEX	06	00:24.60	6
45	Kara Hick	Little Goal Diggers	06	00:24.78	7
38	Lisa Conroy	Fit By Design 6	06	00:25.06	8
27	Stacy Durante	Fit By Design 2	06	00:26.06	9
33	Julie Heppner	Fit By Design 4	06	00:26.09	10
39	Stacey Parkins	Fit By Design 6	06	00:26.28	11
37	Courtney Woodruff	Fit By Design 6	06	00:27.97	12
51	Elle Swaisland		06	00:27.97	12
25	Brandi Beeton	Fit By Design 2	06	00:28.60	14
52	Felicia Adams		06	00:29.23	15
48	Shealynn MacVicar		06	00:29.29	16
18	Sarah Dewar	AOF Hercu-Lillies	06	00:29.40	17
42	Tasha Vickerd	KC - FLEX	06	00:30.07	18
44	Gina Dunn	Little Goal Diggers	06	00:31.50	19
31	Amanda Ziegler	Fit By Design 4	06	00:32.06	20
54	Melissa Brown		06	00:32.69	21
26	Gabrielle Charlebois	Fit By Design 2	06	00:32.98	22
24	Jen Casorso	Fit By Design 1	06	00:34.13	23
23	Denise Roberts	Fit By Design 1	06	00:34.34	24
34	Amy Peltier		06	00:36.47	25
35	Janine Nadeau		06	00:36.87	26
28	Cheryl Paige	Fit By Design 3	06	00:38.37	27
32	Christian Rainier	Fit By Design 4	06	00:39.23	28
22	Amanda Burborough	Fit By Design 1	06	00:39.44	29
53	Jessie Lindores		06	00:42.62	30
49	Amanjit Randhawa		06	00:50.03	31
20	Jenny Bulford	Buck Furpees	06	00:55.15	32

43	Aleta Salmon	Little Goal Diggers	06	00:57.22	33
21	Renee Rust	Buck Furpees	06	00:57.72	34
30	Krista Mounce	Fit By Design 3	06	02:56.53	35
29	Jennifer Norman	Fit By Design 3	06	03:10.72	36
47	Juanita Quewezance				37

## TIRE DRAG

<b>NOVICE DIVISION</b>			<b>TIRE DRAG</b>			Tire Rank
#	NAME	TEAM	TD Timer	Tire Penalty	Tire TIME	
40	Ellisse Cataford	KC - FLEX	00:10.34		00:10.34	1
38	Lisa Conroy	Fit By Design 6	00:10.53		00:10.53	2
26	Gabrielle Charlebois	Fit By Design 2	00:11.44		00:11.44	3
25	Brandi Beeton	Fit By Design 2	00:11.54		00:11.54	4
19	Erin Gregorash	Buck Furpees	00:11.82		00:11.82	5
41	Jordan Harwood	KC - FLEX	00:12.12		00:12.12	6
45	Kara Hick	Little Goal Diggers	00:12.50		00:12.50	7
17	Michelle Tinkley	AOF Hercu-Lillies	00:12.97		00:12.97	8
46	Ariel Swayze		00:13.12		00:13.12	9
31	Amanda Ziegler	Fit By Design 4	00:13.17		00:13.17	10
33	Julie Heppner	Fit By Design 4	00:13.47		00:13.47	11
16	Jessie Carmichael	AOF Hercu-Lillies	00:13.59		00:13.59	12
54	Melissa Brown		00:13.63		00:13.63	13
27	Stacy Durante	Fit By Design 2	00:13.84		00:13.84	14
44	Gina Dunn	Little Goal Diggers	00:13.91		00:13.91	15
18	Sarah Dewar	AOF Hercu-Lillies	00:14.25		00:14.25	16
39	Stacey Parkins	Fit By Design 6	00:14.44		00:14.44	17
24	Jen Casorso	Fit By Design 1	00:14.81		00:14.81	18
34	Amy Peltier		00:14.81		00:14.81	18
37	Courtney Woodruff	Fit By Design 6	00:14.81		00:14.81	18
22	Amanda Burborough	Fit By Design 1	00:15.54		00:15.54	21
21	Renee Rust	Buck Furpees	00:15.66		00:15.66	22
28	Cheryl Paige	Fit By Design 3	00:15.94		00:15.94	23
42	Tasha Vickerd	KC - FLEX	00:15.94		00:15.94	23
43	Aleta Salmon	Little Goal Diggers	00:16.72		00:16.72	25
32	Christian Rainier	Fit By Design 4	00:16.75		00:16.75	26
23	Denise Roberts	Fit By Design 1	00:16.81		00:16.81	27
20	Jenny Bulford	Buck Furpees	00:17.00		00:17.00	28
48	Shealynn MacVicar		00:17.56		00:17.56	29
35	Janine Nadeau		00:17.78		00:17.78	30
52	Felicia Adams		00:18.03		00:18.03	31
51	Elle Swaisland		00:18.40		00:18.40	32
53	Jessie Lindores		00:18.87		00:18.87	33
49	Amanjit Randhawa		00:19.93		00:19.93	34

29	Jennifer Norman	Fit By Design 3	00:24.03		00:24.03	35
30	Krista Mounce	Fit By Design 3	00:25.97		00:25.97	36
47	Juanita Quewezance		02:00.00		02:00.00	37

## KETTLEBELL LIFT

<b>NOVICE DIVISION</b>			<b>KETTLE BELLS</b>			<b>KB Rank</b>
<b>#</b>	<b>NAME</b>	<b>TEAM</b>	<b>KB Timer</b>	<b>KB Penalty</b>	<b>KB TIME</b>	
16	Jessie Carmichael	AOF Hercu-Lillies	00:34.41		00:34.41	1
27	Stacy Durante	Fit By Design 2	00:35.18		00:35.18	2
17	Michelle Tinkley	AOF Hercu-Lillies	00:35.52		00:35.52	3
41	Jordan Harwood	KC - FLEX	00:34.56	00:01.00	00:35.56	4
33	Julie Heppner	Fit By Design 4	00:37.22		00:37.22	5
19	Erin Gregorash	Buck Furpees	00:37.72		00:37.72	6
37	Courtney Woodruff	Fit By Design 6	00:38.03		00:38.03	7
38	Lisa Conroy	Fit By Design 6	00:38.07		00:38.07	8
25	Brandi Beeton	Fit By Design 2	00:38.97		00:38.97	9
45	Kara Hick	Little Goal Diggers	00:39.22		00:39.22	10
32	Christian Rainier	Fit By Design 4	00:39.94		00:39.94	11
46	Ariel Swayze		00:40.28		00:40.28	12
48	Shealynn MacVicar		00:40.41		00:40.41	13
42	Tasha Vickerd	KC - FLEX	00:40.44		00:40.44	14
40	Ellisse Cataford	KC - FLEX	00:39.85	00:01.00	00:40.85	15
51	Elle Swaisland		00:38.91	00:02.00	00:40.91	16
23	Denise Roberts	Fit By Design 1	00:41.47		00:41.47	17
22	Amanda Burborough	Fit By Design 1	00:41.78		00:41.78	18
54	Melissa Brown		00:42.50		00:42.50	19
24	Jen Casorso	Fit By Design 1	00:42.88		00:42.88	20
53	Jessie Lindores		00:43.62		00:43.62	21
34	Amy Peltier		00:44.19		00:44.19	22
39	Stacey Parkins	Fit By Design 6	00:44.19		00:44.19	22
44	Gina Dunn	Little Goal Diggers	00:44.43		00:44.43	24
20	Jenny Bulford	Buck Furpees	00:44.44		00:44.44	25
26	Gabrielle Charlebois	Fit By Design 2	00:43.44	00:01.00	00:44.44	26
31	Amanda Ziegler	Fit By Design 4	00:44.75		00:44.75	27
18	Sarah Dewar	AOF Hercu-Lillies	00:45.85		00:45.85	28
35	Janine Nadeau		00:45.43	00:01.00	00:46.43	29
52	Felicia Adams		00:46.97		00:46.97	30
43	Aleta Salmon	Little Goal Diggers	00:48.85		00:48.85	31
28	Cheryl Paige	Fit By Design 3	00:49.41		00:49.41	32
21	Renee Rust	Buck Furpees	00:50.28		00:50.28	33
49	Amanjit Randhawa		00:51.12		00:51.12	34
29	Jennifer Norman	Fit By Design 3	01:01.66		01:01.66	35
30	Krista Mounce	Fit By Design 3	01:03.19		01:03.19	36
47	Juanita Quewezance		02:00.00		02:00.00	37

## 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>	
16	Jessie Carmichael	AOF Hercu-Lillies	15	00:50.16	1
38	Lisa Conroy	Fit By Design 6	15	00:53.93	2
27	Stacy Durante	Fit By Design 2	15	00:54.62	3
17	Michelle Tinkley	AOF Hercu-Lillies	15	00:55.22	4
41	Jordan Harwood	KC - FLEX	15	00:55.88	5
39	Stacey Parkins	Fit By Design 6	15	00:59.44	6
32	Christian Rainier	Fit By Design 4	15	01:00.49	7
33	Julie Heppner	Fit By Design 4	15	01:01.09	8
48	Shealynn MacVicar		15	01:01.81	9
51	Elle Swaisland		15	01:04.65	10
45	Kara Hick	Little Goal Diggers	15	01:04.85	11
42	Tasha Vickerd	KC - FLEX	15	01:06.53	12
37	Courtney Woodruff	Fit By Design 6	15	01:07.35	13
25	Brandi Beeton	Fit By Design 2	15	01:07.94	14
19	Erin Gregorash	Buck Furpees	15	01:09.50	15
46	Ariel Swayze		15	01:09.59	16
18	Sarah Dewar	AOF Hercu-Lillies	15	01:09.88	17
20	Jenny Bulford	Buck Furpees	15	01:11.44	18
40	Ellisse Cataford	KC - FLEX	15	01:12.16	19
44	Gina Dunn	Little Goal Diggers	15	01:13.97	20
53	Jessie Lindores		15	01:14.47	21
26	Gabrielle Charlebois	Fit By Design 2	15	01:14.90	22
22	Amanda Burborough	Fit By Design 1	15	01:16.03	23
54	Melissa Brown		15	01:18.62	24
28	Cheryl Paige	Fit By Design 3	15	01:23.25	25
52	Felicia Adams		15	01:23.43	26
31	Amanda Ziegler	Fit By Design 4	15	01:25.03	27
21	Renee Rust	Buck Furpees	15	01:26.15	28
23	Denise Roberts	Fit By Design 1	15	01:26.47	29
24	Jen Casorso	Fit By Design 1	15	01:30.00	30
34	Amy Peltier		15	01:34.22	31
43	Aleta Salmon	Little Goal Diggers	15	01:36.59	32
49	Amanjit Randhawa		15	01:50.75	33
35	Janine Nadeau		15	01:54.44	34
30	Krista Mounce	Fit By Design 3	15	01:56.41	35
29	Jennifer Norman	Fit By Design 3	15	01:59.35	36
47	Juanita Quewezance			03:00.00	37



