



FEMSPORT Vancouver Challenge – Sept 9th, 2017



CHI Bursary Winner: Pamela Hadikin

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.)

MASTERS TEAM RANKING

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

	SB Rank	Box Rank	KB Rank	Flip Rank	Tire Rank	OC Rank	Overall Rank	Overall Points
The MRS	7	15	16	14	8	13	9	79.5
Brenda Ridder	2	6	2	3	2	3	1	
Jodie Monaghan	4	2	3	2	3	6	3	
Korina Smith	1	7	11	9	3	4	5	
Durti Gurlz (M)	19	14	25	19	22	15	18	121.5
Pam Lippmann	3	1	5	5	5	1	2	
Kathryn Weymer	11	10	13	13	11	12	12	
Zoe Brunchmann	5	3	7	1	6	2	4	
One on One Fitness 1	31	30	14	10	16	24	24	146.0
Amy Hadikin	12	12	9	4	8	8	10	
Pamela Hadikin	9	13	4	8	1	9	8	
Wanetta Beal	10	5	1	7	7	7	6	

MASTERS INDIVIDUAL RANKING

#	NAME	TEAM	Overall Rank	Overall Points
7	Brenda Ridder	The MRS	1	19.5
2	Pam Lippmann	Durti Gurlz (M)	2	20.5
8	Jodie Monaghan	The MRS	3	23.0
3	Zoe Brunchmann	Durti Gurlz (M)	4	25.0
9	Korina Smith	The MRS	5	37.0
6	Wanetta Beal	One on One Fitness 1	6	40.5
10	Audra Parker		7	44.5

5	Pamela Hadikin	One on One Fitness 1	8	48.5
13	Nicole Proch		9	55.5
4	Amy Hadikin	One on One Fitness 1	10	57.0
12	Krista Mitchell		11	75.5
11	Janise Nikolic		12	76.0
1	Kathryn Weymer	Durti Gurlz (M)	12	76.0
14	Sonia Barone-Erichsen		14	83.0

MASTERS EVENT RANKING

OBSTACLE COURSE

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

MASTERS DIVISION			OBSTACLE COURSE		OC Rank
#	NAME	TEAM	OCTimer	OC Penalty	
2	Pam Lippmann	Durti Gurlz (M)	00:41.85		1
3	Zoe Brunchmann	Durti Gurlz (M)	00:43.40		2
7	Brenda Ridder	The MRS	00:43.75		3
9	Korina Smith	The MRS	00:44.66		4
10	Audra Parker		00:45.00		5
8	Jodie Monaghan	The MRS	00:45.31		6
6	Wanetta Beal	One on One Fitness 1	00:45.66		7
4	Amy Hadikin	One on One Fitness 1	00:45.87		8
5	Pamela Hadikin	One on One Fitness 1	00:44.81	00:02.00	9
11	Janise Nikolic		00:46.22	00:01.00	10
13	Nicole Proch		00:48.81		11
1	Kathryn Weymer	Durti Gurlz (M)	00:49.41		12
12	Krista Mitchell		00:50.22		13
14	Sonia Barone-Erichsen		00:52.94		14

BOX JUMPS

MASTERS DIVISION			BOX JUMPS		Box Rank
#	NAME	TEAM	Box Reps	Box TIME	
2	Pam Lippmann	Durti Gurlz (M)	50	01:02.84	1
8	Jodie Monaghan	The MRS	50	01:09.66	2
3	Zoe Brunchmann	Durti Gurlz (M)	50	01:11.29	3
13	Nicole Proch		50	01:12.47	4
6	Wanetta Beal	One on One Fitness 1	50	01:37.19	5
7	Brenda Ridder	The MRS	50	01:42.75	6
9	Korina Smith	The MRS	50	01:58.03	7
10	Audra Parker		50	01:59.69	8
12	Krista Mitchell		50	02:00.43	9

1	Kathryn Weymer	Durti Gurlz (M)	50	02:15.56	10
11	Janise Nikolic		50	02:17.15	11
4	Amy Hadikin	One on One Fitness 1	50	02:20.32	12
5	Pamela Hadikin	One on One Fitness 1	50	02:20.60	13
14	Sonia Barone-Erichsen		50	02:27.66	14

TIRE FLIPS

MASTERS DIVISION		TIRE FLIP			Flip Rank
#	NAME	TEAM	Flips	Flip Time	
3	Zoe Brunchmann	Durti Gurlz (M)	06	00:22.06	1
8	Jodie Monaghan	The MRS	06	00:22.10	2
7	Brenda Ridder	The MRS	06	00:24.28	3
4	Amy Hadikin	One on One Fitness 1	06	00:24.88	4
2	Pam Lippmann	Durti Gurlz (M)	06	00:25.57	5
10	Audra Parker		06	00:26.03	6
6	Wanetta Beal	One on One Fitness 1	06	00:26.66	7
5	Pamela Hadikin	One on One Fitness 1	06	00:26.75	8
9	Korina Smith	The MRS	06	00:30.12	9
13	Nicole Proch		06	00:30.59	10
12	Krista Mitchell		06	00:33.97	11
11	Janise Nikolic		06	00:34.84	12
1	Kathryn Weymer	Durti Gurlz (M)	06	00:44.28	13
14	Sonia Barone-Erichsen		06	00:55.91	14

TIRE DRAG

MASTERS DIVISION		TIRE DRAG			Tire Rank
#	NAME	TEAM	Drag Time	Drag Penalty	
5	Pamela Hadikin	One on One Fitness 1	00:16.50		1
7	Brenda Ridder	The MRS	00:16.59		2
8	Jodie Monaghan	The MRS	00:18.97		3
9	Korina Smith	The MRS	00:18.97		3
2	Pam Lippmann	Durti Gurlz (M)	00:19.07		5
3	Zoe Brunchmann	Durti Gurlz (M)	00:19.34		6
6	Wanetta Beal	One on One Fitness 1	00:21.38		7
4	Amy Hadikin	One on One Fitness 1	00:22.53		8
10	Audra Parker		00:24.90		9
11	Janise Nikolic		00:27.65		10
1	Kathryn Weymer	Durti Gurlz (M)	00:28.94		11
13	Nicole Proch		00:44.81		12
12	Krista Mitchell		01:18.00		13
14	Sonia Barone-Erichsen		01:31.72		14

KETTLEBELL LIFT

MASTERS DIVISION		KETTLE BELLS			KB Rank	
#	NAME	TEAM	KB Timer	KB Penalty		KB TIME
6	Wanetta Beal	One on One Fitness 1	00:23.91		00:23.91	1
7	Brenda Ridder	The MRS	00:24.19		00:24.19	2
8	Jodie Monaghan	The MRS	00:25.69		00:25.69	3
5	Pamela Hadikin	One on One Fitness 1	00:26.31		00:26.31	4
2	Pam Lippmann	Durti Gurlz (M)	00:27.53		00:27.53	5
13	Nicole Proch		00:28.04		00:28.04	6
3	Zoe Brunchmann	Durti Gurlz (M)	00:29.63		00:29.63	7
10	Audra Parker		00:30.47		00:30.47	8
4	Amy Hadikin	One on One Fitness 1	00:31.19		00:31.19	9
12	Krista Mitchell		00:33.09		00:33.09	10
9	Korina Smith	The MRS	00:36.16		00:36.16	11
14	Sonia Barone-Erichsen		00:36.47		00:36.47	12
1	Kathryn Weymer	Durti Gurlz (M)	00:38.50		00:38.50	13
11	Janise Nikolic		00:39.15		00:39.15	14

SANDBAG BURPEE CLEAN/PRESS

MASTERS DIVISION		SANDBAG		SB Rank	
#	NAME	TEAM	Sandbag Reps		Sandbag Time
9	Korina Smith	The MRS	15	00:55.46	1
7	Brenda Ridder	The MRS	15	00:59.18	2
2	Pam Lippmann	Durti Gurlz (M)	15	01:00.03	3
8	Jodie Monaghan	The MRS	15	01:00.37	4
3	Zoe Brunchmann	Durti Gurlz (M)	15	01:01.31	5
10	Audra Parker		15	01:06.06	6
13	Nicole Proch		15	01:13.10	7
14	Sonia Barone-Erichsen		15	01:23.03	8
5	Pamela Hadikin	One on One Fitness 1	15	01:28.57	9
6	Wanetta Beal	One on One Fitness 1	15	01:29.00	10
1	Kathryn Weymer	Durti Gurlz (M)	15	01:30.41	11
4	Amy Hadikin	One on One Fitness 1	15	01:31.00	12
12	Krista Mitchell		15	01:43.41	13
11	Janise Nikolic		15	01:50.31	14