



## 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.)

### NOVICE TEAM RANKING

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

	SB Rank	Box Rank	KB Rank	Flip Rank	Tire Rank	OC Rank	Overall Rank	Overall Points
<b>One on One Fitness 2</b>	11	3	10	10	10	17	3	92.5
Lara Nurme	7	6	7	4	4	6	5	
Rosemary Moore	3	1	2	7	3	3	1	
Zanza Anderson	1	2	1	8	11	8	3	
<b>Fitfems</b>	27	27	29	29	12	16	19	134.0
Kelly MacKillop	2	7	6	2	2	1	1	
Melissa Searle	10	8	14	6	1	2	7	
Tina Lenz	9	12	9	13	9	13	11	
<b>Iron Warehouse</b>	20	18	25	27	23	21	26	163.5
Deb Chiovetti	5	9	8	3	7	5	6	
Jessica Hoggan	8	5	13	14	14	12	12	
Meaghan L'Heureux	16	4	4	10	12	4	8	

### NOVICE INDIVIDUAL RANKING

#	NAME	TEAM	Overall Rank	Overall Points
15	Kelly MacKillop	Fitfems	1	20.5
22	Rosemary Moore	One on One Fitness 2	1	20.5
23	Zanza Anderson	One on One Fitness 2	3	35.0
27	Cassandra Schoeber		4	36.5
21	Lara Nurme	One on One Fitness 2	5	37.0
18	Deb Chiovetti	Iron Warehouse	6	39.5
16	Melissa Searle	Fitfems	7	42.0

20	Meaghan L'Heureux	Iron Warehouse	8	52.0
24	Amber Hanscomb		9	58.5
30	Jessica Holmes		10	64.0
17	Tina Lenz	Fitfems	11	71.5
19	Jessica Hoggan	Iron Warehouse	12	72.0
28	Elizabeth Colbourne		13	74.5
26	Carmen Skolos		14	78.0
31	Joanne Huisman		15	94.5
32	Michele Fleming		16	98.0
33	Stephanie Wang		17	100.5

**NOVICE  
EVENT RANKING**

**OBSTACLE COURSE**

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

<b>NOVICE DIVISION</b>		<b>OBSTACLE COURSE</b>			<b>OC Rank</b>	
#	NAME	TEAM	OC Timer	OC Penalty		OC TIME
15	Kelly MacKillop	Fitfems	00:39.97		00:39.97	1
16	Melissa Searle	Fitfems	00:42.16		00:42.16	2
22	Rosemary Moore	One on One Fitness 2	00:43.94		00:43.94	3
20	Meaghan L'Heureux	Iron Warehouse	00:44.19		00:44.19	4
18	Deb Chiovetti	Iron Warehouse	00:44.59		00:44.59	5
21	Lara Nurme	One on One Fitness 2	00:44.69		00:44.69	6
27	Cassandra Schoeber		00:44.87		00:44.87	7
23	Zanza Anderson	One on One Fitness 2	00:45.37		00:45.37	8
24	Amber Hanscomb		00:46.84		00:46.84	9
30	Jessica Holmes		00:48.81		00:48.81	10
28	Elizabeth Colbourne		00:49.07		00:49.07	11
19	Jessica Hoggan	Iron Warehouse	00:49.50		00:49.50	12
17	Tina Lenz	Fitfems	00:51.69		00:51.69	13
26	Carmen Skolos		00:51.78		00:51.78	14
31	Joanne Huisman		00:52.10		00:52.10	15
32	Michele Fleming		00:54.94		00:54.94	16
33	Stephanie Wang		00:55.19		00:55.19	17

**BOX JUMPS**

<b>NOVICE DIVISION</b>		<b>BOX JUMPS</b>		<b>Box Rank</b>	
#	NAME	TEAM	Box Reps		Box TIME
22	Rosemary Moore	One on One Fitness 2	50	01:17.06	1
23	Zanza Anderson	One on One Fitness 2	50	01:26.38	2
24	Amber Hanscomb		50	01:27.38	3

20	Meaghan L'Heureux	Iron Warehouse	50	01:35.56	4
19	Jessica Hoggan	Iron Warehouse	50	01:46.97	5
21	Lara Nurme	One on One Fitness 2	50	01:59.50	6
15	Kelly MacKillop	Fitfems	50	02:00.65	7
16	Melissa Searle	Fitfems	50	02:04.81	8
18	Deb Chiovetti	Iron Warehouse	50	02:05.35	9
33	Stephanie Wang		50	02:19.18	10
27	Cassandra Schoeber		50	02:22.03	11
17	Tina Lenz	Fitfems	50	02:24.09	12
32	Michele Fleming		50	02:40.50	13
28	Elizabeth Colbourne		50	02:49.63	14
30	Jessica Holmes		40	03:00.00	15
31	Joanne Huisman		28	03:00.00	16
26	Carmen Skolos			03:00.00	17

## TIRE FLIPS

NOVICE DIVISION		TIRE FLIP			Flip Rank
#	NAME	TEAM	Flips	Flip Time	
27	Cassandra Schoeber		06	00:21.37	1
15	Kelly MacKillop	Fitfems	06	00:23.44	2
18	Deb Chiovetti	Iron Warehouse	06	00:24.56	3
21	Lara Nurme	One on One Fitness 2	06	00:25.65	4
30	Jessica Holmes		06	00:25.96	5
16	Melissa Searle	Fitfems	06	00:26.00	6
22	Rosemary Moore	One on One Fitness 2	06	00:26.34	7
23	Zanza Anderson	One on One Fitness 2	06	00:26.37	8
28	Elizabeth Colbourne		06	00:29.06	9
20	Meaghan L'Heureux	Iron Warehouse	06	00:29.57	10
24	Amber Hanscomb		06	00:31.94	11
26	Carmen Skolos		06	00:35.00	12
17	Tina Lenz	Fitfems	06	00:39.66	13
19	Jessica Hoggan	Iron Warehouse	06	00:42.53	14
31	Joanne Huisman		06	00:47.69	15
32	Michele Fleming		06	01:10.31	16
33	Stephanie Wang		06	01:42.57	17

## TIRE DRAG

NOVICE DIVISION		TIRE DRAG			Tire Rank	
#	NAME	TEAM	TD Timer	Tire Penalty		Tire TIME
16	Melissa Searle	Fitfems	00:19.54		00:19.54	1
15	Kelly MacKillop	Fitfems	00:20.66		00:20.66	2

22	Rosemary Moore	One on One Fitness 2	00:22.35		00:22.35	3
21	Lara Nurme	One on One Fitness 2	00:22.50		00:22.50	4
27	Cassandra Schoeber		00:23.47		00:23.47	5
26	Carmen Skolos		00:23.63		00:23.63	6
18	Deb Chiovetti	Iron Warehouse	00:29.72		00:29.72	7
30	Jessica Holmes		00:34.25		00:34.25	8
17	Tina Lenz	Fitfems	00:35.09		00:35.09	9
28	Elizabeth Colbourne		00:35.62		00:35.62	10
23	Zanza Anderson	One on One Fitness 2	00:36.63		00:36.63	11
20	Meaghan L'Heureux	Iron Warehouse	00:42.25		00:42.25	12
31	Joanne Huisman		00:50.12		00:50.12	13
19	Jessica Hoggan	Iron Warehouse	02:22.91		02:22.91	14
24	Amber Hanscomb		02:41.10	00:02.00	02:43.10	15
32	Michele Fleming		02:53.28		02:53.28	16
33	Stephanie Wang		03:52.78	00:04.00	03:56.78	17

## KETTLEBELL LIFT

<b>NOVICE DIVISION</b>						<b>KB Rank</b>
<b>KETTLE BELLS</b>						
#	NAME	TEAM	KB Timer	KB Penalty	KB TIME	
23	Zanza Anderson	One on One Fitness 2	00:26.78		00:26.78	1
22	Rosemary Moore	One on One Fitness 2	00:27.03		00:27.03	2
27	Cassandra Schoeber		00:27.41		00:27.41	3
20	Meaghan L'Heureux	Iron Warehouse	00:27.75		00:27.75	4
26	Carmen Skolos		00:27.94		00:27.94	5
15	Kelly MacKillop	Fitfems	00:29.87		00:29.87	6
21	Lara Nurme	One on One Fitness 2	00:31.72		00:31.72	7
18	Deb Chiovetti	Iron Warehouse	00:32.19		00:32.19	8
17	Tina Lenz	Fitfems	00:33.40		00:33.40	9
30	Jessica Holmes		00:33.50		00:33.50	10
28	Elizabeth Colbourne		00:33.63		00:33.63	11
24	Amber Hanscomb		00:35.47		00:35.47	12
19	Jessica Hoggan	Iron Warehouse	00:37.09		00:37.09	13
16	Melissa Searle	Fitfems	00:37.12		00:37.12	14
31	Joanne Huisman		00:40.66		00:40.66	15
33	Stephanie Wang		00:42.81		00:42.81	16
32	Michele Fleming		00:44.59		00:44.59	17

# 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>	
<b>23</b>	Zanza Anderson	One on One Fitness 2	15	00:59.75	1
<b>15</b>	Kelly MacKillop	Fitfems	15	01:05.84	2
<b>22</b>	Rosemary Moore	One on One Fitness 2	15	01:10.25	3
<b>24</b>	Amber Hanscomb		15	01:10.69	4
<b>18</b>	Deb Chiovetti	Iron Warehouse	15	01:11.72	5
<b>27</b>	Cassandra Schoeber		15	01:12.78	6
<b>21</b>	Lara Nurme	One on One Fitness 2	15	01:14.03	7
<b>19</b>	Jessica Hoggan	Iron Warehouse	15	01:20.56	8
<b>17</b>	Tina Lenz	Fitfems	15	01:25.69	9
<b>16</b>	Melissa Searle	Fitfems	15	01:26.62	10
<b>30</b>	Jessica Holmes		15	01:29.47	11
<b>32</b>	Michele Fleming		15	01:29.69	12
<b>31</b>	Joanne Huisman		15	01:30.72	13
<b>28</b>	Elizabeth Colbourne		15	01:30.82	14
<b>33</b>	Stephanie Wang		15	01:50.00	15
<b>20</b>	Meaghan L'Heureux	Iron Warehouse	15	01:57.57	16
<b>26</b>	Carmen Skolos		15	03:00.00	17