



### FEMSPORT Kamloops Challenge – May 26<sup>th</sup>, 2018



**CHI Bursary Winner: Audra Parker**

#### 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.)
- ★ Each competitor received 1 point for Kettlebell Lift which was not performed at this event.

### MASTERS TEAM RANKING

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

		<b>SB Rank</b>	<b>Box Rank</b>	<b>KB Rank</b>	<b>Flip Rank</b>	<b>Tire Rank</b>	<b>OC Rank</b>	<b>Overall Rank</b>	<b>Overall Points</b>	
<b>Fast &amp; Fiesty</b>										
									<b>137.0</b>	<b>1</b>
	Francy Kooistra	7	6	5	3	1	3	3		
	Jessie Lindores	2	5	7	9	1	16	6		
	Sarah Collrin	18	10	12	11	1	7	9		
<b>Dirty Deadlifters</b>										
									<b>177.0</b>	<b>2</b>
	Jennifer Pavan	15	12	13	12	1	12	14		
	Carla Dawes	4	3	3	15	1	2	4		
	Shannon Morley	14	7	11	14	1	20	16		
<b>Lill' AMAZons 2</b>										
									<b>215.5</b>	<b>3</b>
	Ann Leech	11	15	9	6	1	6	8		
	Annessa Terry	10	8	16	19	1	13	15		
	Vivian Jack	19	17	19	20	1	10	19		
<b>Fit By Design 6</b>										
									<b>217.0</b>	<b>4</b>
	Jennifer Turnbull	16	18	20	18	1	18	21		
	Natasha Marshall	13	16	14	6	1	11	12		
	Denise Roberts	9	13	6	8	1	9	7		

## MASTERS INDIVIDUAL RANKING

#	NAME	TEAM	Overall Rank	Overall Points
14	Audra Parker		1	20.0
13	Angela Gabel		2	23.5
4	Francy Kooistra	Fast & Fiesty	3	26.5
1	Carla Dawes	Dirty Deadlifters	4	29.0
19	Melanie Masny		5	32.5
5	Jessie Lindores	Fast & Fiesty	6	48.0
7	Denise Roberts	Fit By Design 6	7	50.5
10	Ann Leech	Lill' AMAZons 2	8	51.0
6	Sarah Collrin	Fast & Fiesty	9	62.5
21	Michelle Edwards		10	63.0
15	Brandy Barnes		11	63.5
9	Natasha Marshall	Fit By Design 6	12	66.5
20	Melissa Phillips		13	70.5
2	Jennifer Pavan	Dirty Deadlifters	14	71.0
11	Annessa Terry	Lill' AMAZons 2	15	73.5
3	Shannon Morley	Dirty Deadlifters	16	77.0
16	Cheryl Madsen		17	81.5
18	Marny Williams		18	88.0
12	Vivian Jack	Lill' AMAZons 2	19	91.0
17	Kristie Vincze		20	95.5
8	Jennifer Turnbull	Fit By Design 6	21	100.0

## MASTERS EVENT RANKING

### OBSTACLE COURSE

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

<b>MASTERS DIVISION</b>			<b>OBSTACLE COURSE</b>			OC Rank
#	NAME	TEAM	OCTimer	OC Penalty	OC TIME	
13	Angela Gabel		00:32.53		00:32.53	1
1	Carla Dawes	Dirty Deadlifters	00:34.12		00:34.12	2
4	Francy Kooistra	Fast & Fiesty	00:38.10		00:38.10	3
14	Audra Parker		00:38.53		00:38.53	4
19	Melanie Masny		00:36.60	00:02.00	00:38.60	5

10	Ann Leech	Lill' AMAZons 2	00:38.53	00:01.00	00:39.53	6
6	Sarah Collrin	Fast & Fiesty	00:40.25		00:40.25	7
21	Michelle Edwards		00:43.88		00:43.88	8
7	Denise Roberts	Fit By Design 6	00:44.19		00:44.19	9
12	Vivian Jack	Lill' AMAZons 2	00:44.72		00:44.72	10
9	Natasha Marshall	Fit By Design 6	00:44.91		00:44.91	11
2	Jennifer Pavan	Dirty Deadlifters	00:46.04	00:01.00	00:47.04	12
11	Annessa Terry	Lill' AMAZons 2	00:47.94		00:47.94	13
18	Marny Williams		00:49.88		00:49.88	14
17	Kristie Vincze		00:50.40		00:50.40	15
5	Jessie Lindores	Fast & Fiesty	00:51.65		00:51.65	16
20	Melissa Phillips		00:57.38		00:57.38	17
8	Jennifer Turnbull	Fit By Design 6	00:57.84		00:57.84	18
15	Brandy Barnes		01:09.18		01:09.18	19
3	Shannon Morley	Dirty Deadlifters	02:21.40		02:21.40	20
16	Cheryl Madsen		03:00.00	00:30.00	03:30.00	21

## BOX JUMPS

MASTERS DIVISION					BOX JUMPS	Box Rank
#	NAME	TEAM	Box Reps	Box TIME		
16	Cheryl Madsen		50	00:59.19	1	
19	Melanie Masny		50	01:03.47	2	
1	Carla Dawes	Dirty Deadlifters	50	01:05.73	3	
14	Audra Parker		50	01:05.90	4	
5	Jessie Lindores	Fast & Fiesty	50	01:11.93	5	
4	Francy Kooistra	Fast & Fiesty	50	01:16.97	6	
3	Shannon Morley	Dirty Deadlifters	50	01:17.09	7	
11	Annessa Terry	Lill' AMAZons 2	50	01:37.00	8	
15	Brandy Barnes		50	01:43.31	9	
6	Sarah Collrin	Fast & Fiesty	50	01:45.93	10	
20	Melissa Phillips		50	01:47.22	11	
2	Jennifer Pavan	Dirty Deadlifters	50	01:54.60	12	
7	Denise Roberts	Fit By Design 6	50	02:39.56	13	
13	Angela Gabel		50	02:40.65	14	
10	Ann Leech	Lill' AMAZons 2	50	02:44.22	15	
9	Natasha Marshall	Fit By Design 6	46	03:00.00	16	
12	Vivian Jack	Lill' AMAZons 2	40	03:00.00	17	
8	Jennifer Turnbull	Fit By Design 6		03:00.00	18	
17	Kristie Vincze			03:00.00	18	
18	Marny Williams			03:00.00	18	
21	Michelle Edwards			03:00.00	18	

## TIRE FLIPS

<b>MASTERS DIVISION</b>			<b>TIRE FLIP</b>		<b>Flip Rank</b>
<b>#</b>	<b>NAME</b>	<b>TEAM</b>	<b>Flips</b>	<b>Flip Time</b>	
19	Melanie Masny		06	00:15.65	1
13	Angela Gabel		06	00:17.12	2
4	Francy Kooistra	Fast & Fiesty	06	00:17.41	3
14	Audra Parker		06	00:19.18	4
21	Michelle Edwards		06	00:20.31	5
9	Natasha Marshall	Fit By Design 6	06	00:20.47	6
10	Ann Leech	Lill' AMAzons 2	06	00:20.47	6
7	Denise Roberts	Fit By Design 6	06	00:21.90	8
5	Jessie Lindores	Fast & Fiesty	06	00:22.69	9
15	Brandy Barnes		06	00:23.56	10
6	Sarah Collrin	Fast & Fiesty	06	00:23.88	11
2	Jennifer Pavan	Dirty Deadlifters	06	00:24.72	12
18	Marny Williams		06	00:25.13	13
3	Shannon Morley	Dirty Deadlifters	06	00:26.16	14
1	Carla Dawes	Dirty Deadlifters	06	00:26.33	15
17	Kristie Vincze		06	00:27.53	16
20	Melissa Phillips		06	00:29.03	17
8	Jennifer Turnbull	Fit By Design 6	06	00:30.00	18
11	Annessa Terry	Lill' AMAzons 2	06	00:30.19	19
12	Vivian Jack	Lill' AMAzons 2	06	00:51.22	20
16	Cheryl Madsen		06	00:56.81	21

## TIRE DRAG

Each competitor received 1 point for Kettlebell Lift which was not performed at this event.

## KETTLEBELL LIFT

<b>MASTERS 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>	
19	Melanie Masny		00:35.66		00:35.66	1
13	Angela Gabel		00:35.85		00:35.85	2
1	Carla Dawes	Dirty Deadlifters	00:36.75		00:36.75	3
14	Audra Parker		00:37.99		00:37.99	4
4	Francy Kooistra	Fast & Fiesty	00:38.30		00:38.30	5
7	Denise Roberts	Fit By Design 6	00:39.81		00:39.81	6
5	Jessie Lindores	Fast & Fiesty	00:40.53		00:40.53	7
20	Melissa Phillips		00:41.66		00:41.66	8

10	Ann Leech	Lill' AMAZons 2	00:41.99		00:41.99	9
15	Brandy Barnes		00:42.41		00:42.41	10
3	Shannon Morley	Dirty Deadlifters	00:42.81		00:42.81	11
6	Sarah Collrin	Fast & Fiesty	00:44.09		00:44.09	12
2	Jennifer Pavan	Dirty Deadlifters	00:44.27		00:44.27	13
9	Natasha Marshall	Fit By Design 6	00:44.54		00:44.54	14
21	Michelle Edwards		00:45.18		00:45.18	15
11	Annessa Terry	Lill' AMAZons 2	00:44.03	00:02.00	00:46.03	16
17	Kristie Vincze		00:47.72		00:47.72	17
18	Marny Williams		00:50.15		00:50.15	18
12	Vivian Jack	Lill' AMAZons 2	00:52.48		00:52.48	19
8	Jennifer Turnbull	Fit By Design 6	00:52.87		00:52.87	20
16	Cheryl Madsen		00:58.33		00:58.33	21

## SANDBAG BURPEE CLEAN/PRESS

<b>MASTERS 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>
14	Audra Parker		15	01:07.60	1
5	Jessie Lindores	Fast & Fiesty	15	01:07.66	2
13	Angela Gabel		15	01:09.96	3
1	Carla Dawes	Dirty Deadlifters	15	01:16.53	4
15	Brandy Barnes		15	01:16.85	5
16	Cheryl Madsen		15	01:17.03	6
4	Francy Kooistra	Fast & Fiesty	15	01:21.37	7
20	Melissa Phillips		15	01:24.50	8
7	Denise Roberts	Fit By Design 6	15	01:25.96	9
11	Annessa Terry	Lill' AMAZons 2	15	01:35.34	10
10	Ann Leech	Lill' AMAZons 2	15	01:37.78	11
21	Michelle Edwards		15	01:38.12	12
9	Natasha Marshall	Fit By Design 6	15	01:57.37	13
3	Shannon Morley	Dirty Deadlifters	15	02:05.78	14
2	Jennifer Pavan	Dirty Deadlifters	15	02:11.94	15
8	Jennifer Turnbull	Fit By Design 6	15	02:13.25	16
18	Marny Williams		15	02:15.79	17
6	Sarah Collrin	Fast & Fiesty	15	02:19.18	18
12	Vivian Jack	Lill' AMAZons 2	15	02:19.44	19
19	Melanie Masny		15	02:29.34	20
17	Kristie Vincze			03:00.00	21