



22nd Annual RE-FRIDGEE-EIGHTER RUN

Event Date : **10-02-2019**

Event Location : **RIM Park, Waterloo Ontario**

Type : **Running**

Description : **8 Mi**

Total Entrants : **145**

Total Finishers : **137**

Male Entries : **92**

Male Finishers : **87**

Female Entries : **53**

Female Finishers : **50**

Unknown Entries : **0**

Unknown Finishers : **0**

Overall Place	Bib	Name	Guntime	Chiptime	City	Pace	Pace Units	Gender	Gender Place	Division	Div Place	Division Total
1	1061	Adam Hortian	41:23	41:23	Kitchener	3:13	/Km	M	1	LM30-39	1	14
2	1025	Jeff Costen	41:56	41:56	Toronto	3:16	/Km	M	2	LM20-29	1	13
3	1014	Robert Brouillette	43:05	43:05	Cambridge	3:21	/Km	M	3	LM20-29	2	13
4	1087	Ian McCreery	46:33	46:31	Innerkip	3:37	/Km	M	4	LM20-29	3	13
5	1052	Rachel Hannah	47:27	47:27	Guelph	3:42	/Km	F	1	LF30-39	1	17
6	1122	Graham Stonebridge	48:15	48:15	Kitchener	3:45	/Km	M	5	LM20-29	4	13
7	1049	Christopher Graham	49:07	49:02	Toronto	3:49	/Km	M	6	LM50-59	1	14
8	1095	Alexander Motley	49:20	49:20	Toronto	3:50	/Km	M	7	LM30-39	2	14
9	1085	Andrew McAlorum	50:19	50:18	Kitchener	3:55	/Km	M	8	LM30-39	3	14
10	1040	Luke Ehgoetz	50:36	50:36	New Hamburg	3:56	/Km	M	9	LM40-49	1	26
11	1133	Mike Wan	50:44	50:36	Markham	3:56	/Km	M	10	LM20-29	5	13
12	1120	Kevin K. Smith	50:50	50:47	Mississauga	3:57	/Km	M	11	LM40-49	2	26
13	1113	Reza Saputra	50:57	50:52	Waterloo	3:58	/Km	M	12	LM20-29	6	13
14	1111	Dave Rutherford	51:40	51:38	Waterloo	4:01	/Km	M	13	LM50-59	2	14
15	1053	David Harmsworth	52:06	52:02	Waterloo	4:03	/Km	M	14	LM40-49	3	26
16	1129	Nick Wagner	52:28	52:25	Kitchener	4:05	/Km	M	15	LM30-39	4	14
17	1079	Royce Madigan	52:52	52:50	Kitchener	4:07	/Km	M	16	LM20-29	7	13
18	1050	Ian Grzegorzcyk	52:57	52:55	Waterloo	4:07	/Km	M	17	LM20-29	8	13
19	1128	Peter Van Driel	53:15	53:15	Waterloo	4:09	/Km	M	18	LM40-49	4	26
20	1059	Valery Hobson	53:22	53:18	Kitchener	4:09	/Km	F	2	LF40-49	1	15



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21	1060	Thaddeus Homewood	53:30	53:25	Listowel	4:09	/Km	M	19	LM30-39	5	14
22	1037	Michael Diaz	53:47	53:45	Waterloo	4:11	/Km	M	20	LM20-29	9	13
23	1102	Greg Pogue	53:54	53:51	Waterloo	4:11	/Km	M	21	LM40-49	5	26
24	1071	Amie Krasnozou	54:06	54:03	Brampton	4:12	/Km	F	3	LF30-39	2	17
25	1031	Jan De Visser	54:11	54:07	Kitchener	4:13	/Km	M	22	LM50-59	3	14
26	1096	Cynthia Nelson	54:15	54:13	Waterloo	4:13	/Km	F	4	LF40-49	2	15
27	1029	Merzi Dastoor	54:18	54:14	Waterloo	4:13	/Km	M	23	LM40-49	6	26
28	1143	Kathryn Dean	54:25	54:21	Guelph	4:14	/Km	F	5	LF20-29	1	8
29	1132	David Wan	55:06	54:58	Markham	4:17	/Km	M	24	LM20-29	10	13
30	1045	Antoine Gauthier	55:43	55:33	Waterloo	4:19	/Km	M	25	LM30-39	6	14
31	1116	Brandon Shoniker	55:48	55:31	Greenwood	4:19	/Km	M	26	LM20-29	11	13
32	1105	Tim Proulx	55:50	55:47	Waterloo	4:20	/Km	M	27	LM40-49	7	26
33	1126	Steve Tremblay	56:14	56:04	Waterloo	4:22	/Km	M	28	LM40-49	8	26
34	1067	Jack Kilislian	56:33	56:23	East York	4:23	/Km	M	29	LM40-49	9	26
35	1048	Dale Gommier	56:36	56:32	Cambridge	4:24	/Km	M	30	LM40-49	10	26
36	1115	Ryan Shepherd	56:45	56:41	Waterloo	4:25	/Km	M	31	LM30-39	7	14
37	1075	Eric Lotimer	57:02	56:58	Waterloo	4:26	/Km	M	32	LM40-49	11	26
38	1005	Anne Aschwanden	57:06	57:02	Kitchener	4:26	/Km	F	6	LF20-29	2	8
39	1094	Chris Mintz	57:06	57:00	Kitchener	4:26	/Km	M	33	LM40-49	12	26
40	1090	Robin McLean	57:39	57:33	Cambridge	4:29	/Km	F	7	LF40-49	3	15
41	1073	Paula Krulicki	57:41	57:37	Toronto	4:29	/Km	F	8	LF40-49	4	15



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42	1086	Geoff McCarthy	57:48	57:39	Guelph	4:29	/Km	M	34	LM40-49	13	26
43	1139	Vicki Zandbergen	57:50	57:46	Kitchener	4:30	/Km	F	9	LF30-39	3	17
44	1072	Rebecca Krusselbrink	57:53	57:47	Waterloo	4:30	/Km	F	10	LF30-39	4	17
45	1027	Jamieson Cox	58:32	58:17	Waterloo	4:32	/Km	M	35	LM20-29	12	13
46	1145	Dave Inglis	59:15	58:51	Kitchener	4:35	/Km	M	36	LM20-29	13	13
47	1097	Kayla Ng	59:17	59:11	Waterloo	4:36	/Km	F	11	LF20-29	3	8
48	1001	Daniel Alac	59:29	59:26	Waterloo	4:37	/Km	M	37	LM30-39	8	14
49	1099	Peter Pacak	59:35	59:35	Milton	4:38	/Km	M	38	LM50-59	4	14
50	1062	Lindsay Howes	59:45	59:38	Waterloo	4:38	/Km	F	12	LF30-39	5	17
51	1124	Gerry Thuss	59:51	59:47	Stratford	4:39	/Km	M	39	LM60-69	1	8
52	1081	Kathy Mantel	59:59	59:54	Princeton	4:40	/Km	F	13	LF50-59	1	3
53	1103	Mary Pope	1:00:03	59:56	Mississauga	4:40	/Km	F	14	LF40-49	5	15
54	1023	Tim Coleman	1:00:06	1:00:00	Waterloo	4:40	/Km	M	40	LM40-49	14	26
55	1066	Rick Kenney	1:00:14	1:00:08	Mississauga	4:41	/Km	M	41	LM50-59	5	14
56	1047	Cory George	1:00:34	1:00:24	Waterloo	4:42	/Km	M	42	LM40-49	15	26
57	1100	John Palmer	1:00:41	1:00:34	Ayr	4:43	/Km	M	43	LM60-69	2	8
58	1033	Adam DeJong	1:00:42	1:00:21	Kitchener	4:42	/Km	M	44	LMW+190	1	8
59	1058	Mike Hewitson	1:02:42	1:02:10	Waterloo	4:50	/Km	M	45	LMW+190	2	8
60	1076	Caitlin Lovick	1:02:43	1:02:31	Selwyn	4:52	/Km	F	15	LF20-29	4	8
61	1039	David Driver	1:02:58	1:02:51	Cambridge	4:53	/Km	M	46	LM40-49	16	26
62	1011	Craig Bongelli	1:03:09	1:02:40	Kitchener	4:52	/Km	M	47	LMW+190	3	8



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63	1082	Jack Marchi	1:03:19	1:03:10	Waterloo	4:55	/Km	M	48	LM-19	1	1
64	1077	Olasunkanmi Mabifa	1:03:20	1:03:15	Waterloo	4:55	/Km	M	49	LM40-49	17	26
65	1063	Hersi Hujaleh	1:03:24	1:03:16	Ottawa	4:55	/Km	M	50	LM30-39	9	14
66	1028	Tyler Dalton	1:04:02	1:03:59	Kitchener	4:59	/Km	M	51	LM30-39	10	14
67	1010	Mitchell Blaine	1:04:12	1:03:51	Kitchener	4:58	/Km	M	52	LMW+190	4	8
68	1088	Miranda McKinley	1:04:57	1:04:29	Waterloo	5:01	/Km	F	16	LF30-39	6	17
69	1117	Adam Shortt	1:05:06	1:04:33	Waterloo	5:01	/Km	M	53	LM40-49	18	26
70	1044	Merlin Frey	1:06:07	1:05:41	Elmira	5:07	/Km	M	54	LM50-59	6	14
71	1080	Arnold Mantel	1:06:26	1:06:15	Princeton	5:09	/Km	M	55	LM60-69	3	8
72	1054	Trevor Hawkins	1:06:41	1:06:29	Waterloo	5:10	/Km	M	56	LM40-49	19	26
73	1114	Nur Andi Setiabudi	1:07:40	1:07:36	Waterloo	5:15	/Km	M	57	LM30-39	11	14
74	1017	Edward Chan	1:07:47	1:07:36	Waterloo	5:15	/Km	M	58	LM40-49	20	26
75	1051	Gustavo Gutierrez	1:07:50	1:07:42	Waterloo	5:16	/Km	M	59	LM50-59	7	14
76	1146	Jon Krafchek	1:08:13	1:07:59	West Montrose	5:17	/Km	M	60	LM60-69	4	8
77	1108	Adam Rogers	1:08:14	1:08:06	New Dundee	5:18	/Km	M	61	LM40-49	21	26
78	1038	Julie Dingman	1:08:21	1:08:07	Stratford	5:18	/Km	F	17	LF40-49	6	15
79	1109	Steffen Roller	1:08:24	1:08:10	Kitchener	5:18	/Km	M	62	LM50-59	8	14
80	1041	Luke Elliott	1:08:59	1:08:31	Goderich	5:20	/Km	M	63	LM30-39	12	14
81	1009	Sasha Bejjany	1:09:03	1:08:55	Baden	5:22	/Km	F	18	LF40-49	7	15
82	1137	Sean Wisz	1:09:05	1:08:51	Oakville	5:21	/Km	M	64	LM50-59	9	14
83	1065	Parmis Jahanbani	1:09:11	1:08:51	Waterloo	5:21	/Km	F	19	LF40-49	8	15



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84	1030	Michelle De Jong	1:09:15	1:08:56	Kitchener	5:22	/Km	F	20	LF30-39	7	17
85	1034	Sarah Demaiter	1:09:17	1:08:58	Kitchener	5:22	/Km	F	21	LFW+160	1	6
86	1121	William Spaetzel	1:09:54	1:09:43	Kitchener	5:25	/Km	M	65	LMW+190	5	8
87	1035	Cathy Derksen	1:09:55	1:09:41	Waterloo	5:25	/Km	F	22	LF40-49	9	15
88	1042	Tyler Erickson	1:10:43	1:10:32	London	5:29	/Km	M	66	LM40-49	22	26
89	1125	Jenn Tomlinson	1:11:01	1:10:50	Waterloo	5:31	/Km	F	23	LF20-29	5	8
90	1140	Michael Zeineddine	1:11:32	1:11:19	Kitchener	5:33	/Km	M	67	LMW+190	6	8
91	1064	Meredith Hunter	1:12:32	1:12:21	Kitchener	5:38	/Km	F	24	LF30-39	8	17
92	1019	Leszek Ciomplik	1:12:37	1:12:19	Waterloo	5:37	/Km	M	68	LM60-69	5	8
93	1007	Brian Baird	1:12:50	1:12:44	Oakville	5:39	/Km	M	69	LM60-69	6	8
94	1020	Chris Coggans	1:12:51	1:12:43	Waterloo	5:39	/Km	M	70	LM50-59	10	14
95	1101	Jen Forristal	1:13:01	1:12:37	Kitchener	5:39	/Km	F	25	LF40-49	10	15
96	1112	Tait Sala	1:13:08	1:12:50	Toronto	5:40	/Km	M	71	LM40-49	23	26
97	1135	Victoria Wickett	1:13:08	1:12:51	Toronto	5:40	/Km	F	26	LF30-39	9	17
98	1043	Joissy Eva	1:13:18	1:13:13	Cambridge	5:42	/Km	F	27	LF20-29	6	8
99	1016	Alison Cascagnette	1:13:40	1:13:14	Kitchener	5:42	/Km	F	28	LF40-49	11	15
100	1104	Richard Preece	1:13:40	1:13:14	Waterloo	5:42	/Km	M	72	LM50-59	11	14
101	1018	Gloria Chaumont	1:14:01	1:13:42	Kitchener	5:44	/Km	F	29	LF20-29	7	8
102	1055	David Hazelton	1:14:53	1:14:39	Stratford	5:48	/Km	M	73	LM60-69	7	8
103	1098	Alicia Nutbrown	1:16:12	1:16:01	Waterloo	5:55	/Km	F	30	LF30-39	10	17
104	1046	Ronald Gehl	1:16:20	1:16:12	Kitchener	5:56	/Km	M	74	LM70+	1	3



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105	1004	Nicole Ariss	1:16:30	1:16:22	Waterloo	5:56	/Km	F	31	LF30-39	11	17
106	1141	Melissa Zettel	1:16:42	1:16:31	Kitchener	5:57	/Km	F	32	LF30-39	12	17
107	1110	Jessica Roy	1:16:47	1:16:21	Kitchener	5:56	/Km	F	33	LF40-49	12	15
108	1127	Linda Umbrico	1:16:57	1:16:37	Kitchener	5:57	/Km	F	34	LF50-59	2	3
109	1002	Carolyn Alexander	1:17:35	1:17:06	Fergus	6:00	/Km	F	35	LFW+160	2	6
110	1003	Thomas Alexander	1:17:35	1:16:07	Fergus	5:55	/Km	M	75	LMW+190	7	8
111	1131	Kieth Walsh	1:17:40	1:17:18	Stratford	6:01	/Km	M	76	LM50-59	12	14
112	1013	Joanna Bowman	1:17:45	1:17:33	St Clements	6:02	/Km	F	36	LF40-49	13	15
113	1093	Scott Mills	1:18:27	1:18:07	Breslau	6:04	/Km	M	77	LMW+190	8	8
114	1136	Shane Wilmot	1:19:24	1:19:11	Cambridge	6:09	/Km	M	78	LM40-49	24	26
115	1106	Evan Risko	1:20:31	1:20:11	Waterloo	6:14	/Km	M	79	LM30-39	13	14
116	1123	Peter Thornback	1:20:39	1:20:16	Waterloo	6:14	/Km	M	80	LM70+	2	3
117	1006	Mary Beth Backewich	1:20:54	1:20:46	Kitchener	6:17	/Km	F	37	LF30-39	13	17
118	1089	Connie Mclean	1:21:11	1:20:52	Cambridge	6:17	/Km	F	38	LF30-39	14	17
119	1068	Mike Koeller	1:21:24	1:21:02	Pickering	6:18	/Km	M	81	LM50-59	13	14
120	1144	Craig Parker	1:22:14	1:21:58	Kitchener	6:22	/Km	M	82	LM40-49	25	26
121	1092	Rob Miller	1:22:56	1:22:42	Kitchener	6:26	/Km	M	83	LM40-49	26	26
122	1026	Sarah Covey	1:23:14	1:22:59	Toronto	6:27	/Km	F	39	LF30-39	15	17
123	1119	Richard Slaght	1:23:16	1:23:01	Kirkfield	6:27	/Km	M	84	LM60-69	8	8
124	1078	Amy MacGregor	1:23:28	1:23:02	Waterloo	6:27	/Km	F	40	LF30-39	16	17
125	1015	Lauren Byl	1:23:36	1:23:11	Waterloo	6:28	/Km	F	41	LF20-29	8	8



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126	1107	Doug Roberts	1:23:58	1:23:35	Waterloo	6:30	/Km	M	85	LM50-59	14	14
127	1008	Joe Barnes	1:24:28	1:24:21	Kitchener	6:34	/Km	M	86	LM70+	3	3
128	1138	Carey Wood	1:28:35	1:28:13	Cambridge	6:52	/Km	F	42	LF30-39	17	17
129	1022	Denise Coleman	1:29:47	1:29:16	Waterloo	6:56	/Km	F	43	LFW+160	3	6
130	1021	Nancy Cole	1:30:00	1:29:57	Milton	7:00	/Km	F	44	LF60-69	1	1
131	1084	Melissa Mayer-Hall	1:30:28	1:30:11	Waterloo	7:01	/Km	F	45	LF40-49	14	15
132	1142	Carrie Sanders	1:30:28	1:30:11	Cambridge	7:01	/Km	F	46	LFW+160	4	6
133	1083	Santosh Mateti	1:30:46	1:30:32	Waterloo	7:02	/Km	M	87	LM30-39	14	14
134	1069	Christina Koenig	1:31:18	1:30:44	Kitchener	7:03	/Km	F	47	LF40-49	15	15
135	1012	Louise Boulay	1:31:21	1:31:09	Cambridge	7:05	/Km	F	48	LF50-59	3	3
136	1032	Amy Deeb	1:32:02	1:31:44	Cambridge	7:08	/Km	F	49	LFW+160	5	6
137	1134	Brenda Weiss	1:39:50	1:39:23	Waterloo	7:44	/Km	F	50	LFW+160	6	6
0	1036	Cole Desborough			Kitchener		/Km	M	0	LM-19		