



## 22nd Annual RE-FRIDGEE-EIGHTER RUN

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

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

Type : **Running**

Description : **8K**

Total Entrants : **152**

Total Finishers : **143**

Male Entries : **70**

Male Finishers : **67**

Female Entries : **82**

Female Finishers : **76**

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	638	Sean Delanghe	27:36	27:36	Waterloo	3:27	/Km	M	1	SM30-39	1	8
2	664	Connor Hammond	27:59	27:59	Waterloo	3:30	/Km	M	2	SM20-29	1	4
3	602	Luke Aikman	28:30	28:30	Baden	3:34	/Km	M	3	SM-19	1	9
4	654	Jose Fuentes	28:36	28:36	Hamilton	3:35	/Km	M	4	SM50-59	1	17
5	679	Josh Lucrezi	30:02	30:02	London	3:46	/Km	M	5	SM20-29	2	4
6	633	Robyn Collins	30:30	30:30	Waterloo	3:49	/Km	F	1	SF40-49	1	26
7	663	Robert Gudzak	30:48	30:47	Kitchener	3:51	/Km	M	6	SM40-49	1	17
8	691	Amanda McLeod	31:04	31:04	Hamilton	3:53	/Km	F	2	SF40-49	2	26
9	642	Adam Dixon	31:49	31:48	Waterloo	3:59	/Km	M	7	SM30-39	2	8
10	729	Andrew Stanley	31:56	31:53	Waterloo	4:00	/Km	M	8	SM30-39	3	8
11	724	Brad Schroeder	32:24	32:18	Waterloo	4:03	/Km	M	9	SM40-49	2	17
12	748	Jessica Kuepfer	32:51	32:46	Millbank	4:06	/Km	F	3	SF20-29	1	10
13	723	Steven Schmidt	33:16	33:13	Waterloo	4:10	/Km	M	10	SM50-59	2	17
14	753	Mike Hammond	33:38	33:33	Cambridge	4:12	/Km	M	11	SM50-59	3	17
15	745	Gillian Willard	33:45	33:40	Waterloo	4:13	/Km	F	4	SF20-29	2	10
16	616	Paul Braun	34:13	34:09	Kitchener	4:17	/Km	M	12	SM50-59	4	17
17	718	Jack Rynard	34:26	34:26	New Dundee	4:19	/Km	M	13	SM-19	2	9
18	624	Patrick Campbell	34:38	34:30	Guelph	4:19	/Km	M	14	SM50-59	5	17
19	626	Colleen Caplin	34:40	34:34	Kitchener	4:20	/Km	F	5	SF40-49	3	26
20	640	Chris Derksen	34:50	34:45	Toronto	4:21	/Km	M	15	SM40-49	3	17



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21	637	Rob Dekker	35:46	35:40	Waterloo	4:28	/Km	M	16	SM40-49	4	17
22	732	Chris Stewart	35:56	35:43	Brant	4:28	/Km	M	17	SM30-39	4	8
23	704	Derek Phillips	36:14	36:08	Waterloo	4:31	/Km	M	18	SM40-49	5	17
24	621	Rodney Bruce	36:23	36:16	Waterloo	4:32	/Km	M	19	SM40-49	6	17
25	620	Alex Bruce	36:29	36:21	Waterloo	4:33	/Km	M	20	SM-19	3	9
26	733	Sam Thomas	36:40	36:33	Stratford	4:35	/Km	M	21	SM-19	4	9
27	744	Shawn Wilkin	36:42	36:35	Kitchener	4:35	/Km	M	22	SM40-49	7	17
28	644	Lumi Duca	36:46	36:37	Waterloo	4:35	/Km	F	6	SF50-59	1	12
29	603	Denis Allen	36:59	36:52	Kitchener	4:37	/Km	M	23	SM50-59	6	17
30	719	Erin Schmidt	37:33	37:27	West Montrose	4:41	/Km	F	7	SF30-39	1	21
31	629	Mick Chaney	37:39	37:29	Kitchener	4:42	/Km	M	24	SM50-59	7	17
32	601	Bethany Ackerman	38:00	37:54	Baden	4:45	/Km	F	8	SF30-39	2	21
33	709	Aaron Purdy	38:12	38:01	Truro	4:46	/Km	M	25	SM20-29	3	4
34	622	Laura Buck	38:36	38:17	Beachville	4:48	/Km	F	9	SF20-29	3	10
35	605	Jeff Baker	38:39	38:31	Welland	4:49	/Km	M	26	SM40-49	8	17
36	617	Justin Brouillette	38:44	38:41	Cambridge	4:51	/Km	M	27	SM20-29	4	4
37	750	Angela Courtemanche	38:49	38:47	Kitchener	4:51	/Km	F	10	SF40-49	4	26
38	746	Carmen Zannier	39:30	39:20	Kitchener	4:55	/Km	F	11	SF40-49	5	26
39	720	Jessica Schmidt	39:38	39:33	West Montrose	4:57	/Km	F	12	SF-19	1	1
40	741	Greg Weiler	39:41	39:27	St Agatha	4:56	/Km	M	28	SM40-49	9	17
41	627	Alex Carducci	39:45	39:22	Waterloo	4:56	/Km	M	29	SM30-39	5	8



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42	672	Katelyn Kore	39:54	39:46	Guelph	4:59	/Km	F	13	SF20-29	4	10
43	692	George McMenemy	40:08	39:59	Burlington	5:00	/Km	M	30	SM70+	1	1
44	631	Wayne Chee	40:10	40:03	Toronto	5:01	/Km	M	31	SM60-69	1	6
45	689	Renee McCool	40:15	40:01	Paris	5:01	/Km	F	14	SF30-39	3	21
46	752	Phil Laramie	40:20	40:20	Waterloo	5:03	/Km	M	32	SM50-59	8	17
47	712	Elizabeth Riccomini	40:22	40:09	Cambridge	5:02	/Km	F	15	SF30-39	4	21
48	677	Michelle Lennox	41:09	40:59	Waterloo	5:08	/Km	F	16	SF40-49	6	26
49	721	Jonah Schmidt	41:26	41:21	West Montrose	5:11	/Km	M	33	SM-19	5	9
50	749	Andrea Good	41:45	41:32	Kitchener	5:12	/Km	F	17	SF40-49	7	26
51	722	Lahring Schmidt	41:54	41:40	Kitchener	5:13	/Km	F	18	SF20-29	5	10
52	736	Leah Vusich	41:56	41:50	Baden	5:14	/Km	F	19	SF30-39	5	21
53	612	Tim Beyer	42:18	41:56	Listowel	5:15	/Km	M	34	SM40-49	10	17
54	623	Tim Burkhart	42:26	42:05	London	5:16	/Km	M	35	SMW+190	1	5
55	667	Sam Jenkins	42:32	42:16	Waterloo	5:17	/Km	M	36	SMW+190	2	5
56	685	Quentin Martin	42:35	42:13	Baden	5:17	/Km	M	37	SM50-59	9	17
57	628	Kim Carr	42:58	42:50	New Hamburg	5:22	/Km	F	20	SF50-59	2	12
58	645	Bernard Duncker	43:08	42:39	Kitchener	5:20	/Km	M	38	SM50-59	10	17
59	683	Lindsay Mall	43:17	42:50	Orangeville	5:22	/Km	F	21	SF30-39	6	21
60	708	Kristina Prell	43:22	43:12	Waterloo	5:24	/Km	F	22	SF30-39	7	21
61	740	Rebecca Weber	43:39	43:14	Waterloo	5:25	/Km	F	23	SF20-29	6	10
62	635	Karlee Craig	43:55	43:25	Waterloo	5:26	/Km	F	24	SF30-39	8	21



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63	632	Melanie Chmelik	44:33	44:19	Paris	5:33	/Km	F	25	SF30-39	9	21
64	657	Bo Gedja	44:33	44:13	Kitchener	5:32	/Km	M	39	SM40-49	11	17
65	715	Olena Rodina	44:56	44:50	Toronto	5:37	/Km	F	26	SF50-59	3	12
66	634	Lindsey Cook	45:02	44:49	Wellesley	5:37	/Km	F	27	SF30-39	10	21
67	742	Matt Widmeyer	45:10	44:42	Waterloo	5:36	/Km	M	40	SM30-39	6	8
68	661	Cameron Green	45:11	44:48	Hanover	5:36	/Km	M	41	SM40-49	12	17
69	700	Phil Patrick	45:16	44:50	Kitchener	5:37	/Km	M	42	SM-19	6	9
70	701	Jocelyn Pedersen	45:33	45:20	Kitchener	5:40	/Km	F	28	SF40-49	8	26
71	630	David Charteris	45:44	45:22	Kitchener	5:41	/Km	M	43	SM40-49	13	17
72	673	Deirdre Large	45:53	45:38	Waterloo	5:43	/Km	F	29	SF50-59	4	12
73	649	Mark Emery	46:07	45:34	Cambridge	5:42	/Km	M	44	SM40-49	14	17
74	636	Barb Dechert	46:08	45:56	West Montrose	5:45	/Km	F	30	SF50-59	5	12
75	611	Christa Beyer	46:13	45:52	Listowel	5:44	/Km	F	31	SF40-49	9	26
76	641	Jason Deveau	46:24	44:50	Brantford	5:37	/Km	M	45	SM40-49	15	17
77	608	Fred Bauer	46:32	46:10	Thunder Bay	5:47	/Km	M	46	SM50-59	11	17
78	747	Michael Zhang	46:36	46:20	Kitchener	5:48	/Km	M	47	SM50-59	12	17
79	680	Charlene MacIntosh	46:37	46:20	Kitchener	5:48	/Km	F	32	SF40-49	10	26
80	716	Lynn Rogers	46:38	46:29	New Dundee	5:49	/Km	F	33	SF40-49	11	26
81	669	Alex Kinsella	46:44	46:31	Kitchener	5:49	/Km	M	48	SMW+190	3	5
82	615	Melissa Blaine	46:53	46:31	Kitchener	5:49	/Km	F	34	SF30-39	11	21
83	674	Vadim Lavric	46:55	46:45	Kitchener	5:51	/Km	M	49	SM30-39	7	8



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84	646	Nicole Dutton	47:04	46:47	London	5:51	/Km	F	35	SF40-49	12	26
85	734	Meghan Thompson	47:04	46:52	Kitchener	5:52	/Km	F	36	SF30-39	12	21
86	717	Bailey Romanin	47:06	46:50	Guelph	5:52	/Km	F	37	SF20-29	7	10
87	655	Paul Fusari	47:10	46:46	Waterloo	5:51	/Km	M	50	SM50-59	13	17
88	730	Noel Staunton	47:45	47:18	Waterloo	5:55	/Km	M	51	SM60-69	2	6
89	618	Kelly Brown	47:45	47:25	Fergus	5:56	/Km	F	38	SF50-59	6	12
90	707	Jacqueline Piron	47:47	47:30	Kitchener	5:57	/Km	F	39	SF30-39	13	21
91	660	William Gray	48:10	47:43	Kitchener	5:58	/Km	M	52	SM40-49	16	17
92	684	Jill Malleck	48:21	48:02	Kitchener	6:01	/Km	F	40	SF50-59	7	12
93	650	Heidi Engelhardt	48:31	48:22	Waterloo	6:03	/Km	F	41	SF50-59	8	12
94	606	Eddy Barath	49:26	49:15	Kitchener	6:10	/Km	M	53	SM-19	7	9
95	604	Julius Avelar	49:36	49:22	Cambridge	6:11	/Km	M	54	SM50-59	14	17
96	670	Alanna Kline	49:44	49:19	Kitchener	6:10	/Km	F	42	SF30-39	14	21
97	706	Quin Phillips	49:50	49:07	St Jacobs	6:09	/Km	M	55	SM-19	8	9
98	703	Amy Philips	49:52	49:36	Moorefield	6:12	/Km	F	43	SF20-29	8	10
99	713	Perry Rickert	49:59	49:29	Elmira	6:11	/Km	M	56	SM50-59	15	17
100	656	Sherry Fusari	49:59	49:35	Waterloo	6:12	/Km	F	44	SF50-59	9	12
101	705	Julie Phillips	50:02	49:19	St Jacobs	6:10	/Km	F	45	SF40-49	13	26
102	614	Greg Billo	50:10	50:01	Kitchener	6:16	/Km	M	57	SM50-59	16	17
103	702	Donna Petrie	50:30	50:19	Stratford	6:18	/Km	F	46	SF40-49	14	26
104	739	Jill Warren	50:31	50:20	Harrington	6:18	/Km	F	47	SF40-49	15	26



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105	665	Peter Hughes	50:34	49:59	Kitchener	6:15	/Km	M	58	SM60-69	3	6
106	737	Jerry Walker	50:45	50:11	Waterloo	6:17	/Km	M	59	SMW+190	4	5
107	751	Chisomo Mchaina	50:45	50:30	Cambridge	6:19	/Km	F	48	SF20-29	9	10
108	648	Emily Elder	51:03	50:40	Guelph	6:20	/Km	F	49	SF30-39	15	21
109	681	Carolyn MacSween	51:06	50:38	Milton	6:20	/Km	F	50	SF30-39	16	21
110	686	Corey Mastrangelo	51:07	50:39	Milton	6:20	/Km	M	60	SM30-39	8	8
111	619	Paul Brown	51:32	51:08	Kitchener	6:24	/Km	M	61	SM60-69	4	6
112	735	Joanne VanGroningen	51:32	51:13	Cambridge	6:25	/Km	F	51	SF40-49	16	26
113	607	Ioan Barath	51:39	51:28	Kitchener	6:26	/Km	M	62	SM40-49	17	17
114	639	Mark Dennison	51:46	51:23	Cambridge	6:26	/Km	M	63	SM60-69	5	6
115	625	Margaret Campbell-Boyle	51:50	51:23	Waterloo	6:26	/Km	F	52	SF60-69	1	3
116	688	Sarah Mastrangelo	52:15	51:47	Milton	6:29	/Km	F	53	SF30-39	17	21
117	725	Amber Seabrooke	52:15	51:59	Conestogo	6:30	/Km	F	54	SFW+160	1	3
118	668	Mike Joyce	53:07	52:42	Hillsburgh	6:36	/Km	M	64	SM60-69	6	6
119	743	Marjolein Wijbenga - Groot	53:34	53:02	Cambridge	6:38	/Km	F	55	SF30-39	18	21
120	710	Jennifer Putnam	53:38	53:04	Waterloo	6:38	/Km	F	56	SF50-59	10	12
121	653	Kristi Fox	53:38	53:04	Waterloo	6:38	/Km	F	57	SF40-49	17	26
122	696	Sarah Mooney	53:46	53:29	Waterloo	6:42	/Km	F	58	SF20-29	10	10
123	699	Benoît Patrick	53:54	53:28	Kitchener	6:41	/Km	M	65	SM-19	9	9
124	676	Dianna Lemke	53:58	53:28	Milton	6:41	/Km	F	59	SF30-39	19	21
125	666	Sandi Hutchinson	54:32	54:19	West Montrose	6:48	/Km	F	60	SF40-49	18	26



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126	647	Carolyn Edwards	55:03	54:35	Waterloo	6:50	/Km	F	61	SF60-69	2	3
127	659	Lisa Gordon	55:43	55:17	Guelph	6:55	/Km	F	62	SF30-39	20	21
128	671	Judith Koeller	55:47	55:25	Waterloo	6:56	/Km	F	63	SF40-49	19	26
129	726	AnneMarie Selvaggio	55:57	55:40	Milton	6:58	/Km	F	64	SF30-39	21	21
130	675	Barbara Leasa	56:26	55:58	Stratford	7:00	/Km	F	65	SF40-49	20	26
131	697	Lisa Nadon	56:28	55:53	Breslau	7:00	/Km	F	66	SF40-49	21	26
132	711	Sarah Rann	58:07	57:35	Cambridge	7:12	/Km	F	67	SF40-49	22	26
133	695	Nancy Mooney	59:07	58:50	Fergus	7:22	/Km	F	68	SF50-59	11	12
134	728	Jenn Stager Piatkowski	59:16	58:48	Waterloo	7:21	/Km	F	69	SF40-49	23	26
135	690	Alyssa McKone	1:00:44	1:00:07	Stratford	7:31	/Km	F	70	SFW+160	2	3
136	714	Sarah Robertson	1:00:56	1:00:32	Kitchener	7:34	/Km	F	71	SF40-49	24	26
137	662	Carl Gross	1:00:59	1:00:49	Kitchener	7:37	/Km	M	66	SM50-59	17	17
138	738	Silke Ware	1:00:59	1:00:50	Kitchener	7:37	/Km	F	72	SF40-49	25	26
139	643	Lisa Drost	1:01:10	1:00:39	Waterloo	7:35	/Km	F	73	SF60-69	3	3
140	651	Adrienne Farrell	1:03:45	1:03:25	Kitchener	7:56	/Km	F	74	SF40-49	26	26
141	731	Carol Stewart	1:13:27	1:12:50	Waterloo	9:07	/Km	F	75	SF50-59	12	12
142	610	Joyce Benninger	1:14:56	1:14:21	Hanover	9:18	/Km	F	76	SFW+160	3	3
143	609	Rene Belanger	1:19:34	1:19:01	Cambridge	9:53	/Km	M	67	SMW+190	5	5