

Multisports Canada DeadCold Run  
Proudly Sponsored by the Heart & Stroke Foundation  
Edmonton, AB  
February 12th, 2023

10km Age Group Results

-----  
AGE GROUP: Women 19 & under

Place	Name	City	Finish	Pace
=====	=====	=====	=====	=====

-----  
AGE GROUP: Women 20-29

Place	Name	City	Finish	Pace
=====	=====	=====	=====	=====

-----  
AGE GROUP: Women 30-39

Place	Name	City	Finish	Pace
=====	=====	=====	=====	=====
1	Linda SUN	Edmonton	54:11	5:26
2	Kevyn GOVENLOCK	Edmonton	56:04	5:37
3	Megan THURMEIER	Edmonton	57:13	5:44
4	Ashley KIRK	St Albert	1:06:54	6:42
5	jessica DEAN	Edmonton	1:13:21	7:20

-----  
AGE GROUP: Women 40-49

Place	Name	City	Finish	Pace
=====	=====	=====	=====	=====

-----  
AGE GROUP: Women 50-59

Place	Name	City	Finish	Pace
=====	=====	=====	=====	=====
1	Kathy-Sue IRVING	Edmonton	47:14	4:44

-----

AGE GROUP: Women 60-69

Place	Name	City	Finish	Pace
1	Susan AYON	Edmonton	1:06:32	6:40
2	Christie MJOLSNESS	Edmonton	1:28:47	8:53
3	Nanci HARPER	Edmonton	1:28:48	8:53

AGE GROUP: Women 70 & Over

Place	Name	City	Finish	Pace
-------	------	------	--------	------

AGE GROUP: Men 19 & under

Place	Name	City	Finish	Pace
-------	------	------	--------	------

AGE GROUP: Men 20-29

Place	Name	City	Finish	Pace
1	Mo DAIYOUB	Edmonton	58:19	5:50
2	Mark GUERRERO	Edmonton	1:00:40	6:04
3	Mitchell PALAHNIUK	Edmonton	1:00:45	6:05

AGE GROUP: Men 30-39

Place	Name	City	Finish	Pace
1	Lee IRELAND	Edmonton	54:11	5:26
2	Jeremy KEHDY	Edmonton	57:14	5:44
3	Brandon RICHARDSON	Edmonton	57:29	5:45
4	Michael SEMROK	Edmonton	1:06:06	6:37

AGE GROUP: Men 40-49

Place	Name	City	Finish	Pace
-------	------	------	--------	------

1 Federico MAYA Edmonton 59:07 5:55

-----  
AGE GROUP: Men 50-59

Place	Name	City	Finish	Pace
1	Stewart COOK	Edmonton	55:55	5:36
2	John NOON	Thunderchild	1:26:13	8:38

-----  
AGE GROUP: Men 60-69

Place	Name	City	Finish	Pace
-------	------	------	--------	------

-----  
AGE GROUP: Men 70 & Over

Place	Name	City	Finish	Pace
1	Roderick WASYLISHEN	Edmonton	1:08:19	6:50