

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

5KM Age Group Results

AGE GROUP: Women 19 & under

Place	Name	City	Finish	Pace
1	Ellana HARDER	Edmonton	35:35	7:07
2	Harleigh MAILLO	Edmonton	40:53	8:11

AGE GROUP: Women 20-29

Place	Name	City	Finish	Pace
1	Lara THOMPSON	Edmonton	40:52	8:11
2	Jamie ELLIOTT	Edmonton	53:54	10:47

AGE GROUP: Women 30-39

Place	Name	City	Finish	Pace
1	Kara PENNEY	Fort Saskatchewan	47:50	9:34
2	Joanna KISSICK	Arrossan	47:51	9:35
3	Teegan TRENTHAM	Fort Saskatchewan	48:26	9:42
4	Mallory BRADY	Spruce Grove	53:16	10:40

AGE GROUP: Women 40-49

Place	Name	City	Finish	Pace
1	Jody GINGRICH	Edmonton	38:15	7:39
2	Sandra SYMBALUK	Edmonton	48:51	9:47
3	Darcella KASOKEO	Edmonton	49:18	9:52
4	Angie HARDER	Edmonton	54:59	11:00
5	Orissa SABOURIN	Edmonton	55:05	11:01
6	Leah COUMONT	Edmonton	1:06:51	13:22

AGE GROUP: Women 50-59

Place Name	City	Finish	Pace
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1 Shelley RICHMOND	Edmonton	1:09:15	13:51

AGE GROUP: Women 60-69

Place Name	City	Finish	Pace
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AGE GROUP: Women 70 & Over

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

AGE GROUP: Men 19 & under

Place Name	City	Finish	Pace
=====	=====	=====	=====
1 Tristan WHITE	Stony Plain	33:56	6:48

AGE GROUP: Men 20-29

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

AGE GROUP: Men 30-39

Place Name	City	Finish	Pace
=====	=====	=====	=====
1 Adam BRADY	Spruce Grove	28:47	5:46
2 Scott SECORD	Parkland County	30:48	6:10
3 Kyle MCDERMAND	Sherwood Park	52:28	10:30
4 kiel STEWART	Edmonton	1:08:48	13:46

AGE GROUP: Men 40-49

Place	Name	City	Finish	Pace
1	Patrick CAIRNS	St Albert	35:21	7:05
2	Jeffery SYMBALUK	Edmonton	48:52	9:47
3	Aaron MCDERMAND	Sherwood Park	54:52	10:59

AGE GROUP: Men 50-59

Place	Name	City	Finish	Pace
1	Curtis STEWART	St. Albert	35:22	7:05
2	F. James MOFFATT	Edmonton	1:09:16	13:52

AGE GROUP: Men 60-69

Place	Name	City	Finish	Pace
1	Charles RICHMOND	Edmonton	1:09:22	13:53

AGE GROUP: Men 70 & Over

Place	Name	City	Finish	Pace
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