2021 Ultra Masters All Canadian (UMAC)
Throwing Awards
Updated January 30th, 2022

Performances updated from 'Rankings - MasterRankings.com' and 'Rankings - Athletics Canada'

Men's Hammer

Surname	First	Age	Result (m)
Bains	Mohan	71	36.33
Brodeur	Don	70	35.33
Chalmers	Larry	92	17.42
Desrochers	Dennis	70	30.79
Dhillon	Bakhshish	83	31.21
East	Les	82	32.22
Gautier	Paul	57	42.54
Glowacki	Marek	80	36.62
Hessel	Patrick	69	31.76
Holly	Cory	63	44.55
Jefferson	David	77	27.02
Morfitt	Graham	54	39.49
Muller	Emil	86	28.80
Parsons	Dan	53	47.77
Peters	Jo	67	37.53
Rohonczy	Imre	57	36.95
Szafranski	Longin	69	35.85
Tatla	Saroop	71	33.64
Toor	Harnek	75	36.53
Ulis	David	73	32.82
Wiebe	Shane	51	40.39
Wilson	Kier	49	36.17
Zaitchouk	Boris	73	49.31

Women's Hammer

Surname	First	Age	Result (m)
Acton	Mrytle	88	22.33
Begg	Denise	70	23.47
Benz	Marilyn	71	21.27
Brand	Kathy	79	26.99
Carlos	Nicole	47	38.36
Dajia	Kristen	58	39.85
Dalgleish	Christine	57	27.93
Diener	Andrea	46	39.35
Easton	Leah	56	24.00
Green	Lucille	72	18.55
Guy	Melanie	43	41.72
Hare	Rose	73	27.76
Harris	Joan	59	26.32
Hessel	Laura	68	28.96
Leblanc	Heather	60	23.63
Legace	Rebecca	44	29.26
Miklos den Iseger	Joanne	75	20.30
Minagawa	Rochelle	34	47.62
Nakano	Yuko	77	29.72
Peabody	Sharon	62	23.41
Rezai	Ruth	45	39.00
Rochefort	Emilie	40	37.90
Rollins	Betsy	71	24.78
Steinfeld	Frances	83	15.67
Wong	Celina	59	32.02