2021 Ultra Masters All Canadian (UMAC)

Throwing Awards

Updated January 30th, 2022

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

Men's Shot Put

Surname	First	Age	Result (m)
Bains	Mohan	71	11.35
Brodeur	Don	70	11.22
Butcher	Bruce	87	8.40
Chalmers	Larry	92	4.79
Deady	Michael	67	12.23
Dhillon	Bakhshish	83	9.03
East	Les	82	8.35
Foster	Bruce	75	9.71
Gautier	Paul	56	13.49
Glowacki	Marek	80	11.93
Mayer	Jean-Pierre	73	12.42
Nedow	Tim	30	20.28
Nett	Arnold	88	7.44
Parsons	Dan	53	13.56
Peters	Jo	67	11.75
Toor	Harnek	75	10.59
Warner	Damian	31	14.80
Warren	Thomas	75	9.61
Zowkewych	Peter	70	11.98

Women's Shot Put

Surname	First	Age	Result (m)
Acton	Mrytle	88	6.14
Andres	Rachel	34	14.56
Begg	Denise	70	6.42
Benz	Marilyn	71	6.90
Bortignon	Christa	84	5.97
Brady	Janet	66	7.04
Brand	Kathy	79	6.67
Carlos	Nicole	47	9.70
Dajia	Kristen	58	9.58
Diener	Andrea	46	10.60
Easton	Leah	56	8.97
Gieni	Muriel	63	8.45
Hare	Rose	73	8.26
Harris	Joan	59	8.25
Hessel	Laura	68	8.13
Jolicoeur	Jovette	61	8.95
Jones	Terri	64	8.58
Lagace	Rebecca	44	9.11
Leblanc	Heather	60	8.26
Lessing	Sunette	53	9.53
Miklos den Iseger	Joanne	75	7.91
Nakano	Yuko	77	8.90
Pomietlarz	Monica	62	10.01
Radcliffe	Margaret	79	6.66
Rollins	Betsy	71	7.81
Rowswell	Adri	80	7.17
Sharman	Tina	45	11.23
Sivers	Laura	39	9.69
Smith	Cheryl	46	7.07
Steinfeld	Frances	83	5.32
Thompson	Marsha	50	8.68
Wagner	Claudia	51	9.52
Whyte	Angela	40	12.67