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

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

Men's Throws Pentathlon

Surname	First	Age	Result (pts)
Chalmers	Larry	92	2336
Gautier	Paul	57	3922
Glowacki	Marek	80	4333
Parsons	Dan	53	3801
Peters	Jo	67	3722
Szafranski	Longin	69	3533
Toor	Harnek	75	3953
Ulis	David	73	3101
Wiebe	Shane	51	3126

Women's Throws Pentathlon

Surname	First	Age	Result (pts)
Begg	Denise	70	3303
Brand	Kathy	79	3273
Carlos	Nicole	47	3746
Dajia	Kristen	58	3716
Diener	Andrea	46	3554
Hare	Rose	72	3774
Hessel	Laura	68	3547
Nakano	Yuko	77	3867
Rollins	Betsy	72	3688