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

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

Men's Weight Throw

Surname	First	Age	Result (m)
Bains	Mohan	71	13.69
Chalmers	Larry	92	6.69
Dhillon	Bakhshish	83	12.54
East	Les	82	11.77
Gautier	Paul	57	15.96
Glowacki	Marek	80	13.82
Jefferson	David	76	11.48
Parsons	Dan	53	17.20
Peters	Jo	67	14.27
Szafranski	Longin	69	13.43
Tatla	Saroop	71	13.23
Thomsen	Ryan	42	12.39
Toor	Harnek	75	15.55
Ulis	David	73	12.03
Wiebe	Shane	51	15.01

Women's Weight Throw

Surname	First	Age	Result (m)
Acton	Mrytle	88	9.38
Begg	Denise	70	10.28
Brand	Kathy	79	9.62
Carlos	Nicole	47	12.46
Cheetham	Renate	83	6.14
Dajia	Kristen	58	12.85
Dalgleish	Christine	57	9.64
Diener	Andrea	46	12.21
Easton	Leah	56	8.90
Hare	Rose	72	10.39
Harris	Joan	59	8.35
Hessel	Laura	68	11.14
Leblanc	Heather	60	9.78
Legace	Rebecca	43	10.52
McCarthy	Willow	53	9.89
Nakano	Yuko	77	10.19
Peabody	Sharon	63	9.63
Rollins	Betsy	72	10.39
Viggers	Tracy	49	9.34
Wong	Celina	59	9.48