2022 Ultra Masters All Canadian (UMAC)
Throwing Awards
Updated February 4th, 2023

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

Men's Shot Put

Surname	First	Age	Result (m)		Surname	First	Age	Result (m)
Bains	Mohan	72	11.32					
Battiste	Art	79	9.98					
Braithwaite	Eric	31	17.04					
Butcher	Bruce	87	7.99					
Chalmers	Larry	93	4.82					
Deady	Michael	68	12.40					
Desharnais	Daniel	55	12.85					
East	Les	82	8.32					
Essex	Alan	70	11.25					
Foster	Bruce	76	10.00					
Gautier	Paul	57	13.57					
Glowacki	Marek	81	11.86					
Kasperski	John	78	10.32					
Mayer	Jean-Pierre	74	11.55					
Parsons	Dan	55	13.05					
Pickering	Chris	33	14.25					
Sennewald	George	85	7.70					
Szafranski	Longin	70	11.56					
Toor	Harnek	75	10.38					
Warner	Damian	32	14.99					
Zapf-Gilje	Reidar	70	12.46					
Zowkewych	Peter	71	11.60					