2022 Ultra Masters All Canadian (UMAC)
Throwing Awards
Updated February 23rd, 2023

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

Men's Throws Pentathlon

Surname	First	Age	Result (pts)
Bains	Mohan	72	3454
Butcher	Bruce	87	3108
Chalmers	Larry	93	2243
Essex	Alan	70	3119
Morfitt	Graham	55	3539
Parsons	Dan	54	3730
Parsons	Dan	55	4079
Szafranski	Longin	70	3782
Toor	Harnek	76	3962
Wiebe	Shane	52	3377

Women's Throws Pentathlon

Surname	First	Age	Result (pts)
Andres	Rachel	35	3743
Begg	Denise	71	3205
Brand	Kathy	80	3934
Carlos	Nicole	48	3659
Dajia	Kristen	59	3716
Diener	Andrea	47	3691
Guy	Melanie	44	3702
Hare	Rose	74	3609
Harris	Joan	60	3316
Hessel	Laura	69	3625
Hessel	Laura	70	4374
Johnson-Gabruch	Karla	44	3539
Jones	Terri	65	3390
Moro	Gabriella	75	3806
Nakano	Yuko	79	3899
Rochefort	Emilie	41	2942
Rollins	Betsy	72	3609
Wong	Celina	60	3063