2022 Ultra Masters All Canadian (UMAC)
Throwing Awards
Updated February 24th, 2023

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

Women's Discus

Surname	First	Age	Result (m)
Acton	Mrytle	89	14.72
Andres	Rachel	35	53.43
Armstrong	Ellie	80	15.31
Baptie	Michelle	55	20.02
Begg	Denise	71	16.23
Borrett	Liz	83	12.19
Bortignon	Christa	89	12.22
Brand	Kathy	80	16.97
Brown	Jennifer	41	27.21
Bujnowski	Kristen	30	37.69
Carlos	Nicole	48	34.40
Closkey	Cheryl	74	17.33
Connell	Val	58	24.63
Dajia	Kristen	59	28.18
Diener	Andrea	47	37.29
Easton	Leah	57	23.98
Fernley	Lana	46	26.16
Garner	Doreen	68	24.85
Gracie	Gillian	79	15.90
Guy	Melanie	44	39.85
Hare	Rose	73	20.46
Harris	Joan	60	22.28
Healey	Jean	73	16.42
Hengstler	Julia	55	25.65
Hessel	Laura	69	23.51
Hessel	Laura	70	23.87
Johnson-Gabruch	Karla	44	34.61
Jolicoeur	Jovette	62	21.69
Jones	Terri	65	20.09
Leblanc	Heather	61	21.28

Women's Discus

Surname	First	Age	Result (m)
McKinnon	Paulette	75	20.24
Miklos den Iseger	Joanne	75	19.66
Moro	Gabriella	75	23.74
Nakano	Yuko	79	22.39
Radcliffe	Margaret	80	15.31
Rochefort	Emilie	41	32.61
Rollins	Betsy	72	20.44
Rowswell	Adri	81	18.62
Sawyers	Tanya	43	29.93
van de Meutter	Michelle	55	27.85
Whachell	Robbin	59	21.27
Wong	Celina	60	20.17