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

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

Women's Hammer

Surname	First	Age	Result (m)
Acton	Mrytle	89	20.47
Andres	Rachel	35	41.56
Banks	Jennifer	53	28.98
Bedier	Carol	68	19.70
Begg	Denise	71	24.15
Brand	Kathy	80	27.36
Bryant	Jo	66	19.42
Carlos	Nicole	48	39.28
Closkey	Cheryl	74	21.42
Dajia	Kristen	59	40.01
Dalgleish	Christine	59	27.95
Diener	Andrea	47	38.61
Easton	Leah	57	26.06
Gracie	Gillian	79	20.38
Guy	Melanie	44	43.62
Hare	Rose	73	25.56
Harris	Joan	60	27.95
Hayley	Urith	71	19.60
Healey	Jean	73	18.79
Hengstler	Julia	55	30.22
Hessel	Laura	69	29.84
Hessel	Laura	70	28.88
Johnson-Gabruch	Karla	44	45.26
Jones	Terri	65	21.87
Leblanc	Heather	61	25.76
Lagace	Rebecca	45	28.74

Women's Hammer

Surname	First	Age	Result (m)
Miklos den Iseger	Joanne	76	20.50
Moro	Gabriella	75	24.89
Nakano	Yuko	78	30.29
Ouchicha	Nidalle	32	46.05
Peabody	Sharon	63	22.42
Rochefort	Emilie	41	35.73
Rollins	Betsy	72	24.76
Sawyers	Tanya	43	33.86
van de Meutter	Michelle	55	32.82
Waite	Jane	55	23.45
Wong	Celina	60	34.03