2022 Ultra Masters All Canadian (UMAC)
Throwing Awards
Updated February 9th, 2023

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

Women's Javelin

Surname	First	Age	Result (m)
Acker-Canning	Tracy	48	26.57
Acton	Mrytle	89	13.14
Andres	Rachel	35	30.45
Banks	Jennifer	53	26.50
Begg	Denise	71	14.13
Benz	Marilyn	72	17.77
Bortignon	Christa	85	11.39
Brand	Kathy	80	16.46
Cardella-Rinfret	Genevie	30	40.15
Carlos	Nicole	48	29.92
Convey	Margaret	76	14.19
Crispe	Michelle	43	39.71
Crosthwaite	Gerda	83	16.14
Dabrowski	Barb	65	27.99
Dajia	Kristen	59	20.24
Diener	Andrea	47	31.60
Dion	Brenda	65	20.95
Gleadle	Elizabeth	33	63.33
Guy	Melanie	44	32.04
Hare	Rose	74	15.31
Harris	Joan	59	20.77
Harris	Joan	60	24.66
Hengstler	Julia	55	21.62
Hessel	Laura	69	21.35
Hessel	Laura	70	21.12
Hodges	Sarah	47	25.38
Johnson-Gabruch	Karia	44	27.70
Jones	Terri	65	24.80
Kariya	Claire	39	29.55
Lagace	Rebecca	45	28.92
Lauridsen	Susanne	64	19.63
Leblanc	Heather	61	20.24

Women's Javelin

Surname	First	Age	Result (m)
McKinnon	Paulette	75	16.23
Miklos den Iseger	Joanne	75	17.38
Moro	Gabriella	75	15.36
Nakano	Yuko	79	18.36
Pomietlarz	Monica	63	29.09
Radcliffe	Margaret	80	21.87
Rollins	Betsy	72	18.63
Rowswell	Adri	81	13.10
van de Meutter	Michelle	55	21.86
Veitch	Roselynn	82	10.62
Wagner	Claudia	52	28.75
Whachell	Robbin	59	20.09
Wong	Celina	60	18.51