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

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

## Women's Shot Put

| Surname | First | Age | Result (m) |
|---|---|---|---|
| Acker-Canning | Tracey | 48 | 7.30 |
| Acton | Mrytle | 89 | 6.75 |
| Amerongen | Loretta | 68 | 7.33 |
| Andres | Rachel | 34 | 11.99 |
| Andres | Rachel | 35 | 13.43 |
| Armstrong | Ellie | 80 | 5.51 |
| Arnason | Sandi | 49 | 7.84 |
| Begg | Denise | 71 | 6.03 |
| Bortignon | Christa | 85 | 6.49 |
| Brand | Kathy | 80 | 6.72 |
| Brand | Kathy | 79 | 7.12 |
| Byron | Hellen | 80 | 5.01 |
| Carlos | Nicole | 48 | 9.51 |
| Carnegie | Sandra | 77 | 6.00 |
| Chitul | Olesea | 47 | 7.63 |
| Convey | Margaret | 76 | 7.98 |
| Crosthwaite | Gerda | 83 | 6.61 |
| Dajia | Kristen | 59 | 9.55 |
| Dalgleish | Christine | 58 | 8.31 |
| Diener | Andrea | 47 | 10.67 |
| Easton | Leah | 57 | 8.97 |
| Garner | Doreen | 68 | 9.48 |
| Gieni | Muriel | 63 | 9.73 |
| Gracie | Gillian | 79 | 7.66 |
| Guy | Melanie | 44 | 11.03 |
| Hare | Rose | 73 | 8.26 |
| Harris | Joan | 59 | 8.31 |
| Harris | Joan | 60 | 8.48 |
| Hayley | Urith | 71 | 6.16 |
| Hengstier | Julie | 55 | 9.71 |
| Hessel | Laura | 69 | 8.62 |
| Hessel | Laura | 70 | 8.88 |
| Johnson-Gabrouch | Karla | 44 | 11.99 |
| Jolicoeur | Jovette | 62 | 8.92 |
| Jones | Terri | 65 | 8.27 |
| King | Tracy | 63 | 7.72 |
| Knee | Jill | 45 | 7.23 |
| Kumari | Daisy | 48 | 7.86 |

## Women's Shot Put

| Surname | First | Age | Result (m) |
|---|---|---|---|
| Lagace | Rebecca | 44 | 8.29 |
| Lagace | Rebecca | 45 | 8.07 |
| Lauridsen | Susanne | 64 | 7.53 |
| Lavallee-Bourget | Isabel | 30 | 9.62 |
| Leblanc | Heather | 61 | 8.42 |
| McKenzie | Paula | 51 | 11.40 |
| McKinnon | Paulette | 75 | 7.02 |
| Miklos den Iseger | Joanne | 76 | 7.47 |
| Moro | Gabriella | 75 | 8.90 |
| Nakano | Yuko | 79 | 8.26 |
| O'brian | Calli | 40 | 7.69 |
| Ouchicha | Nidalle | 32 | 9.16 |
| Pomietlarz | Monica | 63 | 9.60 |
| Radcliffe | Margaret | 80 | 6.79 |
| Robichaud | Christel | 30 | 15.79 |
| Rochefort | Emilie | 41 | 9.95 |
| Rollins | Betsy | 72 | 7.73 |
| Rowswell | Adri | 81 | 7.49 |
| Sawyers | Tanya | 43 | 10.55 |
| Sivers | Laura | 39 | 9.32 |
| Steinfeld | Frances | 84 | 5.04 |
| Stroda | Verena | 51 | 10.91 |
| Thompson | Marsha | 50 | 8.57 |
| Tondevold | Jennifer | 46 | 8.77 |
| Veitch | Roselynn | 82 | 5.92 |
| Viggers | Tracy | 50 | 10.77 |
| Wagner | Claudia | 52 | 9.06 |