2022 Ultra Masters All Canadian (UMAC)
Throwing Awards
Updated February 22nd, 2023

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

Women's Weight Throw

Surname	First	Age	Result (m)
Acton	Mrytle	89	7.66
Andres	Rachel	34	14.14
Andres	Rachel	35	13.76
Banks	Jennifer	53	9.22
Begg	Denise	71	9.69
Brand	Kathy	79	9.85
Brand	Kathy	80	9.63
Bryant	Jo	66	9.31
Carlos	Nicole	48	12.23
Closkey	Cheryl	74	8.95
Dajia	Kristen	59	13.10
Dalgleish	Christine	58	9.74
Diener	Andrea	47	12.45
Easton	Leah	56	9.43
Garner	Doreen	68	10.71
Gracie	Gillian	79	7.58
Green	Lucille	73	8.05
Guy	Melanie	44	12.68
Hare	Rose	73	10.12
Harris	Joan	59	8.29
Harris	Joan	60	11.78
Healey	Jean	73	8.41
Hengstler	Julia	55	9.11
Hessel	Laura	69	11.43
Hessel	Laura	70	11.56
Hoover	Virginia	81	6.06
Johnson-Gabruch	Karla	44	13.52
Jones	Terri	65	10.11

Women's Weight Throw

Surname	First	Age	Result (m)
Lagace	Rebecca	45	9.87
Lavallee-Bourget	Isabel	30	14.25
Leblanc	Heather	61	9.53
Lee	Deborah	71	7.58
McCarthy	Willow	53	9.89
McEwing	Pamela	51	9.08
Moro	Gabriella	75	9.89
Nakano	Yuko	79	9.53
Ouchicha	Nidalle	32	13.08
Peabody	Sharon	63	9.63
Rochefort	Emilie	41	11.23
Rollins	Betsy	72	9.07
Sawyers	Tanya	43	10.39
Sivers	Laura	39	10.58
van de Meutter	Michelle	55	11.50
Viggers	Tracy	50	11.01
Wong	Celina	60	11.57