2023 Ultra Masters All Canadian Throwing Awards (UMAC)

Updated February 29th, 2024

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

Men's Throws Pentathlon

Surname	First	Age	Result (pts)
Hessel	Patrick	71	3144
Morfitt	Graham	56	3566
Parsons	Dan	55	3978
Peters	Jo	69	3483
Szafranski	Longin	71	3401
Toor	Harnek	77	3352
Wiebe	Shane	53	3381
Wolters	Jake	63	3249

Women's Throws Pentathlon

Surname	First	Age	Result (pts)
Acton	Myrtle	90	3975
Andres	Rachel	36	3596
Begg	Denise	72	2973
Brand	Kathy	81	3178
Carlos	Nicole	49	3325
Dajia	Kristen	60	3452
Diener	Andrea	48	3324
Guy	Melanie	45	4050
Hare	Rose	74	3091
Harris	Joan	61	3049
Hessel	Laura	70	3862
Jones	Terri	66	3113
Nakano	Yuko	80	3116
Rollins	Betsy	73	3020

Men's Throws Triathlon

Surname	First	Age	Result (pts)

Women's Throws Triathlon

Surname	First	Age	Result (pts)
Rowswell	Adri	82	1669

Men's Super Weight

Surname	First	Age	Result (pts)
Dyer	James	80	8.85
Toor	Harnek	77	6.49

Women's Super Weight

Surname	First	Age	Result (pts)
Hare	Rose	74	6.51
Wong	Celina	60	7.54