2023 Ultra Masters All Canadian Throwing Awards (UMAC)

Updated February 29th, 2024

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

Women's Discus

Women's Discus

Surname	First	Age	Result (m)		Surname	First	Age	Result (m)
Acton	Mrytle	90	15.83		Leblanc	Heather	62	20.35
Andres	Rachel	36	54.56		McCloy Cornish	Marilyn	67	16.58
Begg	Denise	72	18.01		Miklos den Iseger	Joanne	77	19.58
Bortignon	Khrista	86	15.18		Mizuno	Vi	72	17.26
Brand	Kathy	81	17.68		Moro	Gabriella	76	22.00
Brown	Jennifer	42	26.70		Nakano	Yuko	79	23.27
Carlos	Nicole	49	34.20		Nakano	Yuko	80	23.20
Closkey	Cheryl	75	20.05		Radcliffe	Margaret	81	16.15
Dajia	Kristen	60	27.83		Reisler	Stephanie	59	21.91
Diener	Andrea	48	35.86		Rollins	Betsy	73	19.92
Easton	Leah	57	22.41		Rowswell	Adri	82	17.50
Erickson	Devyn	35	30.38		Sawyers	Tanya	44	30.20
Fernley	Lana	47	26.25		Steinfeld	Frances	85	11.58
Garner	Doreen	69	24.12		Whachell	Robbin	60	21.88
Gracie	Gillian	80	16.36		Wittrin	Caroline	54	27.42
Guy	Melanie	45	39.48		Yeomans	Zofia	59	24.81
Hare	Rose	74	20.17					
Harris	Joan	61	22.88					
Healey	Jean	74	15.77					
Hendrie	Nola	67	16.53					
Hengstler	Julia	55	25.81					
Hessel	Laura	70	23.44					
Jeffrey McEwing	Pamula	52	22.58					
Jolicoeur	Jovette	63	21.88					
Jones	Terri	65	21.26					
Kaur Dhillon	Birpal	51	22.99					
Lagace	Rebecca	46	25.16					