2023 Ultra Masters All Canadian Throwing Awards (UMAC)

Updated February 29th, 2024

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

Women's Hammer

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Surname	First	Age	Result (m)		Surname	First	Age	Result (m)
Acton	Mrytle	90	20.47		Leblanc	Heather	62	26.15
Andres	Rachel	36	45.15		Mae	Christina	56	27.62
Badley-Costello	Jordana	30	60.97		Miklos den Iseger	Joanne	77	20.31
Bedier	Carol	68	21.19		Mizuno	Vi	72	19.94
Begg	Denise	72	27.06		Moro	Gabriella	76	24.92
Bortolussi	Dala	55	28.53		Nakano	Yuko	79	25.64
Brand	Kathy	81	28.08		Nakano	Yuko	80	27.35
Carlos	Nicole	49	41.42		Parsons	Michelle	53	30.21
Carnegie	Sandra	78	19.33		Peabody	Sharon	64	22.31
Closkey	Cheryl	75	27.06		Peabody	Sharon	65	23.67
Dajia	Kristen	60	38.12		Pilsner	Patti	49	37.08
Dalgleish	Christine	59	26.91		Rollins	Betsy	73	24.99
Diener	Andrea	48	40.67		Sawyers	Tanya	44	33.29
Easton	Leah	58	28.07		Steinfeld	Frances	85	15.24
Foote	Debbie	50	36.66		Waite	Jane	56	24.38
Gracie	Gillian	80	21.92		Weir	Jillian	30	67.85
Green	Lucille	74	17.64		Wittrin	Caroline	54	40.68
Green	Lucille	75	19.67		Wong	Celina	60	31.43
Guy	Melanie	45	44.06					
Hare	Rose	74	27.82					
Harris	Joan	61	30.20					
Healy	Jean	74	18.16					
Hengstler	Julia	55	29.39					
Hessel	Laura	70	30.31					
Jeffrey McEwing	Pamela	52	26.79					
Jones	Terri	66	25.03					
Lagace	Rebecca	46	31.37					