2023 Ultra Masters All Canadian Throwing Awards (UMAC)

Updated February 29th, 2024

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

Women's Javelin

Women's Javelin

Surname	First	Age	Result (m)		Surname	First	Age	Result (m)
Acker-Canning	Tracy	49	26.17		Leblanc	Heather	62	18.74
Acton	Mrytle	90	11.61		McCloy Cornish	Marilyn	67	17.18
Amerongen	Loretta	70	14.84		Miklos den Iseger	Joanne	77	16.97
Andres	Rachel	36	35.02		Mizuno	Vi	72	20.23
Begg	Denise	72	15.25		Nakano	Yuko	79	17.16
Benz	Marilyn	73	17.43		Nakano	Yuko	80	19.24
Bortignon	Khrista	86	11.64		Pomietlarz	Monica	64	29.37
Brady	Janet	68	16.20		Radcliffe	Margaret	81	21.98
Brand	Kathy	81	17.36		Redka	Sarah	51	24.60
Cardella-Rinfret	Genevieve	31	44.17		Reisler	Stephanie	55	26.67
Carlos	Nicole	49	32.28		Rollins	Betsy	73	18.29
Cheethan	Renate	86	8.86		Rowswell	Adri	82	12.94
Closkey	Cheryl	75	15.47		Ruston	Shari	48	29.02
Crispe	Michelle	44	39.19		Wagner	Claudia	53	25.33
Crosthwaite	Gerda	84	15.50		Whachell	Robbin	60	19.35
Dabrowski	Barb	65	28.74					
Dajia	Kristen	60	19.09					
Diener	Andrea	48	31.90					
Dumont	Pascale	30	47.76					
Gieni	Muriel	65	17.81					
Gracie	Gillian	80	13.12					
Guy	Melanie	45	34.80					
Hardy	Valerie	54	22.28					
Hare	Rose	74	14.10					
Harris	Joan	61	22.91					
Hessel	Laura	70	22.00					
Hudey	Brenda	55	20.72					
Jones	Terri	65	25.88					
Lagace	Rebecca	46	25.26					
Lauridsen	Susanne	65	17.40					