2023 Ultra Masters All Canadian Throwing Awards (UMAC)

Updated February 29th, 2024

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

Women's Shot Put

Women's Shot Put

Surname	First	Age	Result (m)		Surname	First	Age	Result (m)
Acker-Canning	Tracy	48	8.36		Hessel	Laura	70	8.89
Acton	Mrytle	90	6.58		Johnson	Alexis	35	12.59
Amerongen	Loretta	69	7.16		Johnson-Gabruch	Karla	44	11.58
Amerongen	Loretta	70	6.90		Jolicoeur	Jovette	63	8.76
Andres	Rachel	36	13.65		Jones	Terri	65	8.37
Appiah	Cynthia	33	15.22		Kaur Dhillon	Birpal	51	8.54
Arnason	Sandi	50	9.06		Lagacy	Rebecca	46	8.20
Begg	Denise	72	6.58		Leblanc	Heather	62	7.91
Bortignon	Khrista	86	6.60		Miklos den Iseger	Joanne	77	8.12
Brand	Kathy	81	6.78		Mizuno	Vi	72	6.30
Brown	Erica	40	7.91		Moro	Gabriella	76	8.41
Carlos	Nicole	49	9.76		Mullings	Sheree	41	8.35
Chitul	Olesea	47	7.68		Nakano	Yuko	79	8.02
Closkey	Cheryl	75	7.32		Nakano	Yuko	80	8.18
Coulibaly	Ivonne	32	13.45		O'Brien Hugh	Cindy	64	7.83
Crosthwaite	Gerta	84	6.38		Pomietlarz	Monica	64	10.07
Dajia	Kristen	59	9.32		Radcliffe	Margaret	81	6.73
Dajia	Kristen	60	9.86		Rollins	Betsy	73	7.24
Dalgleish	Christine	59	8.55		Rowswell	Adri	82	7.20
Diener	Andrea	48	11.16		Reisler	Stephanie	55	8.86
Easton	Leah	58	9.24		Ruston	Shari	48	9.26
Erickson	Devyn	35	9.50		San Miguel	Gisella	43	7.50
Garner	Doreen	69	9.50		Sawyers	Tanya	44	10.38
Gieni	Muriel	64	9.16		Sivers	Laura	40	9.27
Gieni	Muriel	65	9.57		Steinfeld	Frances	85	5.06
Gracie	Gillian	80	7.70		Todorove-Diveva	Galina	44	8.62
Guy	Melanie	44	10.85		Viggers	Tracey	51	10.68
Guy	Melanie	45	11.04		Wagner	Claudia	53	8.77
Hare	Rose	74	8.19		Wittrin	Caroline	54	9.12
Harris	Joan	61	8.72					
Harwood	Jennifer	52	8.59					
Hengstler	Julia	55	8.75					