2023 Ultra Masters All Canadian Throwing Awards (UMAC)

Updated February 29th, 2024

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

Women's Weight Throw

Women's Weight Throw

Surname	First	Age	Result (m)		Surname	First	Age	Result (m)
Acton	Mrytle	90	7.98		Mae	Christina	55	8.66
Andres	Rachel	35	15.05		Miklos den Iseger	Joanne	76	9.25
Bedier	Caroline	68	10.48		Mizuno	Vi	72	9.22
Begg	Denise	72	10.48		Nakano	Yuko	79	8.16
Brand	Kathy	81	9.95		Nakano	Yuko	80	8.98
Bryant	Jo	66	9.53		Parsons	Michelle	53	8.67
Carlos	Nicole	49	12.55		Peabody	Sharon	64	9.50
Carnegie	Sandra	78	7.21		Peabody	Sharon	65	9.82
Cheetham	Renate	85	5.70		Rollins	Betsy	73	8.72
Closkey	Cheryl	75	9.39		Sawyers	Tanya	44	10.18
Dajia	Kristen	59	12.28		Sivers	Laura	40	11.54
Dajia	Kristen	60	15.02		Viggers	Tracy	51	10.97
Dalgleish	Christine	59	9.98		Wittrin	Caroline	54	9.09
Dalgleish	Christine	60	11.96		Wong	Celina	61	11.26
Diener	Andrea	48	13.06					
Easton	Leah	58	9.92					
Garner	Doreen	68	10.93					
Gracie	Gillian	80	8.85					
Green	Lucille	74	7.53					
Guy	Melanie	44	12.31					
Guy	Melanie	45	12.39					
Hare	Rose	74	9.95					
Harris	Joan	61	12.28					
Healy	Jean	74	8.47					
Hessel	Laura	70	11.87					
Johnson-Gabruch	Karla	44	13.89					
Jones	Terri	66	9.83					
Lagacy	Rebecca	45	9.81					
Leblanc	Heather	62	10.13					