



CAPITAL CITY Senior Games RECORDS



TRACK - RUNNING WOMEN

100m

AGE	NAME	RECORD
50-54	Tiffany Wilson	15.65 2011
55-59	Jocelyn Lowthel	15.11 2011
60-64	Jocelyn Lowthel	15.36 2015
65-69	Sandra Coulter	31.09 2018
70-74		
75-79	Betty Frydrychowics	21.59 2015
80-84		
85-89		
90+	Christine Brown	2:53.9 2011

200m

AGE	NAME	RECORD
50-54	Tiffany Wilson	33.8 2011
55-59	Jocelyn Lowther	32.04 2011
60-64	Jocelyn Lowther	32.08 2014
65-69	Sandra Coulter	37.83 2019
70-74	Julie Guhl	52.8 2017
75-79		
80-84		
85-89		
90+		

400m

AGE	NAME	RECORD
50-54	Robin Walters	1:22.6 2013
55-59	Jocelyn Lowther	1:16.9 2011
60-64	Jocelyn Lowther	1:18.0 2014
65-69	Jocelyn Lowther	1:35.2 2019
70-74	Mary Bowers	1:54.17 2017
75-79	Betty Frydrychowicz	1:54.4 2015
80-84		
85-89		
90+		

800m

AGE	NAME	RECORD
50-54	JoAnne Maltese	3:46.18 2017
55-59	Lisa Meyer	4:07.8 2019
60-64	Jocelyn Lowther	3:46.7 2015
65-69	Christine Devries	3:32.0 2018
70-74	Mary Bowers	4:16.07 2017
75-79	Betty Frydrychowicz	4:50.6 2015
80-84		
85-89		
90+		

1500m

AGE	NAME	RECORD
50-54	JoAnne Maltese	6:58.23 2017
55-59	Lisa Meyer	8:02.6 2019
60-64	Bonnie Wright	8:38.4 2019
65-69	Christine Devries	7:00.00 2018
70-74	Mary Bowers	8:15.27 2017
75-79	Leslie Creech	11:01.00 2018
80-84		
85-89		
90+		