

An Eventful 11th Annual Capital City Senior Games Wraps Up! **by Nick Gandy**

The 2020 Capital City Senior Games completed the first nine days of events and nine of the 14 sports of the 11th Annual Games. Due to the outbreak of the Coronavirus COVID 19, the remaining five competitions were cancelled. .

During those nine days, nearly 500 athletes, age 50 and over, were in competition, winning medals and setting records. The five sports not contested were Table Tennis, Racquetball, Cycling, Water Aerobics and Golf.

In the first event of the 2020 Capital City Senior Games, held on February 29, Arthur Ambrose had the overall high score in the Archery competition, shooting an 867 of a possible 900 points for the gold medal in the 60-64 age group. The total set an age group record in the Compound Release event and was one-point shy of the overall top score of 868, set by Richard Mann, in 2014.

Mann's 2020 score of 860 was right behind Ambrose, to win a gold medal and set a record in the 55-59 age group.

In Singles Bowling competition, held Friday, March 6, Kyle Kilga had the top overall score with a three-game record-setting total of 613, to win the Women's 60-64 age group gold medal. Shirley "Sam" Butler's score of 540 established a new record in the 80-84 age group, topping the previous record by 176 pins. Butler holds the 75-79 and 80-84 age group records.

The top overall men's score of 600, rolled by Perry Patterson, earned the Men's 65-69 age group gold medal.

On Saturday, March 7, Godby High School hosted one of the nation's top Senior Games javelin throwers at the Track and Field competition. Jacksonville's Michael Brown won the gold medal in the 65-69 age group with a throw of 43.88 meters (143 feet), the best overall throw in 11 years of the Capital City Senior Games.

Brown set the Florida Senior Games record in the 50-54 age group in 2004 with a throw of 226 feet and since that time, no other javelin thrower has come within 40 feet of that mark. Brown won the 65-69 age group gold medal at the 2019 National

Senior Games with a javelin throw of 45.22 meters (145 feet).

An equally impressive throw came in the Discus event with Robert Hume, of Middleburg, reaching a distance of 43.22 meters (141 feet) to win the 70-74 age group gold medal and establish another overall best performance.

The Bag Toss competition, on Monday, March 9, with over 40 participants at the Jake Gaither Community Center, featured a pair of 90-year old athletes, in 91-year old Fannie Baker and 93-year old Byron Van Valkenburg.

During three days of Pickleball at the Jack McLean Community Center, the continually increasing interest in the sport was obvious. After the singles competition on Tuesday, March 10, the doubles events featured a combined 38 men's and women's doubles teams and 27 mixed doubles teams, on following days.

Pat Sargeant and Ron Satterfield teamed to win the seven-team 65-69 mixed doubles age group. The duo also won the gold medal at the 2019 Florida Senior Games. Sargeant, who earned the 2005 Florida Senior Games Female Athlete of the Year as a swimmer, also teamed with Jodi Yambor to win the 65-69 women's doubles gold medal. Sargeant and Yambor, another former swimmer, were silver medalists at the 2019 Florida Senior Games.

Jim Larmore won a pair of gold medals, teaming with Rodney Houck to win the 5-team 65-69 men's doubles age group and Anita Boukater, to win the 75-79 mixed doubles age group gold. Larmore also won a men's singles silver medal and a Bag Toss gold medal. He was also scheduled to play Table Tennis.

Under the bubble top of the Wade Wehunt Pool at Myers Park, the Capital City Senior Games was held on Wednesday, March 12. Jacquinn Griffin won four gold medals and setting 60-64 age group records in the 100, 200- and 500-yard freestyle and 100-breaststroke. Her time of 6:59.70 established a new top overall time in the women's event. She narrowly missed the top all time bests in the 100 and 200 yard freestyle, touching the wall within two-tenths of a second in the 200 free and just under two seconds in the 100 free.

Britt Poulson became the first men's swimmer to compete in the 85-89 age group

in the 50 yard backstroke, 50 and 100 yard breaststroke and 500 yard freestyle, thereby establishing records in each of the four events. He added his name to the record book for a second time in the 500 freestyle as he is the record holder in the 75-79 age group. He set that record in the inaugural Capital City Senior Games of 2010. Poulson also won gold medals with record-setting throws in the 85-89 age group in the discus throw and shot put.

The 2020 Capital City Senior Games is one of 21 Florida Senior Games Local Series Qualifiers that give athletes a chance to compete in the 2020 Florida Senior Games, to be held December 4-13 in the Greater Fort Lauderdale area. The 2020 Florida Senior Games are a qualifier for the 2021 National Senior Games, also in the Greater Fort Lauderdale area.

Complete results from the 2020 Capital City Senior Games are posted at www.Talgov.com/Seniorgames. When information on the 2021 Games becomes available it will also be posted on the site. For a few photos from the events, visit www.facebook.com/TallahasseeSeniorCenter.