



CAPITAL CITY Senior Games RECORDS



TRACK - RUNNING WOMEN

100m

AGE	NAME	RECORD
50-54	Tiffany Wilson	15.65 2011
55-59	Johnnie Reid	13.94 2021
60-64	Jocelyn Lowther	15.36 2015
65-69	Jocelyn Lowther	16.25 2019
70-74	Mary Johnson	21.93 2020
75-79	Betty Frydrychowicz	21.59 2015
80-84	Betty Frydrychowicz	25.01 2020
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	Jocelyn Lowther	37.83 2019
70-74	Julie Guhl	52.8 2017
75-79		
80-84	Betty Frydrychowicz	57.63 2020
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	Loretta Chandler	1:53.84 2021
75-79	Betty Frydrychowicz	1:54.4 2015
80-84		
85-89		
90+		

800m

AGE	NAME	RECORD
50-54	Angela Dempsey	3:23.2 2022
55-59	Kelley El-Urfali	3:36.4 2022
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	Angela Dempsey	6:46.9 2022
55-59	Kelley El-Urfali	7:00.4 2022
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	Betty Frydrychowicz	12:55.9 2020
85-89		
90+		