



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	Angela Baker	22.78	2023
85-89	Christine Brown	2:53.9	2011
90+			

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	Carol Rhodes	55.88	2024
80-84	Betty Frydrychowics	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	3:36.01	2023
60-64	Kelley El-Urfali	3:30.92	2024
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	6:49.88	2023
60-64	Kelley El-Urfali	7:01.68	2024
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+			