



# CAPITAL CITY Senior Games RECORDS



## TRACK - RUNNING WOMEN

### 50m

| AGE   | NAME               | RECORD |      |
|-------|--------------------|--------|------|
| 50-54 | Patience Rockymore | 13.21  | 2026 |
| 55-59 |                    |        |      |
| 60-64 |                    |        |      |
| 65-69 | Patricia Clemmons  | 11.99  | 2026 |
| 70-74 | Adriene Wright     | 10.79  | 2026 |
| 75-79 | Jeanne O'Kon       | 35.43  | 2026 |
| 80-84 | Lossie Vaughn      | 13.37  | 2026 |
| 85-89 |                    |        |      |
| 90-94 |                    |        |      |
| 95+   | Thelma Wilson      | 49.35  | 2026 |

### 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 | Adriene Wright      | 19.91  | 2026 |
| 75-79 | Betty Frydrychowicz | 21.59  | 2015 |
| 80-84 | Angela Baker        | 22.78  | 2023 |
| 85-89 |                     |        |      |
| 90-94 | Christine Brown     | 2:53.9 | 2011 |
| 95+   |                     |        |      |

### 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 | Adriene Wright      | 47.23  | 2026 |
| 75-79 | Carol Rhodes        | 55.88  | 2024 |
| 80-84 | Betty Frydrychowics | 57.63  | 2020 |
| 85-89 |                     |        |      |

### 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 |                     |         |      |

### 800m

| AGE   | NAME                | RECORD  |      |
|-------|---------------------|---------|------|
| 50-54 | Angela Dempsey      | 3:23.2  | 2022 |
| 55-59 | Angela Dempsey      | 3:12.0  | 2025 |
| 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 |                     |         |      |

### 1500m

| AGE   | NAME                | RECORD   |      |
|-------|---------------------|----------|------|
| 50-54 | Angela Dempsey      | 6:46.9   | 2022 |
| 55-59 | Angela Dempsey      | 6:27.0   | 2025 |
| 60-64 | Kelley El-Urfali    | 7:01     | 2025 |
| 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 |                     |          |      |

