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# Your News

Jensen Beach, Stuart, Palm City, Hobe Sound

## Ray Bowles wins bronze medal at National Senior Games at age 75

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When Ray Bowles retired and moved to Florida 10 years ago, he wasn't looking for a "waterfront home" in the traditional sense.

This 75-year-old avid swimmer was searching for access to a 25-yard swimming pool where he could perfect his swimming strokes.

Bowles finally found the ideal spot at Martin Downs Sports Resort where he

swims an average of 50 laps every day. His intense practice paid off when Bowles brought home a bronze medal in the 500-yard freestyle from the National Senior Games held in Houston, on June 28-30.

The national event is the third tier in the competition that begins at County and then state level.

Bowles' 9 minute, 13 second time was enough to secure the bronze medal, and bragging rights.

"This is the second year I've participated in the senior games. It's been an exhilarating experience," Bowles said.

Bowles began swimming competitively in high school before joining his college team at Manhattan College. Since then, swimming has continued to be a passion.

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75-year-old Palm City resident and Martin Downs Sports Resort member Ray Bowles received a bronze medal in the 500-yard freestyle during the National Senior Games in June.