

# Sports

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## NATIONAL SENIOR GAMES



Ray Bowles wins bronze medal in 500-yard freestyle.



Fred Bobb earns bronze in 100 breaststroke.

## Three bring home medals

■ Area residents place in swimming and road race

By Jon Santucci  
Special to Treasure Coast Newspapers

Ray Bowles didn't expect to be on the podium at the National Senior Games this year.

The 75-year old Palm City resident surprised himself by cutting 20 seconds off his best time in the 500-yard freestyle and claiming the bronze medal in Houston in late July.

Bowles was one of three Treasure Coast residents to take home a medal from the Games. Jensen Beach's Marilyn Walters was second in the 5K Road Race (80-84 age group) and Palm City's Fred Bobb (50-54 age group) was third in the 100 breaststroke.

Bowles finished the 500 freestyle in 9:14.47 — holding off James Rosborough of Texas by just over two seconds. Sid Hall (Ohio) won the event in 7:21.04.

"I was very pleased to get it," said Bowles, who also won a bronze medal at the Games in 2007. "I was also very surprised."

Bowles started swimming and running when he was young. He swam for Manhattan College (N.Y.) and also ran the New York City Marathon. As he got older, Bowles continued to swim and said he competed both nationally and internationally with masters teams.

After retiring 10 years ago, Bowles moved to Palm City and said he tries to swim every day.

"Martin Downs has a nice 25-yard pool so I work out here," Bowles said. "It's less than a mile from where I live."

Bowles qualified for the National Senior Games by winning at both the Martin County and Florida Senior Games.

To prepare for the National Games, Bowles worked with swim coach Pat Toner, who helped him with his form and his breathing.

"It helped me considerably," Bowles said.

Walters finished the 5K Road Race in 34:05. Lois Gilmore of Wisconsin won the event in 30:07. Bobb finished third in the 100 breaststroke in 1:15.93. David Guthrie of Texas won the event in 1:02.00.

Neither Walters nor Bobb could be reached for this story.