

## **Alexander Woman Wins Triple Gold At 55+ Games**

**June 13, 2018**

**Glen Kirby**

A woman from the Alexander area swam to three gold and one silver medal in the annual 55 Plus Manitoba Games, being held this week in Wawanesa and neighbouring communities.

"Feels good," said Tanis Carter, relaxing poolside with her husband. "Feels very good."

More than 850 athletes are competing during three days of Games in Glenboro, Carberry, Baldur, Wawanesa and Spruce Woods Park. On Wednesday, swimmers aged 55 to 74 squared off in Wawanesa.

"Everybody who is here deserves a medal. They are showing their exuberance for life," noted Paul Boulding, who drove three hours to race in Wawanesa. "Although, I'm not sure any of us would pass a drug test!"

Camaraderie and participation are hallmarks of the 55 Plus games. While Boulding has been swimming competitively for 49 years, others are relatively newcomers.

Lori Rietze from Winkler conceded she has only been in timed events twice - the Games this year and last - after a friend urged her to enter.

"She convinced me that I was a decent swimmer and I decided to give it a try," said Rietze, wrapped in a towel following her win in a Women's 65 Plus race.

Raymond Steen from Stonewall is taking part in his seventh Games, driven in-part by his family's sports legacy.

"My dad was a competitive cyclist," says Steen, "and I have cousins who took part in both the summer and winter Olympics, including a medal winner in Los Angeles in 1984."

For Carter, a competitive swimmer and lifeguard in her youth, the Games provide an opportunity to reconnect with something she used to enjoy, as she enters a new phase of life.

"The kids are gone. I'm retired," she explains. "Now, I swim three times a week in Brandon. It keeps us healthy."

"Can I turn the clock back? Can I keep it the same?" asks Boulding, fit and trim at 67. "That's part of it."

Medal winners earn a spot in the biennial Canada 55+ Games, in New Brunswick in August, although they must cover their own travel and accommodation expenses.

Despite dominating the men's events in Wawanesa, Boulding says won't be going to the east coast because he already competed in the Canadian Master Swimming Championships in Calgary in May.

Carter swam in the national Games in Brampton ON in 2016 but is undecided if she will represent Manitoba in New Brunswick.

The Games wrap up Thursday with competition and medal presentations in golf, bowling, cycling, pickleball, slo-pitch, snooker, floor and table shuffleboard, floor curling, darts and whist.

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