

Team Canada Bio for Website

Name: Lauraine Fast

Resides: Calgary, Alberta

Age as of January 1, 2023: 65 years

Throws R or L or 2 Handed R or L: Right

Family Status: (Married or Single) Married

Years on Adult Team Canada: N/A

Years on Youth Team Canada: N/A

Years on Senior Team Canada: 12 (World, PABCON and Tournament of Americas)

Team Canada Accomplishments:

2021 World Masters – Silver (Team)

2015 Senior PABCON - Silver (Singles)

2016 Senior PABCON - Bronze (Team)

2018 Senior PABCON – 2 Gold (Doubles, Mixed Doubles), 2 Silver (Teams, All Events), Bronze (Masters)

2008 T of A – 1 Silver, 2 Bronze

2009 T of A – 1 Silver, 1 Bronze

2010 T of A – 2 Bronze

2014 T of A - 1 Silver, 3 Bronze

2016 T of A - 2 Gold, 2 Silver, 1 Bronze

2017 T of A – 6 Silver

2018 T of A – 2 Silver

2019 T of A – 1 Silver, 2 Bronze

Other Accomplishments:

2016 Canadian Team Trials – Bronze (Senior Division)

2023 Canadian Team Trials – Bronze (Masters Division)

2012 T of A Tournament of Champions – 1 Gold, 3 Silver

2017 USBC Senior Championships – 2nd Place in 55 to 59 Division

2018 USBC Senior Championships – 8th Place in 60 to 64 Division

2019 USBC Senior Championships – 5th Place in 60 to 64 Division

2018 USBC Senior Queens – Super Senior Bracket, 5th to 8th

2019 USBC Senior Queens – Super Senior Bracket, 3rd to 4th

2022 USBC Senior Queens – Senior Bracket, 25th

Canadian Bowler of the Year (include the year):

2018 – Female Senior Bowler of the Year

2015 – Female Senior Bowler of the Year

2009 – Female Senior Bowler of the Year