

## Team Canada Bio for Website

Name: Lauraine Fast  
Resides: Calgary, Alberta  
Age as of January 1, 2024: 66 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: 13

### 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 – 2<sup>nd</sup> Place in 55 to 59 Division  
2018 USBC Senior Championships – 8<sup>th</sup> Place in 60 to 64 Division  
2019 USBC Senior Championships – 5<sup>th</sup> Place in 60 to 64 Division  
  
2018 USBC Senior Queens – Super Senior Bracket, 5<sup>th</sup> to 8<sup>th</sup>  
2019 USBC Senior Queens – Super Senior Bracket, 3<sup>rd</sup> to 4<sup>th</sup>  
2022 USBC Senior Queens – Senior Bracket, 25<sup>th</sup>  
2024 Qualified for Masters Team at Pan Am Championship

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