

Nanci Patten Sweazey - Athlete

- Canadian records in race walking from 3K to 20K
- Female AOTY 2002 and 2006
- road racer, cross-country runner, steeple chaser



Nanci Patten Sweazey - 2013 Ontario Masters Athletics Hall of Fame



W45 Nanci Sweazey on her way to breaking the CAN record

Nanci Patten Sweazey - Athlete Category

One of the traits that's valued among Masters athletes is versatility. Nanci Patten Sweazey is mostly known for her Race Walking. But before that, she competed in figure skating, volleyball, gymnastics, badminton, diving AND MORE! In Masters Race Walking, Nanci has held many Canadian records, and still presently holds several, from 1500 to 5000 metres, both indoors and out, and outdoors also in 10K and 20K. These records span from 1995 to 2006. She has achieved medals at Worlds becoming OMA Female Athlete of the Year twice. She has also medalled in steeplechase, cross-country, and road races. Versatility is her middle name! We are pleased to add Nanci Patten Sweazey to our OMA Hall of Fame, 2013.

Nanci Patten Sweazey in Her Own Words

I started as a figure skater at age 5 until I was 19;
2 things that got me into track - in public school there was "sports day" and I discovered running and long jump!
In high school I was on the cross country team, track team, basketball, volleyball, gymnastics, trampoline club, and a cheerleader - won my athletic letter.
1970 - 79 competed in doubles badminton, 5m diving, trampoline in winter then sailed and canoed in the summers!
My father took me to the Star indoor games (I think in 1972) where I saw Grant McLaren running and I was inspired for middle distance.

University of Toronto - volleyball team, cross country runner and Ice hockey team - won my athletic letter.

I met my husband Robin Sweazey, and his brother was a race-walker and I was injured, so I ran beside him - until I tried walking. I watched as 55 yr old Alex Oakley just missed making the Commonwealth team and was so inspired by him, Marcel

Jobin, Pierre LaPointe and Guillaum LaBlanc and Glen Sweazey, and some of the other great race-walkers at that time - so 6 months later I raced in Edmonton Canadian Championships indoors and set a new Canadian record in the 1,500m winning against current Canadian champion Ann Peel.

In 1980 I raced on my first World Cup team (New York) and the second in Bergen Norway (3 months pregnant) - too bad there was not an Olympic event for women at that time!

Memorable "things" - as an open category:

World Cup Teams

- 1980 10K RW New York
- 1983 10K RW Bergen Norway (3.5months pregnant)

Canadian Championships - OPEN

- 1979 (1,500m RW Cdn record)
- 1982 Bronze 5K RW
- 1983 Bronze 5k RW
- 1983 Silver 3k RW (14:36)

Master Athlete Awards

2002, 2006 & 2011 - Mississauga Master Athlete of the Year
2002 & 2006 Ontario Masters Master Athlete of the year
2006 Etobicoke Huskies Master Athlete of the year

Memorable Races - * most favorite!!

*1983 OPEN 24:12 5K RW / 14:36 3k RW

1990 1st Place OPEN Heineken Yard road race

1992 Coors lite half marathon run 1:32

2002 W45 20K RW 1:54:12

2003 W45 Steeplechase 8:25.26

*2003 W45 3K Boston Indoor Championships - 15:01.51

2006 W50 - 1st place 10K - Cleveland Marathon and 10K road races

2006 W50 -1st place 54 Fifth Avenue Mile - New York

2006 W50 3k RW at the Hamilton indoor games 15:08

2011 OPEN - 1st place German indoor 3k championships

2011 W55 - 3k RW Gold medalist - Austrian National Masters Championships

2011 W55 - Bavarian Champion - 5k Cross country Championships

2011 OPEN Silver medalist Bavarian 5K RW Championships

WMA World Masters participation

1995 - Buffalo W40 Silver 5K RW / bronze 10K RW

2001 - Australia - bronze 10K

2002 - Italy Silver 20K RW / Gold 10k RW

2003 - Puerto Rico Gold Steeplechase / silver - 10 & 5K RW / Gold Team 10K RW

2004 - Germany - Bronze 10K RW

2005 - Spain Bronze 2K Steeplechase / Silver 10K RW /

2006 - Austria Gold 3k RW / finalist in 800m

2009 - Lahti, Finland - competed in 300m hurdles (finalist - 6th), 2k Steeplechase, 5k RW - 5th, 7th in 10K RW (results after breast cancer surgery)

2010 - Kamloops Silver 3K RW

2011 - Sacramento Gold Team 10K RW / Bronze Steeplechase / finalist 300m Hurdles / 6th 5k RW / 10k RW 6th

NCCWMA

2008 - Florida - Gold 5K RW / silver 300m Hurdles

- also have about 25 medals from US Indoor and Outdoor Championships and South Eastern US Championships in steeple, 300m hurdles, 400 metres as well as race walks

- from 2002 - 2006 I was averaging 36 races per season - everything from cross country (lots of Canadian Masters championships medals – twice in Moncton), running 400m - 3,000K on the track and 5K-10K on the road and steeple, long hurdles and Racewalking 1,500m, mile, 3k, 5k 10k and 20K usually medalling and setting ON or CAN age records

But the best part has been all of the fabulous people I have met over the years!

Nanci Patten Sweazey -
Current Canadian Records as of 2013

W45 1500m Outdoor RW 7:21.57 age 49 July 9, 2005 North York, ON
W50 1500m Outdoor RW 7:17.39 age 50 Aug.6, 2005 North York, ON
W40 1 Mile Outdoor RW 8:22.82 age 42 June 16, 1998 Etobicoke, ON
W50 1 Mile Outdoor RW 9:01.35 age 52 May 2, 2008 Raleigh, NC
W45 3000m Outdoor RW 15:31.00 age 49 June 11, 2005 North York, ON
W50 3000m Outdoor RW 15:54.95 age 50 July 10 2005 North York, ON
W40 5000m Outdoor RW 26:08.14 age 40 July 22, 1995 Buffalo, NY
W45 5000m Outdoor RW 25:43.26 age 46 June 22, 2002 Hamilton, ON
W50 5000m Outdoor RW 27:06.77 age 51 June 11, 2006 London, ON

W45 5K Road RW 26:31 age 49 May 28, 2005 Toronto, ON
W50 5K Road RW 26:04 age 50 Oct.1, 2005 Welland, ON
W45 10K Road RW 53:13 age 47 May 30, 2003 Toronto, ON
W50 10K Road RW 55:12 age 50 Aug.31, 1005 San Sebastian, Spain
W45 20K Road RW 1:54:12 age 47 Oct.27, 2002 Welland, ON

W45 1500m Indoor RW 7:04.68 age 49 Feb.18, 2005 Hamilton, ON
W50 1500m Indoor RW 7:08.45 age 50 Feb.24, 2006 Hamilton, ON
W40 3000m Indoor RW 15:24.60 age 40 Mar.9, 1996 Toronto, ON
W45 3000m Indoor RW 15:01.51 age 47 Mar.30, 2003 Boston, MA
W35 5000m Indoor RW 27:09.05 age 39 Dec.10, 1994 North York, ON
W45 5000m Indoor RW 27:02.60 age 47 Feb.22, 2003 North York, ON