

Mary Roman



Mary Roman was not only one of the best female athletes of her time growing up, but she still reigns supreme in her age group even today.

Born and raised in Stockbridge, MA, Roman, a self-confessed “tomboy” growing up, was a standout athlete at a time when females competing in sports were rare. By the time she got to Williams High School in 1949, Mary was playing center for the varsity girls basketball team for the next four seasons. During that same time, she was also a cheerleader for the boys basketball team all four seasons.

She then attended Springfield College before there were intercollegiate sports for women there, yet Mary was still able to display her athleticism by playing intramurals in field hockey, basketball, softball, and volleyball.

Even after her playing days as a “youngster” were over, Roman remained just as active. She played third base and outfield for the Merchants Bank softball team from 1966–’85. In 1989, she won low net honors in the annual Norwalk Mayor’s Trophy Golf Tournament, and that same year represented Connecticut with Sylvia Helms in Hawaii in the National Team Tournament on Maui. She even has the distinction of once scoring a hole-in-one at Oak Hills.

But it was just five years ago, beginning in 1990, that Mary’s athletic career embarked upon a new plateau, which earned her national recognition. Upon turning 55 years old, she was now eligible for the Connecticut Senior Olympics and has dominated her age group in track and field every year since.

She even qualified for the National Senior Olympics in Baton Rouge, LA in 1993, and again this past summer in San Antonio, TX, where she finished third in the country to win a bronze medal in the shot put.

In fact, the entire year of 1995 has been a big one for Roman. She won three gold medals, in the 100 and 200 meter dashes and in the shot put, as well as a silver in the discus at both the Connecticut and Massachusetts Senior Olympics. Then just this past September, only a few weeks shy of her 60th birthday, Mary captured the gold medal in all four events at the Rhode Island Senior Games and then again at the New Hampshire Senior Games. She even began competing in a new event, the javelin, and took a silver in Rhode Island and a bronze in New Hampshire.

In addition to her athletics, Mary is very involved in the community as well. She served on the Board of Directors at the Norwalk YMCA for 13 years, and has been on the board at STAR for the past five years and at Lifeline for the last two and a half years. She’s also a past president of the Oak Hills Women’s Golf Association as well as golf commissioner at Oak Hills, and is still involved with the Mayor’s Police Community Advisory Committee. She was also a volunteer at the Special Olympics Regional Games in Stamford this year as well as the World Games in New Haven this summer.

And every Monday night, she donates three hours of her time with Pegasus, which involves therapeutic horse riding for the mentally retarded and handicapped at Ox Ridge in Darien.

Roman has worked in banking in Norwalk for the past three decades, including 24 years at Merchants Bank, five years at Gateway, and is currently employed by Shawmut Bank.

She is married to Granville S. Roman, who has also won numerous gold medals at the Connecticut Senior Olympics and competed at the National Senior Olympics in 1987 and 1989.

The Romans have five sons, all former athletes, and seven grandchildren.