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By Christopher Boan Sahuarita Sun | [0 comments](#)

Playing tennis has been a way of life for 95-year-old Tudor **ApMadoc**, a Green Valley resident for 22 years.

He picked up the game three decades ago while living in Michigan and excelled at the sport, becoming the No. 1 United States Tennis Association ranked player in the 90-year-old age group in 2011. He was chosen to play in the Lurie Cup, a tournament between the top eight 90-year-old players in the world, in California that year.

ApMadoc still plays four days a week at the West Center and Desert Hills courts, and said he does not plan on stopping anytime soon.

"I just figure between 95 and 100, something's going to go wrong," **ApMadoc** said. "But I have no ideas what and I'm going to keep playing and enjoying it."

The former pharmaceutical sales rep has traveled the world playing tennis, entering the USTA Nationals for all four surface types (indoor, grass, clay and hard court) in 2011.

He said the toughest part about playing in the championships revolved around finding someone to play with.

"I had two partners that had to quit tennis because of balance problems," **ApMadoc** said. "So then I went out on my own to Nationals and would ask the tournament director if they had someone that wanted to play doubles with me."

Picking up the game

ApMadoc served in the Army Air Corps during World War II, serving three-and-a-half years in the air inspectors office. His main role was ensuring that airfields around the country were up and running. After the war, **ApMadoc** went on to work with Mead Johnson Bristol Myers Squibb, playing tennis on the side.

ApMadoc said he enjoys the bonds and friendships he's made from the game.

"This is just a bunch of great guys, all about your age, and it's a good group," he said. "I played USTA team tennis when I first got down here for a year or two. It's a great sport."

ApMadoc's longevity has inspired his colleagues, like 76-year-old Bob Anderson, who has played with him for three years. Anderson said he and a lot of other players look at **ApMadoc** for inspiration.

"He's a terrific role model for the guys here," Anderson said. "Most of us are 55 and up, but an awful lot of us are in our 70s and hope to follow in his footsteps."

Secret to longevity?

ApMadoc attributed his ability to play well into his 90s to "genes and luck," and to a four-legged friend.

"I have to walk a dog every day in the morning," ApMadoc said. "I've got a Maltese, and we walk here about two miles every morning, which helps keep me in shape."

Anderson believes his playing partner's longevity stems from his outlook on life.

"What I think Tudor did is he kept himself in good shape and he kept playing," Anderson said. "He didn't say, 'I'm X-years-old, I can die now.'"

Anderson added that ApMadoc has given younger players something to shoot for as they get older.

"I don't think he cares about his age, and that inspires the rest of us to take every year and forget about the number attached," Anderson said. "Genetics is important, but that doesn't mean you can't work with what you've got, get the most out of life and take care of yourself."

The only downside to living as long as he has is that ApMadoc has aged out of USTA-sanctioned competition, which stops at 90.

He said he still loves playing tennis, even if he's lost a step or two over the years.

"I'm not playing nearly as well at 95 as I did when I was 90, but we have fun," ApMadoc said. "That's what matters."

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