



CAPITAL CITY Senior Games RECORDS



POWERLIFTING MEN

Dead Lift

AGE	NAME	CLASS RECORD		
50-54	Ben Amponin	145.5 lbs	225lbs	2023
50-54	Luis Salvador	163 lbs	250lbs	2019,25
50-54	Stephen Sgan	182.75 lbs	315lbs	2023
50-54	Anthony Moffett	205 lbs	525lbs	2024
50-54	Chris Chubb	231.25 lbs	410lbs	2019
50-54	Brian Crouse	264.5 lbs	435lbs	2024
50-54	Michael Mitts	264.5+ lbs	375lbs	2018
55-59	Charles Williams	182.75 lbs	380lbs	2020
55-59	Stephen Hopkins	205 lbs	455lbs	2022
55-59	Bill Dillon	231.25 lbs	355lbs	2023
55-59	Brian Crouse	264.5 lbs	450lbs	2025
55-59	Steven Neale	264.5+ lbs	340lbs	2020
60-64	Bruce Hagan	145.5 lbs	315lbs	2012
60-64	David Rehrig	163 lbs	230lbs	2015
60-64	Charles Williams	182.75 lbs	430lbs	2023,24
60-64	Stephen Hopkins	205 lbs	505lbs	2024
60-64	William Pratt	231.25 lbs	385lbs	2024
60-64	Greg Keeter	264.5 lbs	405lbs	2022
60-64	Douglas Pleas	264.5+ lbs	330lbs	2025
65-69	Bruce Hagan	145.5 lbs	300lbs	2017
65-69	David Sessions	182.75 lbs	290lbs	2020
65-69	Donnell Dawkins	231.25 lbs	425lbs	2025
65-69	Glen Aiken	264.5 lbs	300lbs	2020
65-69	Douglas Pleas	264.5+ lbs	350lbs	2023
70-74	Les Garringer, Jr	145.5 lbs	300lbs	2019
70-74	Jim Zimmerman	163 lbs	205lbs	2016
70-74	Herbert Bell	182.75 lbs	315lbs	2018
70-74	Byron Todd	205 lbs	255lbs	2025
70-74	Michael Russell	231.25 lbs	330lbs	2025
70-74	Barry Haber	264.5 lbs	335lbs	2020
70-74	Barry Haber	264.5+ lbs	300lbs	2019
75-79	Les Garringer, Jr	130 lbs	285lbs	2024
75-79	Les Garringer, Jr	145.5 lbs	300lbs	2020
75-79	JC Beaty	163 lbs	325lbs	2020
75-79	JC Beaty	182.75 lbs	290lbs	2019
75-79	Emory Williams	205 lbs	275lbs	2012
75-79	Louis Yambor	231.25 lbs	325lbs	2022
75-79	Barry Haber	264.5 lbs	350lbs	2022
80-84	Les Garringer, Jr	130 lbs	290lbs	2025
80-84	JC Beaty	145.5 lbs	300lbs	2024

Dead Lift

AGE	NAME	CLASS RECORD		
80-84	Palmer Walker	182.75 lbs	315lbs	2014
85-89	Elamir Ghattas	145.5 lbs	75lbs	2020
85-89	Palmer Walker	163 lbs	225lbs	2017
90-94	Elamir Ghattas	145.5 lbs	75lbs	2024