



CAPITAL CITY Senior Games RECORDS



POWERLIFTING MEN

Bench Press

AGE	NAME	CLASS	RECORD
50-54	Luis Salvador	165lbs	210lbs 2019
50-54	Thomas Valentine	220lbs	135lbs 2018
50-54	Eric Hoover	275lbs	300lbs 2018
50-54	Michael Mitts	275lbs	300lbs 2015
55-59	Steven Neale	142lbs	185lbs 2017
55-59	Shezad Sandullah	165lbs	240lbs 2019
55-59	David Broadway	198lbs	235lbs 2012
55-59	Alphonso Brown	220lbs	260lbs 2016
55-59	Silvester Dawson	220lbs	260lbs 2019
55-59	Steven Neale	242lbs	235lbs 2019
55-59	Tim Baxter	275lbs	320lbs 2017
60-64	Bruce Hagan	148lbs	170lbs 2012
60-64	David Rehrig	165lbs	135lbs 2016
60-64	Leslie Harris	198lbs	270lbs 2015
60-64	Peter Mullen	220lbs	275lbs 2014
60-64	Al Brown	220lbs	275lbs 2019
60-64	Greg Jones	242lbs	285lbs 2019
60-64	David Rehrig	275lbs	320lbs 2017
65-69	Bruce Hagan	148lbs	170lbs 2018
65-69	David Rehrig	165lbs	140lbs 2017
65-69	Bruce Plummer	181lbs	245lbs 2016
65-69	Bobby Carouth	198lbs	235lbs 2019
65-69	Michael Russell	220lbs	230lbs 2017
65-69	Byron Folsom	220lbs	230lbs 2018
65-69	Byron Folsom	242lbs	245lbs 2015
70-74	Les Garringer, Jr	148lbs	200lbs 2016
70-74	Jim Zimmerman	165lbs	195lbs 2018
70-74	Herbert Bell	181lbs	185lbs 2018
70-74	Roberto Chomat	198lbs	235lbs 2019
70-74	Jim Sauls	242lbs	185lbs 2017
70-74	Barry Haber	275lbs	235lbs 2018
75-79	Robret Neff	148lbs	115lbs 2012
75-79	Jim Zimmerman	165lbs	205lbs 2019
75-79	JC Beaty	181lbs	205lbs 2019
75-79	Lewis Lange	220lbs	185lbs 2017
75-79	Lewis Lange	242lbs	200lbs 2019
75-79	Bob Keller	165lbs	85lbs 2017
80-84	Emory Williams	181lbs	175lbs 2016
80-84	Emory Williams	198lbs	170lbs 2015
85-89	Bob Keller	165lbs	80lbs 2019

Dead Lift

AGE	NAME	CLASS	RECORD
50-54	Luis Salvador	165lbs	250lbs 2019
50-54	Thomas Valentine	198lbs	200lbs 2015
50-54	Chris Chubb	220lbs	410lbs 2019
50-54	Michael Mitts	275lbs	375lbs 2018
55-59	Stephen Hopkins	198lbs	335lbs 2019
55-59	Alphonso Brown	220lbs	300lbs 2016
55-59	Steven Neale	242lbs	335lbs 2019
55-59	Mark Winegardner	275lbs	335lbs 2019
60-64	Bruce Hagan	148lbs	315lbs 2012
60-64	David Rehrig	165lbs	230lbs 2015
60-64	Barney Myers	198lbs	375lbs 2014
60-64	Al Brown	220lbs	350lbs 2019
60-64	David Frimmel	242lbs	245lbs 2019
65-69	Bruce Hagan	148lbs	300lbs 2017
65-69	David Sessions	181lbs	275lbs 2019
65-69	Louis Yambor	220lbs	405lbs 2012
65-69	Jim Sauls	242lbs	250lbs 2015
70-74	Les Garringer, Jr	148lbs	300lbs 2019
70-74	Jim Zimmerman	165lbs	205lbs 2016
70-74	Herbert Bell	181lbs	315lbs 2018
70-74	Jim Sauls	242lbs	250lbs 2017
70-74	Barry Haber	275lbs	300lbs 2019
75-79	Robert Neff	148lbs	275lbs 2012
75-79	Jim Zimmerman	165lbs	230lbs 2019
75-79	JC Beaty	181lbs	290lbs 2019
75-79	Emory Williams	198lbs	275lbs 2012
75-79	Lewis Lange	220lbs	250lbs 2017
75-79	Lewis Lange	242lbs	315lbs 2019
80-84	Palmer Walker	181lbs	315lbs 2014
80-84	Emory Williams	198lbs	235lbs 2015
85-89	Palmer Walker	165lbs	225lbs 2017
90+			