



# CAPITAL CITY Senior Games RECORDS



## POWERLIFTING WOMEN

### Bench Press

AGE	NAME	CLASS	RECORD
50-54	Lisa Raleigh	114 lbs	70 lbs 2015
50-54	Wendee Whittaker	148 lbs	95 lbs 2019
50-54	Kim Hopkins	165 lbs	95 lbs 2019
50-54	Susan Dawson	165 lbs	95 lbs 2019
50-54	Heather Lanham	181 lbs	90 lbs 2018
50-54	Katharine Gossman	198 lbs	110 lbs 2017
55-59	Colleen Fahey	165 lbs	155 lbs 2018
55-59	Bonnie Abellera	181 lbs	85 lbs 2015
55-59	Lynn Smith	198 lbs	105 lbs 2019
60-64	Jane Cormier	132 lbs	60 lbs 2019
60-64	Diana Sellers	165 lbs	95 lbs 2019
60-64	Nancy Gentry	181 lbs	65 lbs 2017
60-64	Debra Burnum	198 lbs	100 lbs 2019
65-69	Lynn Lenahan	105 lbs	95 lbs 2019
65-69	Angie Goodman	123 lbs	70 lbs 2019
65-69	Wendy Barber	132 lbs	75 lbs 2019
65-69	Penny LeNoir	165 lbs	90 lbs 2018
65-69	Julie Zimmerman	165 lbs	90 lbs 2016
65-69	Nancy Gentry	181 lbs	80 lbs 2019
65-69	Leslie Kitching	198 lbs	85 lbs 2019
70-74	Julie Guhl	132 lbs	45 lbs 2017
70-74	Linda Roberts	165 lbs	65 lbs 2019
70-74	Dawn Brown	181 lbs	65 lbs 2018
75-79	Jill Sandler	198 lbs	55 lbs 2019
80-84			
85-89			
90+			

### Dead Lift

AGE	NAME	CLASS	RECORD
50-54	Wendee Whittaker	148 lbs	205 lbs 2019
50-54	Kim Hopkins	165 lbs	180 lbs 2019
50-54	Heather Lanham	181 lbs	205 lbs 2018
50-54	Katharine Gossman	198 lbs	255 lbs 2017
55-59	Colleen Fahey	165 lbs	225 lbs 2018
55-59	Ana Sutherland	181 lbs	180 lbs 2019
55-59	Lynn Smith	198 lbs	210 lbs 2019
60-64	Jane Cormier	132 lbs	120 lbs 2019
60-64	Diana Sellers	165 lbs	205 lbs 2019
60-64	Shelley Todd	198 lbs	205 lbs 2017
65-69	Jane Cormier	105 lbs	175 lbs 2019
65-69	Wendy Barber	132 lbs	150 lbs 2019
65-69	Sharon Wolfe	148 lbs	140 lbs 2019
65-69	Penny LeNoir	165 lbs	150 lbs 2018
65-69	Julie Zimmerman	165 lbs	150 lbs 2016
65-69	Dawn Brown	181 lbs	200 lbs 2017
65-69	Leslie Kitching	198 lbs	190 lbs 2019
70-74	Dawn Brown	181 lbs	200 lbs 2018
75-79	Jill Sandler	198 lbs	135 lbs 2019
80-84			
85-89			
90+			