



# CAPITAL CITY Senior Games RECORDS



## POWERLIFTING MEN

### Dead Lift

AGE	NAME	CLASS RECORD		
50-54	Ben Amponin	148.8 lbs	225lbs	2023
50-54	Luis Salvador	165.2 lbs	250lbs	2019
50-54	Stephen Sgan	181.8 lbs	315lbs	2023
50-54	Joseph Carusone	198.4 lbs	315lbs	2020
50-54	Chris Chubb	220.4 lbs	410lbs	2019
50-54	Michael Mitts	275.4 lbs	375lbs	2018
55-59	Charles Williams	181.8 lbs	380lbs	2020
55-59	Stephen Hopkins	198.4 lbs	455lbs	2022
55-59	Bill Dillon	220.4 lbs	355lbs	2023
55-59	Steven Neale	242. lbs	335lbs	2019
55-59	Steven Neale	275.4 lbs	340lbs	2020
60-64	Bruce Hagan	148.8 lbs	315lbs	2012
60-64	David Rehrig	165.2 lbs	230lbs	2015
60-64	Charles Williams	181.8 lbs	430lbs	2023
60-64	Barney Myers	198.4 lbs	375lbs	2014
60-64	Al Brown	220.4 lbs	350lbs	2019
60-64	David Frimmel	242.4 lbs	245lbs	2019
65-69	Bruce Hagan	148.7 lbs	300lbs	2017
65-69	David Sessions	181.8 lbs	290lbs	2020
65-69	Louis Yambor	220.4 lbs	405lbs	2012
65-69	Greg Keeter	242.4 lbs	405lbs	2022
65-69	Douglas Pleas	308.6 lbs	350lbs	2023
70-74	Les Garringer, Jr	148.8 lbs	300lbs	2019 
70-74	Jim Zimmerman	165.2 lbs	205lbs	2016
70-74	Herbert Bell	181.8 lbs	315lbs	2018
70-74	Charles Donahue	198.4 lbs	225lbs	2023
70-74	Michael Russell	220.4 lbs	320lbs	2023
70-74	Barry Haber	242.4 lbs	335lbs	2020
70-74	Barry Haber	275.4 lbs	300lbs	2019
75-79	Les Garringer, Jr	123.4 lbs	265lbs	2022
75-79	Les Garringer, Jr	148.8 lbs	300lbs	2020
75-79	JC Beatry	165.2 lbs	325lbs	2020
75-79	JC Beaty	181.8 lbs	290lbs	2019
75-79	Emory Williams	198.4 lbs	275lbs	2012
75-79	Louis Yambor	220.4 lbs	325lbs	2022
75-79	Barry Haber	242.4 lbs	350lbs	2022
80-84	Palmer Walker	181.8 lbs	315lbs	2014
80-84	Emory Williams	198.4 lbs	235lbs	2015
85-89	Elamir Ghattas	148.8 lbs	75lbs	2020
85-89	Palmer Walker	165.2 lbs	225lbs	2017
90+				