



CAPITAL CITY Senior Games RECORDS



POWERLIFTING MEN

Dead Lift

AGE	NAME	CLASS RECORD	CLASS RECORD	CLASS RECORD
50-54	Ben Amponin	148.8 lbs	225 lbs	2023
50-54	Luis Salvador	165.2 lbs	250 lbs	2019
50-54	Stephen Sgan	181.8 lbs	315 lbs	2023
50-54	Joseph Carusone	198.4 lbs	315 lbs	2020
50-54	Anthony Moffett	205 lbs	525 lbs	2024
50-54	Chris Chubb	220.4 lbs	410 lbs	2019
50-54	Timothy Lee	231.25 lbs	325 lbs	2024
50-54	Brian Crouse	264.5 lbs	435 lbs	2024
50-54	Michael Bailey	264.5+ lbs	300 lbs	2024
50-54	Michael Mitts	275.4 lbs	375 lbs	2018
55-59	Charles Williams	181.8 lbs	380 lbs	2020
55-59	Stephen Hopkins	198.4 lbs	455 lbs	2022
55-59	Bill Dillon	220.4 lbs	355 lbs	2023
55-59	Steven Neale	242.4 lbs	335 lbs	2019
55-59	Steven Neale	275.4 lbs	340 lbs	2020
60-64	Kevin Pope	145.5 lbs	225 lbs	2024
60-64	Bruce Hagan	148.8 lbs	315 lbs	2012
60-64	David Rehrig	165.2 lbs	230 lbs	2015
60-64	Charles Williams	181.8 lbs	430 lbs	2023
60-64	Charles Williams	182.75 lbs	430 lbs	2024
60-64	Barney Myers	198.4 lbs	375 lbs	2014
60-64	Stephen Hopkins	205 lbs	505 lbs	2024
60-64	Al Brown	220.4 lbs	350 lbs	2019
60-64	William Pratt	231.25 lbs	385 lbs	2024
60-64	Greg Keeter	242.4 lbs	405 lbs	2022
65-69	Bruce Hagan	148.8 lbs	300 lbs	2017
65-69	David Sessions	181.8 lbs	290 lbs	2020
65-69	Louis Yambor	220.4 lbs	405 lbs	2012
65-69	Glen Aiken	242.4 lbs	300 lbs	2020
65-69	Douglas Pleas	308.6 lbs	350 lbs	2023
70-74	Les Garringer, Jr	148.8 lbs	300 lbs	2019
70-74	Jim Zimmerman	165.2 lbs	205 lbs	2016
70-74	Herbert Bell	181.8 lbs	315 lbs	2018
70-74	Charles Donahue	198.4 lbs	225 lbs	2023
70-74	Michael Russell	220.4 lbs	320 lbs	2023
70-74	Michael Russell	231.25 lbs	325 lbs	2024
70-74	Barry Haber	242.4 lbs	335 lbs	2020
70-74	William Jordan	264.5+ lbs	260 lbs	2024
70-74	Barry Haber	275.4 lbs	300 lbs	2019
75-79	Les Garringer, Jr	123.4 lbs	265 lbs	2022
75-79	Les Garringer, Jr	130	285	2024

Dead Lift

AGE	NAME	CLASS RECORD	CLASS RECORD	CLASS RECORD
75-79	Les Garringer, Jr	148.8 lbs	300 lbs	2020
75-79	Nick Gregg	163 lbs	210 lbs	2024
75-79	JC Beaty	165.2 lbs	325 lbs	2020
75-79	JC Beaty	181.8 lbs	290 lbs	2019
75-79	Emory Williams	198.4 lbs	275 lbs	2012
75-79	Robert McVety	205 lbs	205 lbs	2024
75-79	Louis Yambor	220.4 lbs	325 lbs	2022
75-79	Barry Haber	231.25 lbs	275 lbs	2024
75-79	Barry Haber	242.4 lbs	350 lbs	2022
80-84	JC Beaty	145.5 lbs	300 lbs	2024
80-84	Palmer Walker	181.8 lbs	315 lbs	2014
80-84	Emory Williams	198.4 lbs	235 lbs	2015
85-89	Elamir Ghattas	148.8 lbs	75 lbs	2020
85-89	Palmer Walker	165.2 lbs	225 lbs	2017
90-94	Elamir Ghattas	145.5 lbs	75 lbs	2024

