



CAPITAL CITY Senior Games RECORDS



POWERLIFTING MEN

Bench Press

AGE	NAME	CLASS RECORD	CLASS RECORD	CLASS RECORD
50-54	Ben Amponin	148.8 lbs	155 lbs	2023
50-54	Luis Salvador	165.2 lbs	210 lbs	2019
50-54	Stephen Sgan	181.8 lbs	220 lbs	2023
50-54	Derek Walker	182.75 lbs	230 lbs	2024
50-54	Thomas Valentine	198.4 lbs	145 lbs	2016
50-54	Joseph Carusone	198.4 lbs	145 lbs	2020
50-54	Anthony Moffett	205 lbs	275 lbs	2024
50-54	Timothy Lee	220.4 lbs	250 lbs	2023
50-54	Robert Pickels	231.25 lbs	265 lbs	2024
50-54	Brian Crouse	264.5 lbs	275 lbs	2024
50-54	Ruben Rodriguez	264.5+ lbs	295 lbs	2024
50-54	Ameer Hart	275.4 lbs	325 lbs	2023
55-59	Shezad Sandullah	165.2 lbs	240 lbs	2019
55-59	Charles Williams	181.8 lbs	280 lbs	2020
55-59	David Broadway	198.4 lbs	235 lbs	2012
55-59	Alphonso Brown	220.4 lbs	260 lbs	2016
55-59	Silvester Dawson	220.4 lbs	260 lbs	2018
55-59	Steven Neale	242.4 lbs	235 lbs	2019
55-59	Tim Baxter	275.4 lbs	320 lbs	2017
60-64	Kevin Pope	145.5 lbs	155 lbs	2024
60-64	Bruce Hagan	148.8 lbs	170 lbs	2012
60-64	David Rehrig	165.2 lbs	135 lbs	2016
60-64	Charles Williams	181.8 lbs	290 lbs	2022, 23
60-64	Charles Williams	182.75 lbs	280 lbs	2024
60-64	Leslie Harris	198.4	270 lbs	2015
60-64	Stephen Hopkins	205	245 lbs	2024
60-64	Peter Mullen	220.4	275 lbs	2014
60-64	Al Brown	220.4	275 lbs	2019
60-64	William Pratt	231.25	315 lbs	2024
60-64	Greg Keeter	242.4	295 lbs	2022
60-64	Loyd Childree	275.4	385 lbs	2023
60-64	Douglas Pleas	308.6	245 lbs	2023
60-64	Daryl Martin	308.6+	315 lbs	2023
65-69	Bruce Hagan	148.8	170 lbs	2017
65-69	David Rehrig	165.2	140 lbs	2018
65-69	Harold Barber	181.8	265 lbs	2023
65-69	Bobby Carouth	198.4	240 lbs	2020
65-69	Byron Folsom	220.4	230 lbs	2017
65-69	Michael Russell	220.4	230 lbs	2018
65-69	Byron Folsom	242.4	245 lbs	2018

Bench Press

AGE	NAME	CLASS RECORD	CLASS RECORD	CLASS RECORD
65-69	John Nichols	275.4 lbs	185 lbs	2020
70-74	Les Garringer, Jr	148.8 lbs	200 lbs	2015
70-74	Jim Zimmerman	165.2 lbs	195 lbs	2016
70-74	Herbert Bell	181.8 lbs	185 lbs	2018
70-74	Roberto Chomat	198.4 lbs	235 lbs	2019
70-74	William Leseman	205 lbs	160 lbs	2024
70-74	Michael Russell	220.4 lbs	240 lbs	2023
70-74	Michael Russell	231.25 lbs	250 lbs	2024
70-74	Barry Haber	242.4 lbs	275 lbs	2020
70-74	William Jordan	264.5+ lbs	175 lbs	2024
70-74	Barry Haber	275.4 lbs	235 lbs	2018
75-79	Les Garringer, Jr	123.4 lbs	150 lbs	2022
75-79	Les Garringer, Jr	130 lbs	170 lbs	2024
75-79	Bob Inguagiato	132.2 lbs	135 lbs	2020
75-79	Les Garringer, Jr	148.8 lbs	180 lbs	2020
75-79	Nick Gregg	163 lbs	115 lbs	2024
75-79	JC Beaty	165.2 lbs	210 lbs	2020
75-79	Richard Pastuck	181.8 lbs	220 lbs	2020
75-79	Richard Pastuck	182.75 lbs	205 lbs	2024
75-79	Robert McVety	205 lbs	145 lbs	2024
75-79	Barry Haber	220.4 lbs	215 lbs	2023
75-79	Barry Haber	231.25 lbs	195 lbs	2024
75-79	Barry Haber	242.4 lbs	265 lbs	2022
80-84	JC Beaty	145.5 lbs	190 lbs	2024
80-84	Bob Keller	165.2	85 lbs	2017
80-84	Emory Williams	181.8	175 lbs	2016
80-84	Emory Williams	198.4	170 lbs	2015
85-89	Elamir Ghattas	148.8	50 lbs	2020
85-89	Bob Keller	165.2	80 lbs	2019
90-94	Elamir Ghattas	145.5	55 lbs	2024

