



CAPITAL CITY Senior Games RECORDS



POWERLIFTING WOMEN

Bench Press

AGE	NAME	CLASS RECORD		
50-54	Lisa Raleigh	114.6 lbs	70lbs	2015
50-54	Wendee Whittaker	132.2 lbs	110lbs	2020
50-54	Wendee Whittaker	148.8 lbs	95lbs	2019
50-54	Kim Hopkins	165.2 lbs	95lbs	2019
50-54	Susan Dawson	165.2 lbs	95lbs	2019
50-54	Holly Snyder	167.5 lbs	120lbs	2024
50-54	Heather Lanham	181.8 lbs	90lbs	2018
50-54	Michele Lawhon	185 lbs	115lbs	2024
50-54	Melanie Knight	185+ lbs	115lbs	2024
50-54	Katharine Gossman	198.4 lbs	110lbs	2017
55-59	Kara Payne	132.2 lbs	100lbs	2023
55-59	Janell Thomas	138.75 lbs	95lbs	2024
55-59	Colleen Fahey	165.2 lbs	155lbs	2018
55-59	Missy Rudd	167.5 lbs	95lbs	2024
55-59	Kim Hopkins	181.8 lbs	110lbs	2022
55-59	Kim Hopkins	185 lbs	100lbs	2024
55-59	Lynn Smith	198.4 lbs	105lbs	2019
60-64	Jane Cormier	132.2 lbs	60lbs	2019
60-64	Leslie Langston	138.75 lbs	70lbs	2024
60-64	C. Cartwright-Tolbert	148.8	140lbs	2020
60-64	Diana Sellers	165.2	95lbs	2019
60-64	Jill Rowan	167.5	70lbs	2024
60-64	Diana Sellers	181.8	100lbs	2020
60-64	Rosemary Smith	185	85lbs	2024
60-64	Nancy Isenberg	185+	115lbs	2024
60-64	Debra Burnum	198.4	100lbs	2019
60-64	Kathy Wood	220.4	125lbs	2020
65-69	Lynn Lenahan	105.8	95lbs	2019
65-69	Angie Goodman	123.4	70lbs	2019
65-69	Jane Cormier	123.4	70lbs	2022
65-69	Wendy Barber	132.2	75lbs	2019
65-69	Pamela Chichester	152	70lbs	2024
65-69	Leslie Kitching	165.2	163lbs	2020
65-69	Diana Sellers	181.8	95lbs	2022
65-69	Diana Sellers	185	105lbs	2024

Bench Press

AGE	NAME	CLASS RECORD		
65-69	Debra Burnum	185+ lbs	80lbs	2024
65-69	Debra Burnum	198.4 lbs	93lbs	2022
65-69	Debra Burnum	220.4	90lbs	2023
70-74	Lynn Lenahan	103.5 lbs	90lbs	2024
70-74	Lynn Lenahan	105.8 lbs	90lbs	2023
70-74	Sara Gargiulo	114.5 lbs	80lbs	2024
70-74	Lois Johnson	123.4 lbs	70lbs	2020
70-74	Wendy Barber	132.2 lbs	90lbs	2020
70-74	Sharon Wolfe	148.8 lbs	70lbs	2022,23
70-74	Vickie Cadwallader	152 lbs	70lbs	2024
70-74	Judy Paukert	165.2 lbs	75lbs	2020
70-74	Dawn Brown	181.8 lbs	65lbs	2018
75-79	Zoe Mansfield	123.4 lbs	50lbs	2020
75-79	Judy Paukert	165.2 lbs	80lbs	2023
75-79	Judy Paukert	167.5 lbs	80lbs	2024
75-79	Jill Sandler	198.4 lbs	55lbs	2019
75-79	Jill Sandler	220.4 lbs	70lbs	2020
80-84	Zoe Mansfield	123.4 lbs	50lbs	2022
80-84	Zoe Mansfield	125.5 lbs	45lbs	2024
85-89				
90+				

