



CAPITAL CITY Senior Games RECORDS



POWERLIFTING WOMEN

Bench Press

AGE	NAME	CLASS RECORD	WEIGHT	YEAR
50-54	Lisa Raleigh	114.6 lbs	70 lbs	2015
50-54	Wendee Whittaker	132.2 lbs	110 lbs	2020
50-54	Wendee Whittaker	148.8 lbs	95 lbs	2019
50-54	Kim Hopkins	165.2 lbs	95 lbs	2019
50-54	Susan Dawson	165.2 lbs	95 lbs	2019
50-54	Heather Lanham	181.8 lbs	90 lbs	2018
50-54	Katharine Gossman	198.4 lbs	110 lbs	2017
50-54	Leslie Allen	220.4 lbs	95 lbs	2020
55-59	Kara Payne	132.2 lbs	100 lbs	2023
55-59	Colleen Fahey	165.2 lbs	155 lbs	2018
55-59	Bonnie Abellera	181.8 lbs	85 lbs	2015
55-59	Kim Hopkins	181.8 lbs	110 lbs	2022
55-59	Lynn Smith	198.4 lbs	105 lbs	2019
60-64	Jane Cormier	132.2 lbs	60 lbs	2019
60-64	Cathy Cartwright-Tolbert	148.8 lbs	140 lbs	2020
60-64	Diana Sellers	165.2 lbs	95 lbs	2019
60-64	Diana Sellers	181.8 lbs	100 lbs	2020
60-64	Debra Burnum	198.4 lbs	100 lbs	2019
60-64	Kathy Wood	220.4 lbs	125 lbs	2020

Bench Press

AGE	NAME	CLASS RECORD	WEIGHT	YEAR
65-69	Lynn Lenahan	105.8 lbs	95 lbs	2019
65-69	Angie Goodman	123.4 lbs	70 lbs	2019
	Jane Cormier		70 lbs	2022
65-69	Wendy Barber	132.2 lbs	75 lbs	2019
65-69	Leslie Kitching	165.2 lbs	165 lbs	2020
65-69	Diana Sellers	181.8 lbs	95 lbs	2022
65-69	Debra Burnum	198.4 lbs	93 lbs	2022
65-69	Debra Burnum	220.4 lbs	90 lbs	2023
70-74	Lynn Lenahan	105.8 lbs	90 lbs	2023
70-74	Lois Johnson	123.4 lbs	70 lbs	2020
70-74	Wendy Barber	132.2 lbs	90 lbs	2020
70-74	Polly Nichols	148.8 lbs	70 lbs	2023
70-74	Judy Paukert	165.2 lbs	75 lbs	2020
70-74	Dawn Brown	181.8 lbs	65 lbs	2018
75-79	Zoea Mansfield	123.4 lbs	50 lbs	2020
75-79	Judy Paukert	165.2 lbs	80 lbs	2023
75-79	Jill Sandler	198.4 lbs	55 lbs	2019
75-79	Jill Sandler	220.4 lbs	70 lbs	2020
80-84	Zoea Mansfield	123.4 lbs	50 lbs	2022
85-89				
90+				

