

Capital City Senior Games

POWERLIFTING - BENCH PRESS

WOMEN

Age Division 50-54

First Name	Last Name	Weight Class	Max Lift	Place
Holly	Snyder	167.5	120	1
Michele	Lawhon	185	120	1
Melanie	Knight	185+	130	1

Age Division 55-59

First Name	Last Name	Weight Class	Max Lift	Place
Khristy	Hanna	152	105	1
Missy	Rudd	167.5	105	1
Susan	Dawson	167.5	85	2

Age Division 60-64

First Name	Last Name	Weight Class	Max Lift	Place
Kelley	El-Urfali	114.5	85	1
cindy	holland	125.5	60	1
Leslie	Langston	138.75	80	1
Rebecca	Field	138.75	75	2
Norma	Hendrickson	167.5	100	1
jill	Rowan	167.5	85	2
Nancy	Isenberg	185+	120	1
Susan	Myers	185+	80	2

Age Division 65-69

First Name	Last Name	Weight Class	Max Lift	Place
Pamela	Chichester	152	70	1
Christina	Sanabria	185	80	1
Diana	Sellers	185+	105	1

Age Division 70-74

First Name	Last Name	Weight Class	Max Lift	Place
Lynn	Lenahan	103	95	1
Vickie	Cadwallader	152	75	1
Melanie	Hines	167.5	75	1
Carla	Trowbridge	185	80	1

Age Division 75-79

First Name	Last Name	Weight Class	Max Lift	Place
Sharon	Wolfe	152	75	1
Ellen	Derano	152	70	2

Age Division 80-84

First Name	Last Name	Weight Class	Max Lift	Place
Zoe	Mansfield	114.5	45	1

MEN**Age Division 50-54**

First Name	Last Name	Weight Class	Max Lift	Place
Ben	Amponin	163	135	1
Robert	Pickels	231.25	265	1
Ryan	Burk	231.25	215	2
Michael	Bailey	264.5+	220	1

Age Division 55-59

First Name	Last Name	Weight Class	Max Lift	Place
Wiley	Williams	231.25	305	1
Brian	Crouse	264.5	290	1

Age Division 60-64

First Name	Last Name	Weight Class	Max Lift	Place
Silvester	Dawson	205	260	1
Douglas	Pleas	264.5	245	1

Age Division 65-69

First Name	Last Name	Weight Class	Max Lift	Place
Donnell	Dawkins	231.25	265	1
Jeff	Doxsee	231.25	225	2

Age Division 70-74

First Name	Last Name	Weight Class	Max Lift	Place
Michael	Bell	182.75	125	1
Reuben Wade	Baggett	205	235	1
Byron	Todd	205	185	2
Mike	Russell	231.25	265	1
Michael	Legate	231.25	115	2
William	Jordan	264.5+	185	1

Age Division 75-79

First Name	Last Name	Weight Class	Max Lift	Place
Mark	Gargiulo	182.75	175	1
Robert	McVety	205	140	1
William	Leseman	231.25	175	1

Age Division 80-84

First Name	Last Name	Weight Class	Max Lift	Place
Les	Garringer	130	170	1
Richard	Pastuck	182.75	195	1
Paul	Wilkins	182.75	105	2

Age Division 90-94

First Name	Last Name	Weight Class	Max Lift	Place
Elamir	Ghattas	145.5	50	1