

Capital City Senior Games

POWERLIFTING - DEAD LIFT

WOMEN

Age Division 50-54

First Name	Last Name	Weight Class	Max Lift	Place
Holly	Snyder	167.5	200	1
Michele	Lawhon	185	235	1
Melanie	Knight	185+	205	1

Age Division 55-59

First Name	Last Name	Weight Class	Max Lift	Place
Khristy	Hanna	152	215	1
Missy	Rudd	167.5	245	1

Age Division 60-64

First Name	Last Name	Weight Class	Max Lift	Place
cindy	holland	125.5	160	1
Leslie	Langston	138.75	175	1
Rebecca	Field	138.75	145	2
jill	Rowan	167.5	170	1
Nancy	Isenberg	185+	235	1
Susan	Myers	185+	185	2

Age Division 65-69

First Name	Last Name	Weight Class	Max Lift	Place
Pamela	Chichester	152	200	1
Christina	Sanabria	185	150	1
Diana	Sellers	185+	210	1

Age Division 70-74

First Name	Last Name	Weight Class	Max Lift	Place
Lynn	Lenahan	103.5	185	1
Vickie	Cadwallader	152	180	1
Melanie	Hines	167.5	150	1

Age Division 75-79

First Name	Last Name	Weight Class	Max Lift	Place
Martha	Barnett	138.75	110	1
Ellen	Derano	152	160	1
Sharon	Wolfe	152	155	2

Age Division 80-84

First Name	Last Name	Weight Class	Max Lift	Place
Zoe	Mansfield	114.5	100	1

POWERLIFTING DEAD LIFT - MEN**Age Division 50-54**

First Name	Last Name	Weight Class	Max Lift	Place
Ben	Amponin	163	250	1
Ryan	Burk	231.25	225	1
Michael	Bailey	264.5+	335	1

Age Division 55-59

First Name	Last Name	Weight Class	Max Lift	Place
Myron	Hendrickson	205	345	1
Wiley	Williams	231.25	325	1
Brian	Crouse	264.5	450	1

Age Division 60-64

First Name	Last Name	Weight Class	Max Lift	Place
Douglas	Pleas	264.5+	330	1

Age Division 65-69

First Name	Last Name	Weight Class	Max Lift	Place
Donnell	Dawkins	231.25	425	1

Age Division 70-74

First Name	Last Name	Weight Class	Max Lift	Place
Curt	Zitza	163	160	1
Byron	Todd	205	255	1
Mike	Russell	231.25	330	1
William	Jordan	264.5+	275	1

Age Division 75-79

First Name	Last Name	Weight Class	Max Lift	Place
Robert	McVety	205	210	1

Age Division 80-84

First Name	Last Name	Weight Class	Max Lift	Place
Les	Garringer	130	290	1

Age Division 90-94

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