



CAPITAL CITY Senior Games RECORDS



POWERLIFTING MEN

Bench Press

AGE	NAME	CLASS RECORD		
50-54	Ben Amponin	145.5 lbs	155lbs	2023
50-54	Luis Salvador	163 lbs	210lbs	2019
50-54	Derek Walker	182.75 lbs	230lbs	2024
50-54	Anthony Moffett	205 lbs	275lbs	2024
50-54	Robert Pickels	231.25 lbs	265lbs	2024 25
50-54	Brian Crouse	264.5 lbs	275lbs	2024
50-54	Ameer Hart	264.5+ lbs	325lbs	2023
55-59	Shezad Sandullah	163 lbs	240lbs	2019
55-59	Charles Williams	182.75 lbs	280lbs	2020
55-59	David Broadway	205 lbs	235lbs	2012
55-59	Wiley Williams	231.25 lbs	305lbs	2025
55-59	Brian Crouse	264.5 lbs	290lbs	2025
55-59	Tim Baxter	264.5+ lbs	320lbs	2017
60-64	Bruce Hagan	145.5 lbs	170lbs	2012
60-64	David Rehrig	163 lbs	135lbs	2016
60-64	Charles Williams	182.75 lbs	290lbs	2022 23
60-64	Leslie Harris	205 lbs	270lbs	2015
60-64	William Pratt	231.25 lbs	315lbs	2024
60-64	Greg Keeter	264.5 lbs	295lbs	2022
60-64	Loyd Childree	264.5+ lbs	385lbs	2023
65-69	Bruce Hagan	145.5 lbs	170lbs	2017
65-69	David Rehrig	163 lbs	140lbs	2018
65-69	Harold Barber	182.75 lbs	265lbs	2023
65-69	Bobby Carouth	205 lbs	240lbs	2020
65-69	Donnell Dawkins	231.25 lbs	265lbs	2025
65-69	Byron Folsom	264.5 lbs	245lbs	2018
65-69	John Nichols	264.5+ lbs	185lbs	2020
70-74	Les Garringer, Jr	145.5 lbs	200lbs	2015
70-74	Jim Zimmerman	163 lbs	195lbs	2016
70-74	Herbert Bell	182.75 lbs	185lbs	2018
70-74	Roberto Chomat	205 lbs	235lbs	2019
70-74	Reuben Wade Baggett	lbs	lbs	2025
70-74	Michael Russell	231.25 lbs	265lbs	2025
70-74	Barry Haber	264.5 lbs	275lbs	2020
70-74	Barry Haber	264.5+ lbs	235lbs	2018
75-79	Les Garringer, Jr	130 lbs	170lbs	2024
75-79	Les Garringer, Jr	145.5 lbs	180lbs	2020
75-79	JC Beaty	163 lbs	210lbs	2020
75-79	Richard Pastuck	182.75 lbs	220lbs	2020
75-79	Robert McVety	205 lbs	145lbs	2024

Bench Press

AGE	NAME	CLASS RECORD		
75-79	Barry Haber	231.25 lbs	215lbs	2023
75-79	Barry Haber	264.5 lbs	265lbs	2022
80-84	Les Garringer, Jr	130 lbs	170lbs	2025
80-84	JC Beaty	145.5 lbs	190lbs	2024
80-84	Bob Keller	163 lbs	85lbs	2017
80-84	Emory Williams	182.75 lbs	195lbs	2025
80-84	Emory Williams	205 lbs	170 lbs	2015
85-89	Elamir Ghattas	145.5 lbs	50lbs	2020
85-89	Bob Keller	163 lbs	80lbs	2019
90-94	Elamir Ghattas	145.5 lbs	55lbs	2024