



CAPITAL CITY Senior Games RECORDS



POWERLIFTING MEN

Bench Press

AGE	NAME	CLASS RECORD	WEIGHT	YEAR
50-54	Ben Amponin	148.8 lbs	155 lbs	2023
50-54	Luis Salvador	165.2 lbs	210 lbs	2019
50-54	Stephen Sgan	181.8 lbs	220 lbs	2023
50-54	Joseph Carusone	198.4 lbs	145 lbs	2020
50-54	Timothy Lee	220.4 lbs	250 lbs	2023
50-54	Eric Hoover	275.4 lbs	300 lbs	2018
50-54	Ameer Hart	275.4 lbs	325 lbs	2023
55-59	Shezad Sandullah	165.2 lbs	240 lbs	2019
55-59	Charles Williams	181.8 lbs	280 lbs	2020
55-59	David Broadway	198.4 lbs	235 lbs	2012
55-59	Alphonso Brown	220.4 lbs	260 lbs	2016
55-59	Silvester Dawson	220.4 lbs	260 lbs	2019
55-59	Steven Neale	242.4 lbs	235 lbs	2019
55-59	Tim Baxter	275.4 lbs	320 lbs	2017
60-64	Bruce Hagan	148.8 lbs	170 lbs	2012
60-64	David Rehrig	165.2 lbs	135 lbs	2016
60-64	Charles Williams	181.8 lbs	290 lbs	'22/'23
60-64	Leslie Harris	198.4 lbs	270 lbs	2015
60-64	Peter Mullen	220.4 lbs	275 lbs	2014
60-64	Al Brown	220.4 lbs	275 lbs	2019
60-64	Greg Keeter	242.4 lbs	295 lbs	2022
60-64	Loyd Childree	275.4 lbs	385 lbs	2023
60-64	Douglas Pleas	308.6 lbs	245 lbs	2023
60-64	Daryl Martin	308.6+ lbs	315 lbs	2023

Bench Press

AGE	NAME	CLASS RECORD	WEIGHT	YEAR
65-69	Bruce Hagan	148.8 lbs	170 lbs	2018
65-69	David Rehrig	165.2 lbs	140 lbs	2017
65-69	Harold Barber	181.8 lbs	265 lbs	2023
65-69	Bobby Carouth	198.4 lbs	240 lbs	2020
65-69	Michael Russell	220.4 lbs	230 lbs	2017
65-69	Byron Folsom	220.4 lbs	230 lbs	2018
65-69	Byron Folsom	242.4 lbs	245 lbs	2015
65-69	John Nichols	275.4 lbs	185 lbs	2020
70-74	Les Garringer, Jr	148.8 lbs	200 lbs	2016
70-74	Jim Zimmerman	165.2 lbs	195 lbs	2018
70-74	Herbert Bell	181.8 lbs	185 lbs	2018
70-74	Roberto Chomat	198.4 lbs	235 lbs	2019
70-74	Michael Russell	220.4 lbs	240 lbs	2023
70-74	Barry Haber	242.4 lbs	275 lbs	2020
70-74	Barry Haber	275.4 lbs	235 lbs	2018
75-79	Les Garringer, Jr	123.4 lbs	150 lbs	2022
75-79	Bob Inguagiato	132.2 lbs	135 lbs	2020
75-79	Les Garringer, Jr	148.8 lbs	180 lbs	2020
75-79	JC Beaty	165.2 lbs	210 lbs	2020
75-79	Richard Pastuck	181.8 lbs	220 lbs	2020
75-79	Barry Haber	220.4 lbs	215 lbs	2023
75-79	Barry Haber	242.4 lbs	265 lbs	2022
75-79	Bob Keller	165.2 lbs	85 lbs	2017
80-84	Emory Williams	181.8 lbs	175 lbs	2016
80-84	Emory Williams	198.4 lbs	170 lbs	2015
85-89	Elamir Ghattas	148.8 lbs	50 lbs	2020
85-89	Bob Keller	165.2 lbs	80 lbs	2019

