



# CAPITAL CITY Senior Games RECORDS



## POWERLIFTING MEN

### Bench Press

AGE	NAME	CLASS RECORD		
50-54		130		
50-54	Steven Wilkiens	145.5	165	2026
50-54	Luis Salvador	163	210	2019
50-54	Derek Walker	182.75	230	2024
50-54	Anthony Moffett	205	275	2024
50-54	Grant Meyer	231.25	315	2026
50-54	Brian Crouse	264.5	275	2024
50-54	Ameer Hart	264.5+	325	2023
55-59		130		
55-59		145.5		
55-59	Shezad Sandullah	163	240	2019
55-59	Charles Williams	182.75	280	2020
55-59	David Broadway	205	235	2012
55-59	Wiley Williams	231.25	320	2026
55-59	Brian Crouse	264.5	290	2025
55-59	Tim Baxter	264.5+	320	2017
60-64		130		
60-64	Bruce Hagan	145.5	170	2012
60-64	David Rehrig	163	135	2016
60-64	Charles Williams	182.75	290	2022, 23
60-64	Leslie Harris	205	270	2015
60-64	William Pratt	231.25	315	2024
60-64	Greg Keeter	264.5	295	2022
60-64	Loyd Childree	264.5+	385	2023
65-69		130		
65-69	Bruce Hagan	145.5	170	2017
65-69	David Rehrig	163	140	2018
65-69	Harold Barber	182.75	265	2023
65-69	Bobby Carouth	205	240	2020
65-69	Donnell Dawkins	231.25	265	2025
65-69	Byron Folsom	264.5	245	2018
65-69	John Nichols	264.5+	185	2020
70-74		130		
70-74	Les Garringer, Jr	145.5	200	2015
70-74	Jim Zimmerman	163	195	2016
70-74	William McFatter	182.75	360	2026
70-74	Roberto Chomat	205	235	2019

### Bench Press

AGE	NAME	CLASS RECORD		
70-74	Reuben Wade Baggett			2025
70-74	Michael Russell	231.25	265	2025
70-74	Barry Haber	264.5	275	2020
70-74	Barry Haber	264.5+	235	2018
75-79	Les Garringer, Jr	130	170	2024
75-79	Les Garringer, Jr	145.5	180	2020
75-79	JC Beaty	163	210	2020
75-79	Richard Pastuck	182.75	220	2020
75-79	Robert McVety	205	145	2024
75-79	Barry Haber	231.25	240	2026
75-79	Barry Haber	264.5	265	2022
75-79		264.5+		
80-84	Les Garringer, Jr	130	170	2025
80-84	JC Beaty	145.5	190	2024
80-84	JC Beaty	163	160	2026
80-84	Emory Williams	182.75	195	2025
80-84	Emory Williams	205	170	2015
80-84	John Falls	231.25	85	2026
80-84		264.5		
80-84		264.5+		
85-89		130		
85-89	Elamir Ghattas	145.5	50	2020
85-89	Bob Keller	163	80	2019
85-89		182.75		
85-89		205		
85-89		231.25		
85-89		264.5		
85-89		264.5+		
90-94		130		
90-94	Elamir Ghattas	145.5	55	2024
90-94		163		
90-94		182.75		
90-94		205		
90-94		231.25		
90-94		264.5		
90-94		264.5+		

