



# CAPITAL CITY Senior Games RECORDS



## POWERLIFTING WOMEN

### Bench Press

AGE	NAME	CLASS RECORD		
50-54		103.5		
50-54	Lisa Raleigh	114.5	70	2015
50-54		125.5		
50-54	Wendee Whittaker	138.75	110	2020
50-54	Wendee Whittaker	152	95	2019
50-54	Holly Snyder	167.5	120	2024, 25
50-54	Melanie Knight	185	135	2026
50-54	Melanie Knight	185+	130	2025
55-59		103.5		
55-59		114.5		
55-59		125.5		
55-59	Kara Payne	138.75	100	2023
55-59	Christy Hanna	152	120	2026
55-59	Colleen Fahey	167.5	155	2018
55-59	Kim Hopkins	185	110	2022
55-59	Lynn Smith	185+	105	2019
60-64		103.5		
60-64	Kelley El-Urfali	114.5	85	2025
60-64	Kelley El-Urfali	125.5	105	2026
60-64	Leslie Langston	138.75	85	2026
60-64	Cathy Cartwright-Tolbert	152	140	2020
60-64	Norma Hendrickson	167.5	130	2026
60-64	Diana Sellers	185	100	2020
60-64	Kathy Wood	185+	125	2020
65-69	Lynn Lenahan	103.5	95	2019
65-69		114.5		
65-69	Becky Legate	125.5	80	2026
65-69	Cindy Foster	138.75	85	2026
65-69	Pamela Chichester	152	80	2026
65-69	Leslie Kitching	167.5	163	2020
65-69	Diana Sellers	185	105	2024
65-69	Nancy Isenberg			2026
65-69	Diana Sellers	185+	105	2025

### Bench Press

AGE	NAME	CLASS RECORD		
70-74	Lynn Lenahan	103.5	95	2025
70-74	Sara Gargiulo	114.5	80	2024
	Marieanne Luber			2026
70-74	Lois Johnson	125.5	70	2020
	Jane Cromier			2026
70-74	Wendy Barber	138.75	90	2020
70-74	Vickie Cadwallader	152	75	2025, 26
70-74	Judy Paukert	167.5	75	2020
70-74	Melanie Hines			2025
70-74	Carla Trowbridge	185	80	2025
70-74		185+		
75-79	Carol Rhodes	103.5	45	2026
75-79		114.5		
75-79	Martha Barnett	125.5	75	2026
75-79		138.75		
75-79	Sharon Wolfe	152	75	2025
75-79	Judy Paukert	167.5	80	2023, 24
75-79		185		
75-79	Jill Sandler	185+	70	2020
80-84		103.5		
80-84	Zoe Mansfield	114.5	45	2025
80-84	Zoe Mansfield	125.5	50	2022
80-84		138.75		
80-84		152		
80-84		167.5		
80-84		185		
80-84		185+		
85-89		103.5		
85-89		114.5		
85-89	Zoe Mansfield	125.5	45	2026
85-89		138.75		
85-89		152		
85-89		167.5		