



CAPITAL CITY Senior Games RECORDS



POWERLIFTING MEN

Dead Lift

AGE	NAME	CLASS RECORD			
50-54		130			
50-54	Ben Amponin	145.5	225	2023	
50-54	Ben Amponin	163	265	2026	
50-54	Stephen Sgan	182.75	315	2023	
50-54	Anthony Moffett	205	525	2024	
50-54	Chris Chubb	231.25	410	2019	
50-54	Brian Crouse	264.5	435	2024	
50-54	Michael Mitts	264.5+	375	2018	
55-59		130			
55-59		145.5			
55-59		163			
55-59	Charles Williams	182.75	380	2020	
55-59	Stephen Hopkins	205	455	2022	
55-59	Wiley Williams	231.25	415	2026	
55-59	Brian Crouse	264.5	450	2025,26	
55-59	Steven Neale	264.5+	340	2020	
60-64		130			
60-64	Bruce Hagan	145.5	315	2012	
60-64	David Rehrig	163	230	2015	
60-64	Charles Williams	182.75	430	2023, 24	
60-64	Stephen Hopkins	205	505	2024	
60-64	William Pratt	231.25	385	2024	
60-64	Greg Keeter	264.5	405	2022	
60-64	Douglas Pleas	264.5+	330	2025	
65-69		130			
65-69	Bruce Hagan	145.5	300	2017	
65-69		163			
65-69	David Sessions	182.75	290	2020	
65-69		205			
65-69	Donnell Dawkins	231.25	425	2025	
65-69	Glen Aiken	264.5	300	2020	
65-69	Douglas Pleas	264.5+	350	2023	
70-74		130			
70-74	Les Garringer, Jr	145.5	300	2019	
70-74	Jim Zimmerman	163	205	2016	
70-74	William McFatter	182.75	315	2026	
70-74	Byron Todd	205	255	2025,26	

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AGE	NAME	CLASS RECORD			
70-74	Michael Russell	231.25	330	2025	
70-74	Barry Haber	264.5	335	2020	
70-74	Barry Haber	264.5+	300	2019	
75-79	Les Garringer, Jr	130	285	2024	
75-79	Les Garringer, Jr	145.5	300	2020	
75-79	JC Beaty	163	325	2020	
75-79	JC Beaty	182.75	290	2019	
75-79	Emory Williams	205	275	2012	
75-79	Louis Yambor	231.25	325	2022	
75-79	Barry Haber	264.5	350	2022	
75-79		264.5+			
80-84	Les Garringer, Jr	130	290	2025	
80-84	JC Beaty	145.5	300	2024	
80-84	JC Beaty	163	315	2026	
80-84	Palmer Walker	182.75	315	2014	
80-84	Emory Williams	205	235	2015	
80-84		231.25			
80-84		264.5			
80-84		264.5+			
85-89		130			
85-89	Elamir Ghattas	145.5	75	2020	
85-89	Palmer Walker	163	225	2017	
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	75	2024	
90-94		163			
90-94		182.75			
90-94		205			
90-94		231.25			
90-94		264.5			
90-94		264.5+			

