



# CAPITAL CITY Senior Games RECORDS



## POWERLIFTING MEN

### Bench Press

AGE	NAME	CLASS	RECORD	
50-54	Luis Salvador	165lbs	210lbs	2019
50-54	Joseph Carusone	198lbs	145lbs	2020
50-54	Timothy Lee	220lbs	245lbs	2022
50-54	Eric Hoover	275lbs	300lbs	2018
50-54	Michael Mitts	275lbs	300lbs	2015
55-59	Steven Neale	142lbs	185lbs	2017
55-59	Shezad Sandullah	165lbs	240lbs	2019
55-59	Charles Williams	181 lbs	280lbs	2020
55-59	David Broadway	198lbs	235lbs	2012
55-59	Alphonso Brown	220lbs	260lbs	2016
55-59	Silvester Dawson	220lbs	260lbs	2019
55-59	Steven Neale	242lbs	235lbs	2019
55-59	Tim Baxter	275lbs	320lbs	2017
60-64	Bruce Hagan	148lbs	170lbs	2012
60-64	David Rehrig	165lbs	135lbs	2016
60-64	Charles Williams	181 lbs	290lbs	2022
60-64	Leslie Harris	198lbs	270lbs	2015
60-64	Peter Mullen	220lbs	275lbs	2014
60-64	Al Brown	220lbs	275lbs	2019
60-64	Greg Keeter	242lbs	295lbs	2022
60-64	David Rehrig	275lbs	320lbs	2017

### Bench Press

AGE	NAME	CLASS	RECORD	
65-69	Bruce Hagan	148 lbs	170lbs	2018
65-69	David Rehrig	165 lbs	140lbs	2017
65-69	Bruce Plummer	181 lbs	245lbs	2016
65-69	Bobby Carouth	198 lbs	240lbs	2020
65-69	Michael Russell	220 lbs	230lbs	2017
65-69	Byron Folsom	220 lbs	230lbs	2018
65-69	Byron Folsom	242 lbs	245lbs	2015
65-69	John Nichols	275 lbs	185lbs	2020
70-74	Les Garringer, Jr	148 lbs	200lbs	2016
70-74	Jim Zimmerman	165 lbs	195lbs	2018
70-74	Herbert Bell	181 lbs	185lbs	2018
70-74	Roberto Chomat	198 lbs	235lbs	2019
70-74	Barry Haber	242 lbs	275lbs	2020
70-74	Barry Haber	275 lbs	235lbs	2018
75-79	Les Garringer, Jr	123 lbs	150lbs	2022
75-79	Bob Inguagiato	132 lbs	135lbs	2020
75-79	Les Garringer, Jr	148 lbs	180lbs	2020
75-79	JC Beaty	165 lbs	210lbs	2020
75-79	Richard Pastuck	181 lbs	220lbs	2020
75-79	Lewis Lange	220 lbs	185lbs	2017
75-79	Barry Haber	242 lbs	265lbs	2022
75-79	Bob Keller	165 lbs	85lbs	2017
80-84	Emory Williams	181 lbs	175lbs	2016
80-84	Emory Williams	198 lbs	170lbs	2015
85-89	Elamir Ghattas	148 lbs	50lbs	2020
85-89	Bob Keller	165 lbs	80lbs	2019

