



# CAPITAL CITY Senior Games RECORDS



## POWERLIFTING WOMEN

### Bench Press

AGE	NAME	CLASS	RECORD	
50-54	Lisa Raleigh	114 lbs	70 lbs	2015
50-54	Wendee Whittaker	132 lbs	110 lbs	2020
50-54	Wendee Whittaker	148 lbs	95 lbs	2019
50-54	Kim Hopkins	165 lbs	95 lbs	2019
50-54	Susan Dawson	165 lbs	95 lbs	2019
50-54	Heather Lanham	181 lbs	90 lbs	2018
50-54	Katharine Gossman	198 lbs	110 lbs	2017
50-54	Leslie Allen	198+ lbs	95 lbs	2020
55-59	Colleen Fahey	165 lbs	155 lbs	2018
55-59	Bonnie Abellera	181 lbs	85 lbs	2015
55-59	Kim Hopkins	181 lbs	110 lbs	2022
55-59	Lynn Smith	198 lbs	105 lbs	2019
60-64	Jane Cormier	132 lbs	60 lbs	2019
60-64	Cathy Cartwright-Tolbert	148 lbs	140 lbs	2020
60-64	Diana Sellers	165 lbs	95 lbs	2019
60-64	Diana Sellers	181 lbs	100 lbs	2020
60-64	Debra Burnum	198 lbs	100 lbs	2019
60-64	Kathy Wood	198+ lbs	125 lbs	2020

### Bench Press

AGE	NAME	CLASS	RECORD	
65-69	Lynn Lenahan	105 lbs	95 lbs	2019
65-69	Angie Goodman	123 lbs	70 lbs	2019
	Jane Cormier		70 lbs	2022
65-69	Wendy Barber	132 lbs	75 lbs	2019
65-69	Leslie Kitching	165 lbs	165 lbs	2020
65-69	Diana Sellers	181 lbs	95 lbs	2022
65-69	Debra Burnum	198 lbs	93 lbs	2022
70-74	Lois Johnson	123 lbs	70 lbs	2020
70-74	Wendy Barber	132 lbs	90 lbs	2020
70-74	Linda Roberts	148 lbs	65 lbs	2020
70-74	Judy Paukert	165 lbs	75 lbs	2020
70-74	Dawn Brown	181 lbs	65 lbs	2018
75-79	Zoea Mansfield	123 lbs	50 lbs	2020
75-79	Jill Sandler	198 lbs	55 lbs	2019
75-79	Jill Sandler	198+ lbs	70 lbs	2020
80-84	Zoea Mansfield	123 lbs	50 lbs	2022
85-89				
90+				