



# CAPITAL CITY Senior Games RECORDS



## POWERLIFTING

### Dead Lift

AGE	NAME	CLASS	RECORD	
50-54	Luis Salvador	165 lbs	250 lbs	2019
50-54	Joseph Carusone	198 lbs	315 lbs	2020
50-54	Chris Chubb	220 lbs	410 lbs	2019
50-54	Michael Mitts	275 lbs	375 lbs	2018
55-59	Charles Williams	181 lbs	380 lbs	2020
55-59	Stephen Hopkins	198 lbs	455 lbs	2022
55-59	Alphonso Brown	220 lbs	300 lbs	2016
55-59	Steven Neale	242 lbs	335 lbs	2019
55-59	Steven Neale	275 lbs	340 lbs	2020
60-64	Bruce Hagan	148 lbs	315 lbs	2012
60-64	David Rehrig	165 lbs	230 lbs	2015
60-64	Charles Williams	181 lbs	425 lbs	2022
60-64	Barney Myers	198 lbs	375 lbs	2014
60-64	Al Brown	220 lbs	350 lbs	2019
60-64	David Frimmel	242 lbs	245 lbs	2019
65-69	Bruce Hagan	148 lbs	300 lbs	2017
65-69	David Sessions	181 lbs	290 lbs	2020
65-69	Louis Yambor	220 lbs	405 lbs	2012
65-69	Greg Keeter	242 lbs	405 lbs	2022
70-74	Les Garringer, Jr	148 lbs	300 lbs	2019 
70-74	Jim Zimmerman	165 lbs	205 lbs	2016
70-74	Herbert Bell	181 lbs	315 lbs	2018
70-74	Barry Haber	242 lbs	335 lbs	2020
70-74	Barry Haber	275 lbs	300 lbs	2019
75-79	Les Garringer, Jr	123 lbs	265 lbs	2022
75-79	Les Garringer, Jr	148 lbs	300 lbs	2020
75-79	JC Beatry	165 lbs	325 lbs	2020
75-79	JC Beaty	181 lbs	290 lbs	2019
75-79	Emory Williams	198 lbs	275 lbs	2012
75-79	Louis Yambor	220 lbs	325 lbs	2022
75-79	Barry Haber	242 lbs	350 lbs	2022
80-84	Palmer Walker	181 lbs	315 lbs	2014
80-84	Emory Williams	198 lbs	235 lbs	2015
85-89	Elamir Ghattas	148 lbs	75 lbs	2020
85-89	Palmer Walker	165	225	2017
90+				