



CAPITAL CITY Senior Games RECORDS



POWERLIFTING WOMEN

Bench Press

AGE	NAME	CLASS	RECORD
50-54	Lisa Raleigh	114.5 lbs	70 lbs 2015
50-54	Wendee Whittaker	138.75 lbs	110 lbs 2020
50-54	Wendee Whittaker	152 lbs	95 lbs 2019
50-54	Holly Snyder	167.5 lbs	120 lbs 2024,25
50-54	Michele Lawhon	185 lbs	120 lbs 2025
50-54	Melanie Knight	185+ lbs	130 lbs 2025
55-59	Kara Payne	138.75 lbs	100 lbs 2023
55-59	Khristy Hanna	152 lbs	105 lbs 2025
55-59	Colleen Fahey	167.5 lbs	155 lbs 2018
55-59	Kim Hopkins	185 lbs	110 lbs 2022
55-59	Lynn Smith	185+ lbs	105 lbs 2019
60-64	Kelley El-Urfali	114.5 lbs	85 lbs 2025
60-64	Cindy Holland	125.5 lbs	60 lbs 2025
60-64	Leslie Langston	138.75 lbs	80 lbs 2024
60-64	Cathy Cartwright-Tolbert	152 lbs	140 lbs 2020
60-64	Norma Hendrickson	167.5 lbs	100 lbs 2025
60-64	Diana Sellers	185 lbs	100 lbs 2020
60-64	Kathy Wood	185+ lbs	125 lbs 2020
65-69	Lynn Lenahan	103.5 lbs	95 lbs 2019
65-69	Angie Goodman	125.5 lbs	70 lbs 2019
65-69	Jane Cormier	lbs	lbs 2022
65-69	Wendy Barber	138.75 lbs	75 lbs 2019
65-69	Pamela Chichester	152 lbs	70 lbs 2024,25
65-69	Leslie Kitching	167.5 lbs	163 lbs 2020
65-69	Diana Sellers	185 lbs	105 lbs 2024
65-69	Diana Sellers	185+ lbs	105 lbs 2025
70-74	Lynn Lenahan	103.5 lbs	95 lbs 2025
70-74	Sara Gargiulo	114.5 lbs	80 lbs 2024
70-74	Lois Johnson	125.5 lbs	70 lbs 2020
70-74	Wendy Barber	138.75 lbs	90 lbs 2020
70-74	Vickie Cadwallader	152 lbs	75 lbs 2025
70-74	Judy Paukert	167.5 lbs	75 lbs 2020
70-74	Melanie Hines	lbs	lbs 2025
70-74	Carla Trowbridge	185 lbs	80 lbs 2025
75-79	Zoe Mansfield	125.5 lbs	50 lbs 2020
75-79	Sharon Wolfe	152 lbs	75 lbs 2025

Bench Press

AGE	NAME	CLASS	RECORD
75-79	Judy Paukert	167.5 lbs	80 lbs 2023,24
75-79	Jill Sandler	185+ lbs	70 lbs 2020
80-84	Zoe Mansfield	114.5 lbs	45 lbs 2025
80-84	Zoe Mansfield	125.5 lbs	50 lbs 2022

