



# CAPITAL CITY Senior Games RECORDS



## POWERLIFTING WOMEN

### Dead Lift

AGE	NAME	CLASS	RECORD	
50-54	Wendee Whittaker	138.75 lbs	220 lbs	2020
50-54	Wendee Whittaker	152 lbs	205 lbs	2019
50-54	Holly Snyder	167.5 lbs	200 lbs	2025
50-54	Michele Lawhon	185 lbs	235 lbs	2025
50-54	Katharine Gossman	185+ lbs	255 lbs	2017
50-54	Leslie Allen	lbs	lbs	2020
55-59	Kara Payne	138.75 lbs	225 lbs	2023
55-59	Khristy Hanna	152 lbs	215 lbs	2025
55-59	Missy Rudd	167.5 lbs	245 lbs	2025
55-59	Kim Hopkins	185 lbs	220 lbs	2024
55-59	Lynn Smith	185+ lbs	210 lbs	2019
60-64	Cindy Holland	125.5 lbs	160 lbs	2025
60-64	Leslie Langston	138.75 lbs	175 lbs	2025
60-64	Cathy Carwright-Tolbert	152 lbs	190 lbs	2020
60-64	Diana Sellers	167.5 lbs	205 lbs	2019
60-64	Diana Sellers	185 lbs	210 lbs	2020
60-64	Kathy Wood	185+ lbs	255 lbs	2020
65-69	Jane Cormier	103.5 lbs	175 lbs	2019
65-69	Wendy Barber	138.75 lbs	150 lbs	2019
65-69	Pamela Chichester	152 lbs	205 lbs	2024
65-69	Leslie Kitching	167.5 lbs	200 lbs	2020
65-69	Dawn Brown	185 lbs	200 lbs	2017
65-69	Diana Sellers	lbs	lbs	2023
65-69	Diana Sellers	185+ lbs	210 lbs	2025
70-74	Lynn Lenahan	103.5 lbs	185 lbs	2024 25
70-74	Lois Johnson	125.5 lbs	135 lbs	2020
70-74	Wendy Barber	138.75 lbs	155 lbs	2020
70-74	Vickie Cadwallader	152 lbs	185 lbs	2024
70-74	Gail Thornton	167.5 lbs	165 lbs	2020

### Dead Lift

AGE	NAME	CLASS	RECORD	
70-74	Dawn Brown	185 lbs	200 lbs	2018
75-79	Zoe Mansfield	125.5 lbs	115 lbs	2020
75-79	Martha Barnett	138.75 lbs	110 lbs	2025
75-79	Ellen Derano	152 lbs	160 lbs	2025
75-79	Judy Paukert	167.5 lbs	185 lbs	2024
75-79	Jill Sandler	185+ lbs	150 lbs	2020
80-84	Zoe Mansfield	114.5 lbs	100 lbs	2025
80-84	Zoe Mansfield	125.5 lbs	120 lbs	2023