

CAPITAL CITY SENIOR GAMES

2023 RESULTS - POWERLIFTING BENCH PRESS

POWERLIFTING BENCH PRESS - WOMEN

First Name	Last Name	Age Division	Weight Class	Max Lift	Place
Kara	Payne	55-59	132.2	100	1
Alice	Warner	60-64	148.8	65	1
Nancy	Isenberg	60-64	220.4	95	1
Jane	Cormier	65-69	132.2	72.5	1
Diana	Sellers	65-69	181.8	90	1
Debra	Burnum	65-69	220.4	90	1
Lynn	Lenahan	70-74	105.8	90	1
Wendy	Barber	70-74	132.2	80	1
Sharon	Wolfe	70-74	148.8	70	1
Polly	Nichols	70-74	148.8	45	2
Judy	Paukert	75-79	165.2	80	1
Zoe	Mansfield	80-84	123.4	45	1

POWERLIFTING BENCH PRESS - MEN

First Name	Last Name	Age Division	Weight Class	Max Lift	Place
Ben	Amponin	50-54	148.8	155	1
Stephen	Sgan	50-54	181.8	220	1
Timothy	Lee	50-54	220.4	250	1
Ryan	Burk	50-54	220.4	175	2

Ameer	Hart	50-54	275.4	325	1
First Name	Last Name	Age Division	Weight Class	Max Lift	Place
Bill	Dillon	55-59	220.4	200	1
Michael	Rose	55-59	220.4	175	2
First Name	Last Name	Age Division	Weight Class	Max Lift	Place
Kevin	Pope	60-64	148.8	160	1
Charles	Williams	60-64	181.8	290	1
William	Smith	60-64	220.4	140	1
Steven	Neale	60-64	242.4	205	1
Loyd	Childree	60-64	275.4	385	1
Douglas	Pleas	60-64	308.6	245	1
Daryl	Martin	60-64	308.6+	315	1
First Name	Last Name	Age Division	Weight Class	Max Lift	Place
Harold	Barber	65-69	181.8	265	1
Martin	Fennema	65-69	181.8	170	2
Michael	Bell	65-69	181.8	135	3
First Name	Last Name	Age Division	Weight Class	Max Lift	Place
Charles	Donahue	70-74	198.4	145	1
Michael	Russell	70-74	220.4	240	1
William	Leseman	70-74	220.4	155	2
John	Carraro	70-74	242.4	190	1
First Name	Last Name	Age Division	Weight Class	Max Lift	Place
Nick	Gregg	75-79	165.2	130	1
Richard	Pastuck	75-79	181.8	195	1
Robert	McVety	75-79	181.8	130	2
Barry	Haber	75-79	220.4	215	1