



CAPITAL CITY Senior Games RECORDS



POWERLIFTING WOMEN

Dead Lift

AGE	NAME	CLASS	RECORD	
50-54	Wendee Whittaker	132.2 lbs	220 lbs	2020
50-54	Wendee Whittaker	148.8 lbs	205 lbs	2019
50-54	Kim Hopkins	165.2 lbs	180 lbs	2019
50-54	Holly Snyder	167.5 lbs	180 lbs	2024
50-54	Heather Lanham	181.8 lbs	205 lbs	2018
50-54	Michele Lawhon	185 lbs	210 lbs	2024
50-54	Melanie Knight	185+ lbs	220 lbs	2024
50-54	Katharine Gossman	198.4 lbs	255 lbs	2017
50-54	Leslie Allen	198.4 lbs	255 lbs	2020
55-59	Kara Payne	132.2 lbs	225 lbs	2023
55-59	Jennell Thomas	138.75 lbs	205 lbs	2024
55-59	Colleen Fahey	165.2 lbs	240 lbs	2020
55-59	Missy Rudd	167.5 lbs	235 lbs	2024
55-59	Kim Hopkins	181.8 lbs	215 lbs	2022
55-59	Kim Hopkins	185 lbs	220 lbs	2024
55-59	Lynn Smith	198.4 lbs	210 lbs	2019
60-64	Jane Cormier	132.2 lbs	120 lbs	2019
60-64	Leslie Langston	138.75 lbs	165 lbs	2024
60-64	C. Carwright-Tolbert	148.8 lbs	190 lbs	2020
60-64	Diana Sellers	165.2 lbs	205 lbs	2019
60-64	Jill Rowan	167.5 lbs	135 lbs	2024
60-64	Diana Sellers	181.8 lbs	210 lbs	2020
60-64	Rosemary Smith	185	175 lbs	2024
60-64	Nancy Isenberg	185+ lbs	240 lbs	2024
60-64	Shelley Todd	198.4 lbs	205 lbs	2017
60-64	Kathy Wood	220.4 lbs	255 lbs	2020
65-69	Jane Cormier	105.8 lbs	175 lbs	2019
65-69	Wendy Barber	132.2 lbs	150 lbs	2019
65-69	Sharon Wolfe	148.8 lbs	140 lbs	2019
65-69	Pamela Chichester	152 lbs	205 lbs	2024
65-69	Leslie Kitching	165.2 lbs	200 lbs	2020
65-69	Dawn Brown	181.8 lbs	200 lbs	2017
65-69	Diana Sellers	181.8 lbs	200 lbs	2023
65-69	Diana Sellers	185 lbs	190 lbs	2024
65-69	Debra Burnum	185+ lbs	145 lbs	2024
65-69	Leslie Kitching	198.4	190	2019

Dead Lift

AGE	NAME	CLASS	RECORD	
70-74	Lynn Lenahan	103.5 lbs	185 lbs	2024
70-74	Lynn Lenahan	105.8 lbs	175 lbs	2023
70-74	Lois Johnson	123.4 lbs	135 lbs	2020
70-74	Wendy Barber	132.2 lbs	155 lbs	2020
70-74	Sharon Wolfe	148.8 lbs	160 lbs	2023
70-74	Vickie Cadwallader	152 lbs	185 lbs	2024
70-74	Gail Thornton	165.2 lbs	165 lbs	2020
70-74	Dawn Brown	181.8 lbs	200 lbs	2018
75-79	Zoe Mansfield	123.4 lbs	115 lbs	2020
75-79	Judy Paukert	165.2 lbs	175 lbs	2023
75-79	Judy Paukert	167.5 lbs	185 lbs	2024
75-79	Jill Sandler	198.4 lbs	150 lbs	2020
80-84	Zoe Mansfield	123.4 lbs	120 lbs	2023
80-84	Zoe Mansfield	125.5 lbs	105 lbs	2024
85-89				
90+				