

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

First Name	Last Name	Age Division	Weight Class	Max Lift	Place
Alice	Warner	60-64	148.8	65	1

Nancy	Isenberg	60-64	220.4	95	1
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First Name	Last Name	Age Division	Weight Class	Max Lift	Place
Jane	Cormier	65-69	132.2	72.5	1

Diana	Sellers	65-69	181.8	90	1
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Debra	Burnum	65-69	220.4	90	1
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First Name	Last Name	Age Division	Weight Class	Max Lift	Place
Lynn	Lenahan	70-74	105.8	90	1

Wendy	Barber	70-74	132.2	80	1
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Polly	Nichols	70-74	148.8	70	1
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Sharon	Wolfe	70-74	148.8	45	2
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First Name	Last Name	Age Division	Weight Class	Max Lift	Place
Judy	Paukert	75-79	165.2	80	1

First Name	Last Name	Age Division	Weight Class	Max Lift	Place
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
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Timothy	Lee	50-54	220.4	250	1
Ryan	Burk	50-54	220.4	175	2

Ameer	Hart	50-54	275.4	325	1
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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
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William	Smith	60-64	220.4	140	1
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Steven	Neale	60-64	242.4	205	1
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Loyd	Childree	60-64	275.4	385	1
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Douglas	Pleas	60-64	308.6	245	1
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Daryl	Martin	60-64	308.6+	315	1
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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
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William	Leseman	70-74	220.4	155	2
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John	Carraro	70-74	242.4	190	1
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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
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Robert	McVety	75-79	181.8	130	2
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Barry	Haber	75-79	220.4	215	1
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