



CAPITAL CITY Senior Games RECORDS



POWERLIFTING WOMEN

Dead Lift

AGE	NAME	CLASS RECORD			
50-54		103.5			
50-54		114.5			
50-54		125.5			
50-54	Wendee Whittaker	138.75	220	2020	
50-54	Wendee Whittaker	152	205	2019	
50-54	Michele Lawhon	167.5	220	2026	
50-54	Michele Lawhon	185	235	2025	
50-54	Katharine Gossman	185+	255	2017	
50-54	Leslie Allen	185+	255	2020	
55-59		103.5			
55-59		114.5			
55-59		125.5			
55-59	Kara Payne	138.75	225	2023	
55-59	Christy Hanna	152	225	2026	
55-59	Missy Rudd	167.5	245	2025	
55-59	Kim Hopkins	185	220	2024	
55-59	Lynn Smith	185+	210	2019	
60-64		103.5			
60-64		114.5			
60-64	Rebecca Field	125.5	165	2026	
60-64	Leslie Langston	138.75	175	2025	
60-64	Cathy Carwright-Tolbert	152	190	2020	
60-64	Missy Rudd-Gainer	167.5	250	2026	
60-64	Kim Hopkins	185	225	2026	
60-64	Kathy Wood	185+	255	2020	
65-69	Jane Cormier	103.5	175	2019	
65-69		114.5			
65-69	Becky Legate	125.5	190	2026	
65-69	Wendy Barber	138.75	150	2019	
65-69	Pamela Chichester	152	210	2026	
65-69	Leslie Kitching	167.5	200	2020	
65-69	Nancy Isenberg	185	225	2026	
65-69	Diana Sellers	185+	210	2025	

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AGE	NAME	CLASS RECORD			
70-74	Lynn Lenahan	103.5	185	2024, 25	
70-74		114.5			
70-74	Lois Johnson	125.5	135	2020	
70-74	Wendy Barber	138.75	155	2020	
70-74	Vickie Cadwallader	152	190	2026	
70-74	Gail Thornton	167.5	165	2020	
70-74	Dawn Brown	185	200	2018	
70-74		185+			
75-79	Carol Rhodes	103.5	70	2026	
75-79		114.5			
75-79	Martha Barnett	125.5	125	2026	
75-79	Martha Barnett	138.75	110	2025	
75-79	Ellen Derano	152	160	2025	
75-79	Judy Paukert	167.5	185	2024	
75-79		185			
75-79	Jill Sandler	185+	150	2020	
80-84		103.5			
80-84	Zoe Mansfield	114.5	100	2025	
80-84	Zoe Mansfield	125.5	120	2023	
80-84		138.75			
80-84		152			
80-84		167.5			
80-84		185			
80-84		185+			
85-89		103.5			
85-89		114.5			
85-89	Zoe Mansfield	125.5	110	2026	
85-89		138.75			
85-89		152			
85-89		167.5			
85-89		185			
85-89		185+			