



# CAPITAL CITY Senior Games

TALLAHASSEE • FLORIDA

## EVENT AGE NAME RECORD WT.CLASS

Golf	60-64	Rebecca Stark	77	
Golf	65-69	Nola Tolbert	81	
Golf	70-74	Vivian Hardy	82	
Golf	75-79	Gail Shope	88	
Golf	80-84	Amy Corin	91	
Track & Field - Javelin	75-79	Carol Rhodes	9.97M	
Track & Field - Shot Put	85-89	Geneva Colson	3.8M	
Track & Field - 200M	75-79	Carol Rhodes	55.88	
Track & Field - 800M	60-64	Kelley El-Urfali	3:30.92	
Track & Field - 1500M	60-64	Kelley El-Urfali	7:01.68	
Basketball - Free Throw Shooting	65-69	Debra Salters	22	
Basketball - Free Throw Shooting	70-74	Shauna Smith	12	
Basketball - Timed Shooting	55-59	Janell Thomas	85	
Basketball - Timed Shooting	65-69	Debra Salters	87	
Basketball - Timed Shooting	75-79	Susanne Fortune	20	
Cycling - 5K	75-79	Joanna Southerland	11:05	
Cycling - 10K	75-79	Joanna Southerland	21:36	
Powerlifting - Bench Press	50-54	Holly Snyder	120	167.5
Powerlifting - Bench Press	50-54	Michele Lawhon	115	185
Powerlifting - Bench Press	50-54	Melanie Knight	115	185+
Powerlifting - Bench Press	55-59	Janell Thomas	95	138.75
Powerlifting - Bench Press	55-59	Missy Rudd	95	167.5
Powerlifting - Bench Press	55-59	Kim Hopkins	100	185
Powerlifting - Bench Press	60-64	Leslie Langston	70	138.75
Powerlifting - Bench Press	60-64	Jill Rowan	70	167.5
Powerlifting - Bench Press	60-64	Rosemary Smith	85	185
Powerlifting - Bench Press	60-64	Nancy Isenberg	115	185+
Powerlifting - Bench Press	65-69	Pamela Chichester	70	152
Powerlifting - Bench Press	65-69	Diana Sellers	105	185
Powerlifting - Bench Press	65-69	Debra Burnum	80	185+
Powerlifting - Bench Press	70-74	Lynn Lenahan	90	103.5
Powerlifting - Bench Press	70-74	Sara Gargiulo	80	114.5
Powerlifting - Bench Press	70-74	Vickie Cadwallader	70	152
Powerlifting - Bench Press	75-79	Judy Paukert	80	167.5
Powerlifting - Bench Press	80-84	Zoe Mansfield	45	125.5
Powerlifting - Dead Lift	50-54	Holly Snyder	180	167.5
Powerlifting - Dead Lift	50-54	Michele Lawhon	210	185
Powerlifting - Dead Lift	50-54	Melanie Knight	220	185+
Powerlifting - Dead Lift	55-59	Jennell Thomas	205	138.75
Powerlifting - Dead Lift	55-59	Missy Rudd	235	167.5
Powerlifting - Dead Lift	55-59	Kim Hopkins	220	185
Powerlifting - Dead Lift	60-64	Leslie Langston	165	138.75
Powerlifting - Dead Lift	60-64	Jill Rowan	135	167.5
Powerlifting - Dead Lift	60-64	Rosemary Smith	175	185
Powerlifting - Dead Lift	60-64	Nancy Isenberg	240	185+
Powerlifting - Dead Lift	65-69	Pamela Chichester	205	152
Powerlifting - Dead Lift	65-69	Diana Sellers	190	185
Powerlifting - Dead Lift	65-69	Debra Burnum	145	185+
Powerlifting - Dead Lift	70-74	Lynn Lenahan	185	103.5
Powerlifting - Dead Lift	70-74	Vickie Cadwallader	185	152
Powerlifting - Dead Lift	75-79	Judy Paukert	185	167.5
Powerlifting - Dead Lift	80-84	Zoe Mansfield	105	125.5
Swimming 50yd Backstroke	60-64	Paige Gill	31.60	
Swimming 100yd Backstroke	75-79	Lois Johnson	1:58.60	
Swimming 200yd Backstroke	75-79	Lois Johnson	4:12.14	
Swimming 100yd Breaststroke	75-79	Lois Johnson	2:00.09	
Swimming 200yd Breaststroke	75-79	Lois Johnson	4:20.90	
Swimming 50yd Butterfly	60-64	Paige Gill	30.82	
Swimming 50yd Butterfly	70-74	Sara Gargiulo	46.38	
Swimming 50yd Freestyle	75-79	Lois Johnson	44.43	
Swimming 200yd Freestyle	75-79	Lois Johnson	3:35.38	
Swimming 500yd Freestyle	70-74	Sara Gargiulo	8:15.69	
Swimming 400yd IM	75-79	Judy Paukert	9:10.58	

2024 NEW WOMEN'S RECORDS



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## EVENT AGE NAME RECORD WT.CLASS

EVENT	AGE	NAME	RECORD	WT.CLASS
Track & Field - 100M	95-99	Don Rapp	1:28.91	
Track & Field - 400M	60-64	Russell Henley	1:03.68	
Archery - Recurve with Sights	60-64	John Hall	719	
Archery - Compound Release w/ Sights	75-79	Oscar Westbrook	817	
Archery - Barebow Recurve No Sights	60-64	Thomas Valentine	150	
Basketball - Free Throw Shooting	65-69	William Allen	26	
Basketball - Spot Shooting	50-54	Michael Bailey	10	
Basketball - Spot Shooting	60-64	Michael Fain	8	
Basketball - Spot Shooting	75-79	Jim Boylan	8	
Basketball - Timed Shooting	75-79	Jim Boylan	52	
Basketball - Timed Shooting	80-84	Ira Kramer	45	
Cycling - 5K Recumbent	70-74	Michael Griffith	9:30	
Cycling - 10K	85-89	David Watts	20:49	
Cycling - 10K Recumbent	70-74	Michael Griffith	18:28	
Powerlifting - Bench Press	50-54	Derek Walker	230	182.75
Powerlifting - Bench Press	50-54	Anthony Moffett	275	205
Powerlifting - Bench Press	50-54	Robert Pickels	265	231.25
Powerlifting - Bench Press	50-54	Brian Crouse	275	264.5
Powerlifting - Bench Press	50-54	Ruben Rodriguez	295	264.5+
Powerlifting - Bench Press	60-64	Kevin Pope	155	145.5
Powerlifting - Bench Press	60-64	Charles Williams	280	182.75
Powerlifting - Bench Press	60-64	Stephen Hopkins	245	205
Powerlifting - Bench Press	60-64	William Pratt	315	231.25
Powerlifting - Bench Press	70-74	William Leseman	160	205
Powerlifting - Bench Press	70-74	Michael Russell	250	231.25
Powerlifting - Bench Press	70-74	William Jordan	175	264.5+
Powerlifting - Bench Press	75-79	Les Garringer, Jr	170	130
Powerlifting - Bench Press	75-79	Nick Gregg	115	163
Powerlifting - Bench Press	75-79	Richard Pastuck	205	182.75
Powerlifting - Bench Press	75-79	Robert McVety	145	205
Powerlifting - Bench Press	75-79	Barry Haber	195	231.25
Powerlifting - Bench Press	80-84	JC Beaty	190	145.5
Powerlifting - Bench Press	90-94	Elamir Ghattas	55	145.5
Powerlifting - Dead Lift	50-54	Anthony Moffett	525	205
Powerlifting - Dead Lift	50-54	Timothy Lee	325	231.25
Powerlifting - Dead Lift	50-54	Brian Crouse	435	264.5
Powerlifting - Dead Lift	50-54	Michael Bailey	300	264.5+
Powerlifting - Dead Lift	60-64	Kevin Pope	225	145.5
Powerlifting - Dead Lift	60-64	Charles Williams	430	182.75
Powerlifting - Dead Lift	60-64	Stephen Hopkins	505	205
Powerlifting - Dead Lift	60-64	William Pratt	385	231.25
Powerlifting - Dead Lift	70-74	Michael Russell	325	231.25
Powerlifting - Dead Lift	70-74	William Jordan	260	264.5+
Powerlifting - Dead Lift	75-79	Les Garringer, Jr	285	130
Powerlifting - Dead Lift	75-79	Nick Gregg	210	163
Powerlifting - Dead Lift	75-79	Robert McVety	205	205
Powerlifting - Dead Lift	75-79	Barry Haber	275	231.25
Powerlifting - Dead Lift	80-84	JC Beaty	300	145.5
Powerlifting - Dead Lift	90-94	Elamir Ghattas	75	145.5
Swimming - 50yd Backstroke	60-64	Miguel Sierra	36.62	
Swimming - 50yd Backstroke	70-74	Jimmy Waybright	39.14	
Swimming - 100yd Backstroke	70-74	Jimmy Waybright	1:32.65	
Swimming - 200yd Backstroke	70-74	Jimmy Waybright	3:36.87	
Swimming 50yd Breaststroke	65-69	Dale Charrette	40.11	
Swimming 100yd Breaststroke	65-69	David Smith	1:41.38	
Swimming 50yd Butterfly	55-59	Ace Haddock	33.97	
Swimming 50yd Butterfly	65-69	Dale Charrette	30.77	
Swimming 50yd Butterfly	75-79	Mark Gargiulo	41.28	
Swimming 100yd Butterfly	55-59	Ace Haddock	1:24.12	
Swimming 100yd Butterfly	65-69	Dale Charrette	1:15.57	
Swimming 50yd Freestyle	55-59	Ace Haddock	29.42	
Swimming 100yd Freestyle	70-74	Jimmy Waybright	1:10.89	
Swimming 100yd Freestyle	75-79	Mark Gargiulo	1:10.55	
Swimming 500yd Freestyle	55-59	Ace Haddock	7:02.72	
Swimming 100yd IM	65-69	Dale Charrette	1:17.36	

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