

**CENTRAL DAUPHIN RAMS
FOOTBALL
ALL-TIME TOP BENCH PRESS**

<u>NAME</u>	<u>LIFT</u>	<u>YEAR</u>
CLAY TINKHAM	400	2016
ADAM THORNTON	385	2015
ARTIE ROWELL	380	2010
STEVEN MCNEAL	370	2014
CHIMDI OKPARA	370	2014
MATT KIRCHNER	365	2010
NKEMJIKA RAJIS	365	2010
ADAM HOLLINGER	365	2011
MALACHI MOLMES	365	2013
PAUL WAKEFIELD	365	2015
LOGAN GABRIELSON	365	2016
TERRELL GABRIEL	360	2016
REID ALBRIGHT	355	2015
JOHN SMITH	355	2015
ADAM BURKHART	355	2018
NICK GILLICK	350	2011
JORDAN BOWMAN	350	2012
CODIE ZIMMERMAN	350	2013
JOE BOYD	345	2010
RALEIGH SIRB	345	2015
HARRISON FENSTEMAKER	345	2018
JEREMY SEAMAN	340	2010
TJ ZIMMERMAN	340	2010
HUNTER STOUDT	340	2012
STEVEN VERONIKIS	340	2015