

**CENTRAL DAUPHIN RAMS
FOOTBALL
ALL-TIME TOP BENCH PRESS
(THROUGH 2023)**

<u>NAME</u>	<u>LIFT</u>	<u>YEAR</u>
CLAY TINKHAM	400	2016
ADAM THORNTON	385	2015
JOEY BASS	385	2023
ARTIE ROWELL	380	2010
SAM SAUERS	380	2022
HARRISON FENSTEMAKER	375	2018
KYLE YEAGER	375	2021
STEVEN MCNEAL	370	2014
CHIMDI OKPARA	370	2014
MATT KIRCHNER	365	2010
NKEMJIKA RAJIS	365	2010
ADAM HOLLINGER	365	2011
MALACHI HOLMES	365	2013
PAUL WAKEFIELD	365	2015
LOGAN GABRIELSON	365	2016
I'ZHIOR MOON	365	2023
TERRELL GABRIEL	360	2016
REID ALBRIGHT	355	2015
JOHN SMITH	355	2015
ADAM BURKHART	355	2018
KYLE EAGLE	355	2019
CHAD LAYTON	355	2019
STANLEY SAINTILL	355	2023
NICK GILLICK	350	2011
JORDAN BOWMAN	350	2012
CODIE ZIMMERMAN	350	2013