

IRON RAMS - 199
(THROUGH 2023)

300 Pound Bench Press
Or
425 Pound Squat
Or
275 Pound Clean
(235 lbs in 2009)

<u>Name</u>	<u>Lift</u>	<u>Year</u>
Justin Shirk	Squat	2008
Jack Lippert	Bench	2008
Ian Isaac	Squat	2008
Jarrett Brooks	Clean	2009
Robert Brooks	Clean	2009
Paul Coleman	Clean	2009
Matt Heilig	Clean	2009
Shawn Smith	Clean	2009
Kyle Wolfe	Clean	2009
	Squat	2009
Scott Benkovic	Bench	2010
	Clean	2009
		2010
	Squat	2010
Seidu Issah	Bench	2010
	Clean	2009
		2010

	Squat	2009
		2010
Kemji Rajis	Bench	2010
	Clean	2009
		2010
	Squat	2009
		2010
Artie Rowell	Bench	2009
		2010
	Clean	2009
		2010
	Squat	2008
		2009
		2010
Jeremy Seaman	Clean	2009
		2010
	Bench	2010
	Squat	2010
TJ Zimmerman	Bench	2010
	Clean	2009
	Squat	2009
Joe Boyd	Bench	2010
	Clean	2010
	Squat	2010
Jordan Fletcher	Squat	2010
	Bench	2010
Chris Gigliotti	Squat	2010
	Clean	2010
Ja’Kye Holmes	Squat	2010

Matt Kirchner	Bench	2010
	Squat	2010
	Clean	2010
Andrew Zwally	Bench	2010
Adam Hollinger	Bench	2010
		2011
	Squat	2011
	Clean	2011
Nick Gillick	Bench	2010
		2011
	Squat	2011
	Clean	2011
Nate Hamilton	Squat	2011
	Clean	2011
Jesse Myers	Squat	2011
Bobby Schaffer	Bench	2011
Zack Wilk	Bench	2011
	Squat	2011
	Clean	2011
Sam Adams	Squat	2011
Evan Schwan	Clean	2011
Spencer Chisholm	Squat	2012
	Bench	2012
Dietrick Ferster	Bench	2011
	Squat	2011

Mike Ferster	Bench	2011
	Squat	2011
Nate Garland	Squat	2011
		2012
Brian Hoyle	Squat	2011
		2012
	Bench	2012
Nick Green	Squat	2011
	Clean	2012
Zayd Issah	Squat	2011
		2012
	Clean	2011
		2012
Rashawn Johnson	Squat	2011
		2012
Daylin Russo	Bench	2011
		2012
	Clean	2011
		2012
Hunter Stoudt	Squat	2012
	Bench	2011
Eric Anderson		2012
	Squat	2011
		2012

Malachi Holmes	Squat	2011
		2012
		2013
	Bench	2012
		2013
	Clean	2013
Drew Scales	Squat	2012
	Clean	2012
Andrew Burgwin	Squat	2012
Dan Jordan	Bench	2012
		2013
	Squat	2012
		2013
Chimdi Okpara	Squat	2012
		2013
		2014
	Bench	2013
		2014
	Clean	2014
Jordan Bowman	Bench	2012
	Clean	2012
	Squat	2012
Arthur Lewis	Bench	2012
	Squat	2012
Jimmy Turns	Bench	2012
	Squat	2012
Codie Zimmerman	Bench	2012
		2013
	Squat	2012

		2013
	Clean	2012
		2013
Ben Mosey	Squat	2012
		2013
	Clean	2012
		2013
	Bench	2013
Vinnie Kough	Squat	2012
Jake Roesch	Squat	2012
Coty Stewart	Squat	2012
Spencer Joppy	Squat	2012
		2013
	Bench	2013
Alex Gensimore	Squat	2012
Nate Dickey	Squat	2013
	Bench	2013
	Clean	2013
Dalton Brill	Bench	2013
	Squat	2013
Gianni Palanzo	Clean	2013
	Squat	2013
Bret Cooney	Clean	2013
	Squat	2013

Josh Salinger	Bench	2013
Shaki Gillespie	Squat	2013
Elijah Robinson	Bench	2013
		2014
	Squat	2013
		2014
	Clean	2013
		2014
Steven McNeal	Bench	2013
		2014
	Squat	2013
		2014
	Clean	2014
Aaron Wolfgang	Squat	2013
Jake Mellott	Squat	2013
		2014
	Bench	2014
JP Marrero	Bench	2013
	Squat	2013
Raleigh Sirb	Squat	2013
		2014
		2015
	Clean	2013
		2014
		2015
	Bench	2014
		2015
Mike Osborn	Squat	2013
		2014

	Bench	2014
Dylan Hobbs	Bench	2014
	Squat	2014
	Clean	2014
Jordan Hatcher	Squat	2014
	Clean	2014
Enrique Armas	Bench	2014
	Squat	2014
Malik Frye	Squat	2014
Zach Hoffman	Bench	2014
	Squat	2014
	Clean	2014
Adam Thornton	Bench	2014
		2015
	Squat	2014
		2015
	Clean	2014
		2015
John Smith	Bench	2014
		2015
	Squat	2014
		2015
	Clean	2014
		2015
Reid Albright	Bench	2014
		2015
	Squat	2014

		2015
	Clean	2015
Eamon Blythe	Bench	2014
		2015
	Squat	2014
		2015
	Clean	2015
Mike Betz	Squat	2014
		2015
	Clean	2014
		2015
Leo Guzman	Bench	2015
	Squat	2014
		2015
Joe Williams	Bench	2015
	Squat	2015
	Clean	2014
		2015
Paul Wakefield	Bench	2014
		2015
	Squat	2015
Steven Veronikis	Bench	2014
		2015
	Clean	2015
Terrell Gabriel	Bench	2015
		2016
	Squat	2014
		2015
		2016
	Clean	2015

		2016
Clayton Tinkham	Bench	2015
		2016
	Squat	2014
		2015
		2016
	Clean	2015
		2016
Logan Gabrielson	Bench	2014
		2015
		2016
	Clean	2015
		2016
Mike Burgwin	Bench	2015
	Squat	2015
	Clean	2015
Rashaun Gabriel	Bench	2015
	Squat	2015
	Clean	2015

AJ Perez	Bench	2015
	Squat	2015
	Clean	2015
David Payton	Squat	2015
	Clean	2015
Thomas Whitcomb	Bench	2015
	Squat	2015
Mitchell Nice	Squat	2015
Chase Rice	Bench	2015

Evan Childs	Bench	2015 2016
Josh Fitz	Bench	2015 2016
	Clean	2016
Micah Parsons	Bench	2016
	Squat	2015 2016
	Clean	2015 2016
Hunter Nielsen	Squat	2015
Chase Flythe	Bench	2016
Sal Garcia	Bench	2016
Jordan Sellers	Bench	2016
	Squat	2016
	Clean	2016
Sam Tillman	Bench	2016
Cole Veliky	Bench	2016
Manus Frank	Squat	2016
	Clean	2016
Colton Nydes	Squat	2016
Dylan O'Neil	Squat	2016
	Clean	2016
Sylas Pope	Squat	2016

Joey Silvers	Squat	2016
		2017
	Clean	2016
		2017
Mitchell Talbott	Squat	2016
		2017
	Clean	2016
		2017
Mike Wise	Squat	2016
		2017
	Bench	2017
Adam Burkhart	Squat	2016
		2017
		2018
	Bench	2017
		2018
	Clean	2017
		2018
Bo Heshler	Bench	2017
	Squat	2017
	Clean	2017
Zach Schmidt	Bench	2017
	Squat	2017
	Clean	2017
Grant Smith	Bench	2017
Jake Yost	Clean	2017
Jaden Baylor	Squat	2017
		2018

	Bench	2018
Harrison Fenstermaker	Bench	2017
		2018
	Squat	2017
		2018
	Clean	2018
Mason Griffiths	Squat	2017
		2018
	Clean	2017
		2018
	Bench	2018
Carter LaPorte	Clean	2017
		2018
	Bench	2018
	Squat	2018
Kollin McCullough	Squat	2017
Sam Schmidt	Squat	2017
		2018
	Clean	2017
		2018
	Bench	2018
Willy Shuller	Clean	2017
		2018
Tysen Spriggs	Bench	2017
		2018
	Squat	2018
	Clean	2018
Gabe Bollinger	Bench	2017
		2018
	Squat	2017
		2018
	Clean	2017

		2018
Gobind Aulakh	Squat	2018
Mike Green	Squat	2018
	Clean	2018
Noah Hoffman	Squat	2018
	Clean	2018
Tyler Leisher	Squat	2018
Kyle Minnich	Bench	2018
	Squat	2018
	Clean	2018
Quinn Ritter	Bench	2018
	Squat	2018
	Clean	2018
Colin Witmer	Clean	2018
Myahl Chapman	Squat	2018
		2019
Kyle Eagle	Squat	2018
		2019
	Bench	2019
	Clean	2019
Connor Flynn	Squat	2018
		2019
Jake Hicks	Squat	2018
		2019
	Clean	2019
Josh Krasevic	Bench	2018

Chad Layton	Squat	2018
		2019
	Bench	2019
JJ Mitchem	Clean	2019
	Squat	2018
		2019
Jackson Talbott	Clean	2019
	Squat	2018
		2019
Bryce Thoman	Clean	2019
	Squat	2018
		2019
	Bench	2019
Eli Vargas	Squat	2018
		2019
Amir Walton	Clean	2019
	Squat	2018
		2019
Marques Holton	Clean	2019
	Squat	2018
		2019
Nyeem Sims	Bench	2019
	Squat	2019
Nick Chimienti	Clean	2019
	Squat	2019
Jamaal Bellamy	Squat	2019
		2020

Ryan Brennan	Bench	2020
	Squat	2019
		2020
	Clean	2020
Paul Clark	Squat	2019
		2020
Quentin Hatcher	Bench	2019
		2020
	Squat	2019
		2020
	Clean	2020
Shamarr Joppy	Squat	2019
Dante Selby	Squat	2019
		2020
	Bench	2020
Timmy Smith	Squat	2019
	Clean	2019
Tim Dao	Squat	2018
		2019
		2020
	Bench	2020
	Clean	2020
Dan Ficca	Squat	2018
		2019
		2020
	Bench	2019
		2020
Tyrell English	Squat	2020

		2021
	Bench	2021
	Clean	2021
Darrion Thomas	Squat	2020
		2021
	Bench	2021
	Clean	2021
Kyle Yeager	Squat	2020
		2021
	Bench	2021
	Clean	2021
Zion Allen	Squat	2021
Mason Carmichael	Squat	2021
	Clean	2021
Nate Heyeh	Squat	2021
Max Mosey	Squat	2021
	Clean	2021
Ben Stewart	Bench	2021
	Squat	2021
Myles Wallace	Bench	2021
	Squat	2021
	Clean	2021
Carson Cassell	Squat	2021
		2022
David Chase	Squat	2021
		2022
	Clean	2022

Andrew Heyeh	Squat	2021
		2022
	Clean	2022
Sam Sauers	Bench	2021
		2022
	Squat	2021
Joey Bass	Bench	2021
		2022
		2023
	Squat	2021
		2022
		2023
Clean	2022	
	2023	
Evan Bushong	Squat	2021
		2022
		2023
	Bench	2022
		2023
	Clean	2023
Xander Toland	Squat	2021
		2022
		2023
	Clean	2021
		2022
		2023
Bench	2022	
	2023	
I'Zhior Moon	Squat	2021
		2022
		2023
	Bench	2022

		2023
Nick Kellogg	Bench	2022
	Squat	2022
	Clean	2022
Luke Zlogar	Squat	2022
	Clean	2022
Devin Shepherd	Squat	2022
	Clean	2022
Mason Liartis	Squat	2022
	Clean	2022
Travis Linn	Squat	2022
Theo Phillips	Squat	2022
Jett Franz	Squat	2022
	Clean	2023
Stanley Saintil	Bench	2022
		2023
	Squat	2022
	Clean	2023
Seth Bowman	Squat	2022
		2023
	Clean	2022
	Bench	2023
Kaiden Palmer	Squat	2022
		2023

	Clean	2022
		2023
	Bench	2023
Kyle McCullough	Squat	2022
		2023
Anthony Robsock	Squat	2022
		2023
	Bench	2023
	Clean	2023
Kannyon Miller	Squat	2022
		2023
Zach Coleman	Squat	2022
		2023
	Clean	2023
Kolton Sheeler	Squat	2022
		2023
Jake Brown	Squat	2022
E'San St. Louis	Squat	2022
Jayden Torres	Squat	2022
Mason Boob	Squat	2022
Key'Ron Plummer	Squat	2023
Ayden Smith	Squat	2023
Malachi Cofield	Squat	2023
Elijah McDonald	Squat	2023

Zack Temple	Squat	2023
Kellen Phillips	Squat	2023
Gavin Bonanno	Squat	2023
Teagun Westrick	Squat	2023
Haroon Ahmad	Squat Bench	2023 2023
Andrew Simpler	Squat	2023
Va'Zon Stewart	Squat	2023
Mason Wydra	Squat	2023