

IRON RAMS

**300 Pound Bench Press
Or
425 Pound Squat
Or
275 Pound Power 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 |

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|-----------------|-------|------|
| | | 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 |

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| | 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 |

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| | 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 |
| | Squat | 2012 |
| Hunter Stoudt | Bench | 2011 2012 |
| Eric Anderson | Squat | 2011 2012 |

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| Malachi Holmes | Squat | 2011 |
| | | 2012 |
| | | 2013 |
| | Bench | 2012 |
| | | 2013 |
| | Clean | 2013 |
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| 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 |
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|----------------|-------|--------------|
| | 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 |

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| 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 |

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|----------------|-------|------|
| 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 |

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|------------------|-------|------|
| | 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 |

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|------------------|-------|------|
| 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 |

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|----------------|-------|------|
| | | 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 |

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|---------------|-------|------|
| | Clean | 2016 |
| Mike Wise | Squat | 2016 |
| Adam Burkhart | Squat | 2016 |