

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

<u>NAME</u>	<u>LIFT</u>	<u>YEAR</u>
ARTIE ROWELL	380	2010
MATT KIRCHNER	365	2010
NKEMJIKA RAJIS	365	2010
ADAM HOLLINGER	365	2011
NICK GILLICK	350	2011
JOE BOYD	345	2010
JEREMY SEAMAN	340	2010
TJ ZIMMERMAN	340	2010
JACK LIPPERT	335	2008
SCOTT BENKOVIC	330	2010
SEIDU ISSAH	330	2010
HUNTER STOUDT	325	2011
ANDREW ZWALLY	315	2010
ZAK WILK	315	2011
MIKE FERSTER	315	2011
DAYLIN RUSSO	315	2011
BOBBY SHAFFER	305	2010