



PENNSYLVANIA RAW

RECORD

CERTIFICATE

THIS CERTIFIES THAT

RUSSELL MCDONNELL

**SUCCESSFULLY SET THE
-105 KG MASTER 2 BENCH PRESS
RECORD OF**

142.5 KG

**STARS AND STRIPES CHAMPIONSHIPS
11/11/2023**

Robert Keller

ROBERT KELLER

PRESIDENT, POWERLIFTING AMERICA

Bill Helmich

BILL HELMICH

VP, POWERLIFTING AMERICA

