



**PENNSYLVANIA RAW**

# **RECORD**

**CERTIFICATE**

**THIS CERTIFIES THAT**

**RUSSELL MCDONNELL**

**SUCCESSFULLY SET THE  
-105 KG MASTER 2 BENCH PRESS SINGLE LIFT  
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

