



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

