



MARYLAND RAW

RECORD

CERTIFICATE

THIS CERTIFIES THAT

HOWARD STURMAN

SUCCESSFULLY SET THE
-83 KG MASTER 1 BENCH PRESS SINGLE LIFT
RECORD OF

160.5 KG

BENCH PRESS NATIONALS
01/27/2024



Robert Keller

ROBERT KELLER
PRESIDENT, POWERLIFTING AMERICA

Bill Helmich

BILL HELMICH
VP, POWERLIFTING AMERICA