



MARYLAND RAW

# RECORD

CERTIFICATE

THIS CERTIFIES THAT

**HOWARD STURMAN**

SUCCESSFULLY SET THE  
-83 KG MASTER 3 BENCH PRESS SINGLE LIFT  
RECORD OF

**166.5 KG**

10TH ANNUAL NAPF/FESUPO PAN-AMERICAN REGIONAL BENCH PRESS CHAMPIONSHIP  
10/30/2024

*Robert Keller*

**ROBERT KELLER**

PRESIDENT, POWERLIFTING AMERICA

*Bill Helmich*

**BILL HELMICH**

VP, POWERLIFTING AMERICA

