



MARYLAND RAW

RECORD

CERTIFICATE

THIS CERTIFIES THAT

HOWARD STURMAN

SUCCESSFULLY SET THE
-83 KG MASTER 2 BENCH PRESS SINGLE LIFT
RECORD OF

166.5 KG

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

A stylized signature of Robert Keller in a dark blue, cursive font.

ROBERT KELLER
PRESIDENT, POWERLIFTING AMERICA

A stylized signature of Bill Helmich in a dark blue, cursive font.

BILL HELMICH
VP, POWERLIFTING AMERICA

