



FLORIDA RAW

# RECORD

## CERTIFICATE

THIS CERTIFIES THAT  
**JOHN LAFLAMME**  
SUCCESSFULLY SET THE  
-74 KG MASTER 4 TOTAL  
RECORD OF  
**450 KG**

1ST ANNUAL SENKAI SHOWDOWN  
11/09/2024

*Robert Keller*

**ROBERT KELLER**  
PRESIDENT, POWERLIFTING AMERICA

*Bill Helmich*

**BILL HELMICH**  
VP, POWERLIFTING AMERICA

