



**NATIONAL RAW RECORD**

**RECORD**

**CERTIFICATE**

**THIS CERTIFIES THAT**

**CLAUDE WELCOME**

**SUCCESSFULLY SET THE  
-93 KG MASTER 4 BENCH PRESS SINGLE LIFT  
RECORD OF**

**140.5 KG**

**19TH PAN AMERICAN BENCH PRESS CHAMPIONSHIPS  
10/28/2022**

*Robert Keller*

**ROBERT KELLER**

PRESIDENT, POWERLIFTING AMERICA

*Bill Helmich*

**BILL HELMICH**

VP, POWERLIFTING AMERICA

