



PENNSYLVANIA RAW
RECORD
CERTIFICATE

THIS CERTIFIES THAT
RUSSELL MCDONNELL
SUCCESSFULLY SET THE
-105 KG MASTER 2 BENCH PRESS SINGLE LIFT
RECORD OF
142.5 KG

STARS AND STRIPES CHAMPIONSHIPS
11/11/2023



Robert Keller

ROBERT KELLER
PRESIDENT, POWERLIFTING AMERICA

Bill Helmich

BILL HELMICH
VP, POWERLIFTING AMERICA