



**NATIONAL RAW RECORD**

**RECORD**

**CERTIFICATE**

**THIS CERTIFIES THAT**

**HOWARD GORDON STURMAN**

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

**160.5 KG**

**BENCH PRESS NATIONALS  
01/27/2024**

*Robert Keller*

**ROBERT KELLER**

PRESIDENT, POWERLIFTING AMERICA

*Bill Helmich*

**BILL HELMICH**

VP, POWERLIFTING AMERICA

