



MARYLAND RAW

RECORD

CERTIFICATE

THIS CERTIFIES THAT

HOWARD GORDON STURMAN

SUCCESSFULLY SET THE
-83 KG MASTER 1 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

