



NATIONAL RAW RECORD

RECORD

CERTIFICATE

THIS CERTIFIES THAT

HOWARD GORDON STURMAN

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

164.5 KG

**2024 IPF WORLD AGE DIVISION BENCH PRESS CHAMPIONSHIPS
05/22/2024**



Robert Keller

ROBERT KELLER
PRESIDENT, POWERLIFTING AMERICA

Bill Helmich

BILL HELMICH
VP, POWERLIFTING AMERICA