



MARYLAND RAW

RECORD

CERTIFICATE

THIS CERTIFIES THAT

HOWARD GORDON STURMAN

SUCCESSFULLY SET THE
-83 KG MASTER 1 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

