



MARYLAND RAW

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

A stylized signature of Robert Keller in a dark blue, cursive font.

ROBERT KELLER
PRESIDENT, POWERLIFTING AMERICA

A stylized signature of Bill Helmich in a dark blue, cursive font.

BILL HELMICH
VP, POWERLIFTING AMERICA

