



MARYLAND RAW

RECORD

CERTIFICATE

THIS CERTIFIES THAT

HOWARD GORDON STURMAN

SUCCESSFULLY SET THE
-83 KG MASTER 1 BENCH PRESS SINGLE LIFT
RECORD OF

166.5 KG

10TH ANNUAL NAPF/FESUPO PAN-AMERICAN REGIONAL BENCH PRESS CHAMPIONSHIP
10/30/2024



Robert Keller

ROBERT KELLER
PRESIDENT, POWERLIFTING AMERICA



Bill Helmich

BILL HELMICH
VP, POWERLIFTING AMERICA

