



OREGON RAW

RECORD

CERTIFICATE

THIS CERTIFIES THAT

ROBERT LONG

SUCCESSFULLY SET THE
-105 KG MASTER 3 BENCH PRESS SINGLE LIFT
RECORD OF

97.5 KG

IRON THROWDOWN
02/01/2025



Robert Keller

ROBERT KELLER
PRESIDENT, POWERLIFTING AMERICA

Bill Helmich

BILL HELMICH
VP, POWERLIFTING AMERICA