



WASHINGTON RAW

RECORD

CERTIFICATE

THIS CERTIFIES THAT

CHRISTOPHER LACOUR

SUCCESSFULLY SET THE
-93 KG MASTER 1 BENCH PRESS SINGLE LIFT
RECORD OF
180 KG

POLICE, FIREFIGHTER, AND MILITARY NATIONALS
06/26/2025



Robert Keller

ROBERT KELLER
PRESIDENT, POWERLIFTING AMERICA

Bill Helmich

BILL HELMICH
VP, POWERLIFTING AMERICA