



MARYLAND RAW

RECORD

CERTIFICATE

THIS CERTIFIES THAT

HOWARD GORDON STURMAN

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

162.5 KG

BENCH NATIONALS
01/09/2026

Robert Keller

ROBERT KELLER
PRESIDENT, POWERLIFTING AMERICA

Bill Helmich

BILL HELMICH
VP, POWERLIFTING AMERICA

