



MARYLAND RAW

RECORD

CERTIFICATE

THIS CERTIFIES THAT

HOWARD GORDON STURMAN

**SUCCESSFULLY SET THE
-93 KG MASTER 3 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

