



**MARYLAND RAW**

# **RECORD**

**CERTIFICATE**

**THIS CERTIFIES THAT**

**HOWARD GORDON STURMAN**

**SUCCESSFULLY SET THE  
-93 KG MASTER 2 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

