



WASHINGTON RAW

RECORD

CERTIFICATE

THIS CERTIFIES THAT

CHRISTOPHER LACOUR

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

182.5 KG

MILITARY POLICE AND FIRE NATIONALS

04/11/2026

Robert Keller

ROBERT KELLER

PRESIDENT, POWERLIFTING AMERICA

Bill Helmich

BILL HELMICH

VP, POWERLIFTING AMERICA

