



WASHINGTON RAW

# RECORD

CERTIFICATE

THIS CERTIFIES THAT

**CHRISTOPHER LACOUR**

SUCCESSFULLY SET THE  
-93 KG MASTER 1 BENCH PRESS  
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

