



FLORIDA RAW

# RECORD

CERTIFICATE

THIS CERTIFIES THAT

**JOHN LAFLAMME**

SUCCESSFULLY SET THE  
-74 KG MASTER 4 TOTAL  
RECORD OF

**453.5 KG**

AGE DIVISION NATIONALS  
05/19/2026

*Robert Keller*

**ROBERT KELLER**

PRESIDENT, POWERLIFTING AMERICA

*Bill Helmich*

**BILL HELMICH**

VP, POWERLIFTING AMERICA

