



**FLORIDA RAW**

# **RECORD**

**CERTIFICATE**

**THIS CERTIFIES THAT**

**JOHN LAFLAMME**

**SUCCESSFULLY SET THE  
-74 KG MASTER 3 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

