



NATIONAL RAW RECORD

RECORD

CERTIFICATE

THIS CERTIFIES THAT

JOHN M ALDERMAN

SUCCESSFULLY SET THE
-93 KG MASTER 4 BENCH PRESS
RECORD OF

110 KG

IPF 2022 WORLD MASTERS CHAMPIONSHIPS
10/08/2022



Robert Keller

ROBERT KELLER
PRESIDENT, POWERLIFTING AMERICA

Bill Helmich

BILL HELMICH
VP, POWERLIFTING AMERICA