



NATIONAL RAW RECORD

RECORD

CERTIFICATE

THIS CERTIFIES THAT

CLAUDE WELCOME

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

140.5 KG

19TH PAN AMERICAN BENCH PRESS CHAMPIONSHIPS
10/28/2022



Robert Keller

ROBERT KELLER
PRESIDENT, POWERLIFTING AMERICA

Bill Helmich

BILL HELMICH
VP, POWERLIFTING AMERICA