



FLORIDA RAW

RECORD

CERTIFICATE

THIS CERTIFIES THAT

JOHN M ALDERMAN

SUCCESSFULLY SET THE
-83 KG MASTER 4 BENCH PRESS SINGLE LIFT
RECORD OF

110 KG

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



Robert Keller

ROBERT KELLER
PRESIDENT, POWERLIFTING AMERICA

Bill Helmich

BILL HELMICH
VP, POWERLIFTING AMERICA