



NATIONAL RAW RECORD

RECORD

CERTIFICATE

THIS CERTIFIES THAT

JOHN LAFLAMME

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

105.5 KG

2023 CLASSIC SUB-JUNIOR, JUNIOR, AND MASTER NATIONALS
06/02/2023



Robert Keller

ROBERT KELLER
PRESIDENT, POWERLIFTING AMERICA

Bill Helmich

BILL HELMICH
VP, POWERLIFTING AMERICA