



MARYLAND RAW

RECORD

CERTIFICATE

THIS CERTIFIES THAT

HOWARD GORDON STURMAN

SUCCESSFULLY SET THE
-83 KG MASTER 3 BENCH PRESS SINGLE LIFT
RECORD OF

155 KG

495 OPEN
07/16/2023

Robert Keller

ROBERT KELLER
PRESIDENT, POWERLIFTING AMERICA

Bill Helmich

BILL HELMICH
VP, POWERLIFTING AMERICA

