



FLORIDA RAW

RECORD

CERTIFICATE

THIS CERTIFIES THAT
JOHN LAFLAMME
SUCCESSFULLY SET THE
-83 KG MASTER 3 DEADLIFT
RECORD OF
231 KG

20TH ANNUAL NAPF NORTH AMERICAN REGIONAL POWERLIFTING CHAMPIONS
08/07/2023



Robert Keller

ROBERT KELLER
PRESIDENT, POWERLIFTING AMERICA

Bill Helmich

BILL HELMICH
VP, POWERLIFTING AMERICA