



## AMERICAN RECORD CERTIFICATE

**THIS CERTIFIES THAT**

**JOHN LAFLAMME**

Has Established The

**-83 MASTER 3B RAW (2015-2021)  
538 KG TOTAL**

**2019 RAW NATIONALS  
10/16/2019**



[www.usapowerlifting.com](http://www.usapowerlifting.com)

America's Choice Drug-Free Strength Sport