



# **NATIONAL RECORD CERTIFICATE**

**THIS CERTIFIES THAT**

**ELIZABETH RICHARDSON**

Has Established The

**-75 MASTER 2B MIDWEST REGIONAL EQUIPPED RECORD  
102.5 KG BENCH PRESS SINGLE LIFT**

**BENCH NATIONALS  
07/26/2025**



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

America's Choice Drug Free Strength Sport