



NEW JERSEY STATE RECORD CERTIFICATE

THIS CERTIFIES THAT

HELEN WHITE

Has Established The

**-63 MASTER 4A RAW RECORD (2015-2021)
57.5 KG BENCH PRESS SINGLE LIFT**

**2015 RAW NATIONALS
10/15/2015**



www.usapowerlifting.com

America's Choice Drug-Free Strength Sport