



# ALABAMA STATE RECORD CERTIFICATE

**THIS CERTIFIES THAT**

**DOUG HOWELL**

Has Established The

**-83 MASTER 3 RAW RECORD  
100 KG BENCH PRESS SINGLE LIFT**

**ALABAMA STATE CHAMPIONSHIPS  
02/20/2016**



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

America's Choice Drug-Free Strength Sport