

## IOWA STATE RECORD CERTIFICATE

## THIS CERTIFIES THAT

# LAUREL HOWELL

Has Established The

#### -84 MASTER 1A RAW RECORD (2015-2021) 67.5 KG BENCH PRESS

### 2017 DES MOINES METRO CLASSIC 01/21/2017



www.usapowerlifting.com America's Choice Drug-Free Strength Sport