



# WEST VIRGINIA STATE RECORD CERTIFICATE

**THIS CERTIFIES THAT**

**HEATHER RIDER**

Has Established The

**-72 MASTER 1A WEST RAW RECORD (2015-2021)  
277.5 KG TOTAL**

**POWER FOR A PURPOSE  
12/10/2016**



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

America's Choice Drug-Free Strength Sport