

### **OHIO STATE RECORD CERTIFICATE**

## THIS CERTIFIES THAT

# **MATTHEW SOWARDS**

Has Established The

#### -74 MASTER 1A RAW RECORD (2015-2021) 222.5 KG DEADLIFT SINGLE LIFT

### OHIO STATE CHAMPIONSHIPS 05/18/2019



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