



# AMERICAN RECORD CERTIFICATE

**THIS CERTIFIES THAT**

**RICHARD NOLAN**

Has Established The

**-74 MASTER 5A  
62.5 KG BENCH PRESS**

**MIAMI, FL  
05/01/2008**



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

America's Choice Drug-Free Strength Sport