



# **RHODE ISLAND STATE RECORD CERTIFICATE**

**THIS CERTIFIES THAT**

**JOHN A'VANT**

Has Established The

**-74 MASTER 3 RAW RECORD (2015-2021)  
132.5 KG BENCH PRESS SINGLE LIFT**

**MASSACHUSETTS/ RHODE ISLAND STATE CHAMPIONSHIPS  
08/07/2021**



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