



# DELAWARE STATE RECORD CERTIFICATE

**THIS CERTIFIES THAT**

**TAMARA THOMAS**

Has Established The

**-75 JUNIOR RAW RECORD (2022-2024)  
82.5 KG BENCH PRESS SINGLE LIFT**

**4TH UNIVERSITY POWERLIFTING CUP  
07/22/2019**

DECEMBER 7, 1787



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