



## NORTH CAROLINA STATE RECORD CERTIFICATE

**THIS CERTIFIES THAT**

**THOMAS ARRINGTON**

Has Established The  
**-110 MASTER 3B EQUIPPED RECORD  
165 KG BENCH PRESS SINGLE LIFT**

Â  
**08/11/2007**



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

America's Choice Drug-Free Strength Sport