



## NORTH CAROLINA STATE RECORD CERTIFICATE

**THIS CERTIFIES THAT**

**ELIZABETH AMPLEFORD**

Has Established The

**84+ MASTER 2A RAW RECORD (2015-2021)  
112.5 KG DEADLIFT**

**Â**

**03/20/2010**



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

America's Choice Drug-Free Strength Sport