



# **SOUTH DAKOTA STATE RECORD CERTIFICATE**

**THIS CERTIFIES THAT**

**ELIZABETH RICHARDSON**

Has Established The

**-75 MASTER 2B EQUIPPED RECORD (2022-2024)  
105.5 KG BENCH PRESS SINGLE LIFT**

**ARNOLD - MASTERS PRO BENCH FINALS  
03/03/2023**



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

America's Choice Drug-Free Strength Sport