



# KANSAS STATE RECORD CERTIFICATE

**THIS CERTIFIES THAT**

**SHELLY GILDER**

Has Established The

**-100 MASTER 2A RAW RECORD  
50 KG BENCH PRESS SINGLE LIFT**

**KANSAS LADIES OF IRON**

**05/06/2023**



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

America's Choice Drug-Free Strength Sport