



NATIONAL RECORD CERTIFICATE

THIS CERTIFIES THAT

HELEN LAW

Has Established The

**-75 MASTER 1 HONG KONG RAW RECORD (2022-2024)
337.5 KG TOTAL**

**HONG KONG JUDGEMENT DAY 2023
03/18/2023**



www.usapowerlifting.com

America's Choice Drug Free Strength Sport