



# NATIONAL RECORD CERTIFICATE

**THIS CERTIFIES THAT**

**CHUNG SHING LAU**

Has Established The

**-60 OPEN HONG KONG RAW RECORD  
112.5 KG BENCH PRESS SINGLE LIFT**

**HONG KONG CHAMPIONSHIPS  
08/26/2023**



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

America's Choice Drug Free Strength Sport