



# AUSTRALIA RECORD CERTIFICATE

**THIS CERTIFIES THAT**

**LARA JONES**

Has Established The

**-56 TEEN 1 AUSTRALIA NATIONAL RAW RECORD  
105 KG SQUAT**

**AUSTRALIAN JUNIOR NATIONALS**

**09/21/2024**



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