



# NATIONAL RECORD CERTIFICATE

**THIS CERTIFIES THAT**

**HELEN WHITE**

Has Established The

**-60 MASTER 4B NORTHEAST REGIONAL RAW RECORD  
61 KG BENCH PRESS SINGLE LIFT**

**RAW NATIONALS**

**09/14/2023**



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

America's Choice Drug Free Strength Sport