



# NATIONAL RECORD CERTIFICATE

**THIS CERTIFIES THAT**

**KAREN WARD**

Has Established The

**-48 MASTER 3A SOUTHEAST REGIONAL RAW RECORD  
42.5 KG BENCH PRESS**

**GEORGIA STATE CHAMPIONSHIPS  
02/09/2019**



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

America's Choice Drug Free Strength Sport