



# NATIONAL RECORD CERTIFICATE

**THIS CERTIFIES THAT**

**JAMES BIRD**

Has Established The

**-67.5 MASTER 3A WEST REGIONAL RAW RECORD  
105 KG BENCH PRESS SINGLE LIFT**

**BENCH NATIONALS**

**06/08/2022**



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

America's Choice Drug Free Strength Sport