



## MASSACHUSETTS STATE RECORD CERTIFICATE

**THIS CERTIFIES THAT**

**SUSAN RYAN-VOLLMAR**

Has Established The

**-100 MASTER 3A**

**Massachusetts Raw State Record**

**302.5 KG TOTAL**

**MASSACHUSETTS STATE CHAMPIONSHIPS**

**11/22/2025**



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

America's Choice Drug-Free Strength Sport