



ILLINOIS STATE RECORD CERTIFICATE

THIS CERTIFIES THAT

TRENT DINGWELL

Has Established The

**-105 MASTER 1A RAW RECORD (2015-2021)
137.5 KG BENCH PRESS SINGLE LIFT**

**2016 ILLINOIS STATE CHAMPIONSHIPS
04/30/2016**



www.usapowerlifting.com

America's Choice Drug-Free Strength Sport