



## AMERICAN RECORD CERTIFICATE

**THIS CERTIFIES THAT**

**HELEN WHITE**

Has Established The

**-63 MASTER 4A RAW (2015-2021)  
62.5 KG BENCH PRESS**

**RAW NATIONALS 2016  
10/13/2016**



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

America's Choice Drug-Free Strength Sport