



# PENNSYLVANIA STATE RECORD CERTIFICATE

**THIS CERTIFIES THAT**

**CLAUDE WELCOME**

Has Established The

**-93 MASTER 3A**

**Raw Record (2015-2021)**

**145 KG BENCH PRESS SINGLE LIFT**

**2016 NAPF BENCH PRESS CHAMPIONSHIPS (SAN JOSE, COSTA RICA)**

**10/28/2016**



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