



## GEORGIA STATE RECORD CERTIFICATE

**THIS CERTIFIES THAT**

**JOAN SHERWOOD**

Has Established The

**-84 MASTER 2A RAW RECORD (2015-2021)  
67.5 KG BENCH PRESS SINGLE LIFT**

**2016 AMERICAN OPEN/POLICE + FIRE NATIONALS  
12/09/2016**



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

America's Choice Drug-Free Strength Sport