



CALIFORNIA STATE RECORD CERTIFICATE

THIS CERTIFIES THAT

TESSA PARKES



Has Established The

**-43 TEEN 3 RAW RECORD (2015-2021)
40 KG BENCH PRESS SINGLE LIFT**

**2015 CA STATE CHAMPIONSHIP
04/11/2015**



www.usapowerlifting.com

America's Choice Drug-Free Strength Sport