



## AMERICAN RECORD CERTIFICATE

**THIS CERTIFIES THAT**

**HELEN WHITE**

Has Established The

**-63 MASTER 3B**

**Raw (2015-2021)**

**60 KG BENCH PRESS SINGLE LIFT**

**2014 WOMEN'S NATIONALS - BATON ROUGE, LA**

**05/17/2014**



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America's Choice Drug-Free Strength Sport