



# CALIFORNIA STATE RECORD CERTIFICATE

**THIS CERTIFIES THAT**

**HELEN RAMSAY**



Has Established The

**-76 JUNIOR EQUIPPED RECORD (2015-2021)  
147.5 KG DEADLIFT SINGLE LIFT**

**WINTER CLASSIC  
02/28/2015**



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

America's Choice Drug-Free Strength Sport