



## NEW JERSEY STATE RECORD CERTIFICATE

**THIS CERTIFIES THAT**

**HELEN WHITE**

Has Established The

**-69 MASTER 3B**

**Raw Record (2015-2021)**

**62.5 KG BENCH PRESS SINGLE LIFT**

Â

**01/01/2014**



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

America's Choice Drug-Free Strength Sport