



# ALASKA STATE RECORD CERTIFICATE

**THIS CERTIFIES THAT**

**JOHN WEST**

Has Established The

**-100 MASTER 2B RAW RECORD  
147.42 KG BENCH PRESS**

**19TH KETCHIKAN SPRING POWERLIFTING MEET  
05/07/2016**



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

America's Choice Drug-Free Strength Sport