



NORTH CAROLINA STATE RECORD CERTIFICATE

THIS CERTIFIES THAT

KAREN POYNER

Has Established The

**-48 MASTER 1B RAW RECORD
52.5 KG BENCH PRESS SINGLE LIFT**

**2016 NORTH CAROLINA STATE CHAMPIONSHIPS
06/04/2016**



www.usapowerlifting.com

America's Choice Drug-Free Strength Sport