



## VIRGINIA STATE RECORD CERTIFICATE

**THIS CERTIFIES THAT**

**KAREN POYNER**

Has Established The  
**-48 MASTER 3A**  
**Raw Record**

**52.5 KG BENCH PRESS SINGLE LIFT**  
**2016 NORTH CAROLINA STATE CHAMPIONSHIPS**  
**06/04/2016**



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

America's Choice Drug-Free Strength Sport