



# VIRGINIA STATE RECORD CERTIFICATE

**THIS CERTIFIES THAT**

**IRV LACHOW**

Has Established The

**-75 MASTER 2B**

**Raw Record**

**100 KG BENCH PRESS SINGLE LIFT**

**VIRGINIA NOVICE OPEN**

**02/12/2022**



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

America's Choice Drug-Free Strength Sport