



# WASHINGTON STATE RECORD CERTIFICATE

**THIS CERTIFIES THAT**

**TERI RINGLAND**

Has Established The

**-84 MASTER 1B**

**Raw Record (2015-2021)**

**145 KG DEADLIFT SINGLE LIFT**

**2014 SPOKANE SPRING POWER CHALLENGE BENCH/DEADLIFT**

**05/10/2014**



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