



# IOWA STATE RECORD CERTIFICATE

**THIS CERTIFIES THAT**

**JOEL WELSH JR**

Has Established The

**-105 OPEN**

**Raw Record (2015-2021)**

**155 KG BENCH PRESS**

**BEST OF THE MIDWEST CHAMPIONSHIPS, CEDAR RAPIDS, IA**

**10/25/2014**



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

America's Choice Drug-Free Strength Sport