



## MAINE STATE RECORD CERTIFICATE

**THIS CERTIFIES THAT**

**HELEN NEWELL**

Has Established The  
**-100 JUNIOR**  
**Raw Record**  
**142.5 KG DEADLIFT**  
**CT WINTER CLASSIC**  
**01/14/2023**



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

America's Choice Drug-Free Strength Sport