



## MAINE STATE RECORD CERTIFICATE

**THIS CERTIFIES THAT**

**HELEN NEWELL**

Has Established The

**-100 JUNIOR RAW RECORD  
70 KG BENCH PRESS SINGLE LIFT**

**CT WINTER CLASSIC**

**01/14/2023**



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

America's Choice Drug-Free Strength Sport