



# MARYLAND STATE RECORD CERTIFICATE

**THIS CERTIFIES THAT**

**LONDON POIST**

Has Established The

**-90 JUNIOR  
Raw Record**

**77.5 KG BENCH PRESS SINGLE LIFT  
MARYLAND LADIES OF IRON  
05/06/2023**



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

America's Choice Drug-Free Strength Sport