



## AMERICAN RECORD CERTIFICATE

**THIS CERTIFIES THAT**

**HELEN WHITE**

Has Established The

**-60 MASTER 4B RAW  
60 KG BENCH PRESS SINGLE LIFT**

**MID ATLANTIC REGIONAL CHAMPIONSHIP  
07/07/2023**



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

America's Choice Drug-Free Strength Sport