



# AUSTRALIA RECORD CERTIFICATE

**THIS CERTIFIES THAT**

**HELEN KOSTADINOS**

Has Established The

**-60 MASTER 5**

**Australia Equipped Record**

**65 KG SQUAT**

**AUSTRALIAN JUNIOR, OPEN AND MASTER NATIONALS**

**09/23/2023**



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