



## TEXAS STATE RECORD CERTIFICATE

**THIS CERTIFIES THAT**

**THOMAS LAND**

Has Established The

**-110 TEEN 3**

**Raw Record**

**150 KG BENCH PRESS**

**2011 ROADRUNNER IRON WARS, SAN ANTONIO TEXAS**

**10/01/2011**



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

America's Choice Drug-Free Strength Sport