



DELAWARE STATE RECORD CERTIFICATE

THIS CERTIFIES THAT

TAMARA THOMAS

Has Established The

**-75 JUNIOR RAW RECORD
82.5 KG BENCH PRESS**

**4TH UNIVERSITY POWERLIFTING CUP
07/22/2019**

DECEMBER 7, 1787



www.usapowerlifting.com

America's Choice Drug-Free Strength Sport