



NORTH CAROLINA STATE RECORD CERTIFICATE

THIS CERTIFIES THAT

JONAH HOWELL

Has Established The

**-74 TEEN 3 EQUIPPED RECORD (2015-2021)
265 KG DEADLIFT**

**2015 RAW NATIONALS (SCRANTON PA)
10/16/2015**



www.usapowerlifting.com

America's Choice Drug-Free Strength Sport