



**NORTH CAROLINA RAW**

# **RECORD**

**CERTIFICATE**

**THIS CERTIFIES THAT**

**HEATHER CONNOR**

**SUCCESSFULLY SET THE  
-47 KG OPEN BENCH PRESS SINGLE LIFT  
RECORD OF**

**77.5 KG**

**SBD SHEFFIELD  
01/31/2026**

*Robert Keller*

**ROBERT KELLER**  
PRESIDENT, POWERLIFTING AMERICA

*Bill Helmich*

**BILL HELMICH**  
VP, POWERLIFTING AMERICA

