



NEVADA RAW

RECORD

CERTIFICATE

THIS CERTIFIES THAT

DAFYDD HERICO

SUCCESSFULLY SET THE
-83 KG OPEN BENCH PRESS SINGLE LIFT
RECORD OF

150 KG

2022 WEST REGIONALS AT THE LEGION SPORT FEST
10/07/2022



Robert Keller

ROBERT KELLER
PRESIDENT, POWERLIFTING AMERICA

Bill Helmich

BILL HELMICH
VP, POWERLIFTING AMERICA