



VIRGINIA RAW

RECORD

CERTIFICATE

THIS CERTIFIES THAT
JAMAAL GRIMES

SUCCESSFULLY SET THE
-74 KG MASTER 1 BENCH PRESS SINGLE LIFT
RECORD OF
125 KG

POWERLIFTING AMERICA DMV CHAMPIONSHIPS
02/04/2023



Robert Keller

ROBERT KELLER
PRESIDENT, POWERLIFTING AMERICA

Bill Helmich

BILL HELMICH
VP, POWERLIFTING AMERICA