



**NORTH CAROLINA RAW**

# **RECORD**

## **CERTIFICATE**

**THIS CERTIFIES THAT**

**ALLAN SHADE**

**SUCCESSFULLY SET THE  
-105 KG JUNIOR BENCH PRESS SINGLE LIFT  
RECORD OF**

**162.5 KG**

**UNIVERSITY NATIONALS  
04/03/2025**

*Robert Keller*

**ROBERT KELLER**  
PRESIDENT, POWERLIFTING AMERICA

*Bill Helmich*

**BILL HELMICH**  
VP, POWERLIFTING AMERICA

