



NORTH CAROLINA RAW
RECORD
CERTIFICATE

THIS CERTIFIES THAT
ALLAN SHADE
SUCCESSFULLY SET THE
-105 KG JUNIOR BENCH PRESS
RECORD OF
162.5 KG

UNIVERSITY NATIONALS
04/03/2025



Robert Keller

ROBERT KELLER
PRESIDENT, POWERLIFTING AMERICA

Bill Helmich

BILL HELMICH
VP, POWERLIFTING AMERICA