



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