



**NATIONAL RAW RECORD**

**RECORD**

**CERTIFICATE**

**THIS CERTIFIES THAT  
ELLIOTT SYKES**

**SUCCESSFULLY SET THE  
-74 KG JUNIOR BENCH PRESS  
RECORD OF**

**197.5 KG**

**CLASSIC AND EQUIPPED OPEN NATIONALS  
03/05/2026**

*Robert Keller*

**ROBERT KELLER**  
PRESIDENT, POWERLIFTING AMERICA

*Bill Helmich*

**BILL HELMICH**  
VP, POWERLIFTING AMERICA

