



# IOWA STATE RECORD CERTIFICATE

**THIS CERTIFIES THAT**

**JAMES ALLEN**

Has Established The

**120+ JUNIOR RECORD  
132.5 KG BENCH PRESS SINGLE LIFT**

**NINTH ANNUAL CAPITOL CITY CLASH  
01/23/2016**



[www.usapowerlifting.com](http://www.usapowerlifting.com)

America's Choice Drug-Free Strength Sport