

MOUNTAIN SOUTH WEIGHTLIFTING RECORD

THIS CERTIFIES THAT

Spencer Dent

HAS ESTABLISHED A NEW RECORD AT THE
MOUNTAIN SOUTH WSO CHAMPIONSHIP
October 8, 2022 - St. George, UT

IN THE FOLLOWING CATEGORY & DIVISION

96KG JUNIOR MEN

<u>SNATCH</u>	<u>CLEAN & JERK</u>	<u>TOTAL</u>
115kg	140kg	250kg
120kg		255kg
		260kg




Eric Bramwell - Mountain South President