

MOUNTAIN SOUTH WEIGHTLIFTING RECORD

THIS CERTIFIES THAT

Joseph Nicholes

HAS ESTABLISHED A NEW RECORD AT THE

MASTERS NATIONAL CHAMPIONSHIP
April 24, 2022 - Salt Lake City, UT

IN THE FOLLOWING CATEGORY & DIVISION

109KG MASTERS MEN 35-39



<u>SNATCH</u>	<u>CLEAN & JERK</u>	<u>TOTAL</u>
110kg	155kg	275kg
115kg	163kg	283kg
120kg		


Eric Bramwell - Mountain South President