

MOUNTAIN SOUTH WEIGHTLIFTING RECORD

THIS CERTIFIES THAT

Keith Lyons

HAS ESTABLISHED A NEW RECORD AT THE
HOWARD COHEN AMERICAN MASTERS
August 14, 2022 - Baton Rouge, LA

IN THE FOLLOWING CATEGORY & DIVISION

89KG MASTERS MEN 35-39

<u>SNATCH</u>	<u>CLEAN & JERK</u>	<u>TOTAL</u>
110kg	130kg	240kg




Eric Bramwell - Mountain South President