

MOUNTAIN SOUTH WEIGHTLIFTING RECORD

THIS CERTIFIES THAT

Matthew Sheldon

HAS ESTABLISHED A NEW RECORD AT THE

MOUNTAIN SOUTH WSO CHAMPIONSHIP
October 9, 2022 - Scottsdale, AZ

IN THE FOLLOWING CATEGORY & DIVISION

109KG MASTERS MEN 40-44

SNATCH

116kg

122kg

127kg

CLEAN & JERK

161kg

167kg

TOTAL

288kg

294kg




Eric Bramwell - Mountain South President