

MOUNTAIN SOUTH WEIGHTLIFTING RECORD

THIS CERTIFIES THAT

Shawn Hanrahan

HAS ESTABLISHED A NEW RECORD AT THE

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

IN THE FOLLOWING CATEGORY & DIVISION

+109KG MASTERS MEN 45-49

<u>SNATCH</u>	<u>CLEAN & JERK</u>	<u>TOTAL</u>
112kg	147kg	265kg
118kg	152kg	270kg
	157kg	275kg




Eric Bramwell - Mountain South President