

MOUNTAIN SOUTH WEIGHTLIFTING RECORD

THIS CERTIFIES THAT

Darnell Cabana

HAS ESTABLISHED A NEW RECORD AT THE

IWF MASTERS WORLD CHAMPIONSHIP
December 6, 2022 - Orlando, FL

IN THE FOLLOWING CATEGORY & DIVISION

96KG MASTERS MEN 45-49

SNATCH

85kg
91kg

CLEAN & JERK

115kg

TOTAL

206kg




Eric Bramwell - Mountain South President