

MOUNTAIN SOUTH WEIGHTLIFTING RECORD

THIS CERTIFIES THAT

Ralph Bednar

HAS ESTABLISHED A NEW RECORD AT THE

MASTERS NATIONAL CHAMPIONSHIP
April 21, 2022 - Salt Lake City, UT

IN THE FOLLOWING CATEGORY & DIVISION

89KG MASTERS MEN 60-64

SNATCH

63kg

68kg

71kg

CLEAN & JERK

78kg

80kg

TOTAL

149kg

151kg




Eric Bramwell - Mountain South President