

MOUNTAIN SOUTH WEIGHTLIFTING RECORD

THIS CERTIFIES THAT

Amanda DeLara

HAS ESTABLISHED A NEW RECORD AT THE

MASTERS NATIONAL CHAMPIONSHIP
April 22, 2022 - Salt Lake City, UT

IN THE FOLLOWING CATEGORY & DIVISION

71KG MASTERS WOMEN 45-49

SNATCH

45kg

CLEAN & JERK

59kg
63kg

TOTAL

104kg
108kg




Eric Bramwell - Mountain South President