

# MOUNTAIN SOUTH WEIGHTLIFTING RECORD

THIS CERTIFIES THAT

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## Matthew Sheldon

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HAS ESTABLISHED A NEW RECORD AT THE  
**MOUNTAIN SOUTH WSO CHAMPIONSHIP**  
October 9, 2022 - Scottsdale, AZ

IN THE FOLLOWING CATEGORY & DIVISION

**109KG OPEN MEN**

SNATCH

CLEAN & JERK

TOTAL

**167kg**

**288kg**  
**294kg**



  
Eric Bramwell - Mountain South President