

MOUNTAIN SOUTH WEIGHTLIFTING RECORD

THIS CERTIFIES THAT

Rachel Benkowski

HAS ESTABLISHED A NEW RECORD AT THE

MASTERS NATIONAL CHAMPIONSHIP
April 24, 2022 - Salt Lake City, UT

IN THE FOLLOWING CATEGORY & DIVISION

87KG OPEN WOMEN



SNATCH

54kg

66kg

CLEAN & JERK

78kg

80kg

83kg

TOTAL

144kg

146kg

149kg


Eric Bramwell - Mountain South President