

# MOUNTAIN SOUTH WEIGHTLIFTING RECORD

THIS CERTIFIES THAT

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## Brian Bond

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HAS ESTABLISHED A NEW RECORD AT THE

**MASTERS NATIONAL CHAMPIONSHIPS**  
March 18, 2023 - King of Prussia, PA

IN THE FOLLOWING CATEGORY & DIVISION

**+109kg MASTERS MEN 40-44**

SNATCH

**90kg**

**94kg**

CLEAN & JERK

**129kg**

**138kg**

TOTAL

**223kg**

**232kg**



  
Eric Bramwell - Mountain South President