

MOUNTAIN SOUTH WEIGHTLIFTING RECORD

THIS CERTIFIES THAT

Mikaela Dicome

HAS ESTABLISHED A NEW RECORD AT THE

MASTERS NATIONAL CHAMPIONSHIPS
March 19, 2023 - King of Prussia, PA

IN THE FOLLOWING CATEGORY & DIVISION

76KG MASTERS WOMEN 35-39

SNATCH

70kg

74kg

78kg

CLEAN & JERK

90kg

94kg

TOTAL

168kg

172kg




Eric Bramwell - Mountain South President