

MOUNTAIN SOUTH WEIGHTLIFTING RECORD

THIS CERTIFIES THAT

Micaela Hester

HAS ESTABLISHED A NEW RECORD AT THE

MASTERS NATIONAL CHAMPIONSHIP
March 17, 2023 - King of Prussia, PA

IN THE FOLLOWING CATEGORY & DIVISION

55KG MASTERS WOMEN 40-44

SNATCH

CLEAN & JERK

TOTAL

54kg




Eric Bramwell - Mountain South President