

MOUNTAIN SOUTH WEIGHTLIFTING RECORD

THIS CERTIFIES THAT

Teresa Nystrom

HAS ESTABLISHED A NEW RECORD AT THE

MOUNTAIN SOUTH WSO CHAMPIONSHIP
October 14, 2023 - Santa Fe, NM

IN THE FOLLOWING CATEGORY & DIVISION

71kg MASTERS WOMEN 55-59

SNATCH

40kg

CLEAN & JERK

55kg

TOTAL

**90kg
95kg**




Eric Bramwell - Mountain South President