

MOUNTAIN SOUTH WEIGHTLIFTING RECORD

THIS CERTIFIES THAT

Laurence Cabentog

HAS ESTABLISHED A NEW RECORD AT THE

NATIONAL CHAMPIONSHIP
June 30, 2023 - Colorado Springs, CO

IN THE FOLLOWING CATEGORY & DIVISION

61kg OPEN MEN

SNATCH

103kg

CLEAN & JERK

130kg

TOTAL

233kg




Eric Bramwell - Mountain South President