

MOUNTAIN SOUTH WEIGHTLIFTING RECORD

THIS CERTIFIES THAT

Arthur Ladanga

HAS ESTABLISHED A NEW RECORD AT THE

MASTERS NATIONAL CHAMPIONSHIP
March 21, 2024 - Reno, NV

IN THE FOLLOWING CATEGORY & DIVISION

89KG MASTERS MEN 65-69

SNATCH

47kg
50kg

CLEAN & JERK

60kg
63kg

TOTAL

110kg
113kg



Amanda Cook

Amanda Cook - Mountain South President