



2024 Mountain South Championship

NEW WSO RECORDS REPORT

10/27/2024



Group	Division	Age	WC	Lift	KG	Athlete		State	Date	Location
Women	Youth	U15	40	Snatch	31	Briana	DiCosmo	AZ	10/19/24	Tempe, AZ
Women	Youth	U15	40	Clean & Jerk	40	Briana	DiCosmo	AZ	10/19/24	Tempe, AZ
Women	Youth	U15	40	Total	69	Briana	DiCosmo	AZ	10/19/24	Tempe, AZ
Women	Youth	U15	40	Total	71	Briana	DiCosmo	AZ	10/19/24	Tempe, AZ
Women	Youth	U15	55	Clean & Jerk	77	Amelia	Phillips	AZ	10/19/24	Tempe, AZ
Women	Youth	U15	55	Clean & Jerk	80	Amelia	Phillips	AZ	10/19/24	Tempe, AZ
Women	Youth	U15	55	Total	138	Amelia	Phillips	AZ	10/19/24	Tempe, AZ
Women	Youth	U15	64	Snatch	48	Delaney	Brown	AZ	10/19/24	Tempe, AZ
Women	Youth	U15	64	Snatch	51	Delaney	Brown	AZ	10/19/24	Tempe, AZ
Women	Youth	U15	64	Snatch	63	Mahealani	Mason	AZ	10/19/24	Tempe, AZ
Women	Youth	U15	64	Snatch	66	Mahealani	Mason	AZ	10/19/24	Tempe, AZ
Women	Youth	U15	64	Clean & Jerk	61	Delaney	Brown	AZ	10/19/24	Tempe, AZ
Women	Youth	U15	64	Clean & Jerk	79	Mahealani	Mason	AZ	10/19/24	Tempe, AZ
Women	Youth	U15	64	Clean & Jerk	82	Mahealani	Mason	AZ	10/19/24	Tempe, AZ
Women	Youth	U15	64	Clean & Jerk	85	Mahealani	Mason	AZ	10/19/24	Tempe, AZ
Women	Youth	U15	64	Total	108	Delaney	Brown	AZ	10/19/24	Tempe, AZ
Women	Youth	U15	64	Total	112	Delaney	Brown	AZ	10/19/24	Tempe, AZ
Women	Youth	U15	64	Total	145	Mahealani	Mason	AZ	10/19/24	Tempe, AZ
Women	Youth	U15	64	Total	148	Mahealani	Mason	AZ	10/19/24	Tempe, AZ
Women	Youth	U15	64	Total	151	Mahealani	Mason	AZ	10/19/24	Tempe, AZ
Women	Youth	U15	76	Clean & Jerk	78	Kodi	McBride	AZ	10/19/24	Tempe, AZ
Women	Youth	U15	76	Total	143	Kodi	McBride	AZ	10/19/24	Tempe, AZ
Women	Youth	U17	36	Snatch	35	Tierany	Lally	AZ	10/19/24	Tempe, AZ
Women	Youth	U17	36	Snatch	36	Tierany	Lally	AZ	10/19/24	Tempe, AZ
Women	Youth	U17	36	Clean & Jerk	39	Tierany	Lally	AZ	10/19/24	Tempe, AZ
Women	Youth	U17	36	Clean & Jerk	42	Tierany	Lally	AZ	10/19/24	Tempe, AZ
Women	Youth	U17	36	Clean & Jerk	44	Tierany	Lally	AZ	10/19/24	Tempe, AZ
Women	Youth	U17	36	Total	75	Tierany	Lally	AZ	10/19/24	Tempe, AZ
Women	Youth	U17	36	Total	78	Tierany	Lally	AZ	10/19/24	Tempe, AZ
Women	Youth	U17	36	Total	80	Tierany	Lally	AZ	10/19/24	Tempe, AZ
Women	Junior	U20	64	Clean & Jerk	82	Mahealani	Mason	AZ	10/19/24	Tempe, AZ
Women	Junior	U20	64	Clean & Jerk	85	Mahealani	Mason	AZ	10/19/24	Tempe, AZ
Women	Junior	U20	64	Total	151	Mahealani	Mason	AZ	10/19/24	Tempe, AZ
Women	Junior	U20	76	Snatch	76	Zavia	Burton	NM	10/27/24	Albuquerque, NM
Women	Junior	U20	87	Snatch	90	Kaylee	Landa	AZ	10/19/24	Tempe, AZ
Women	Junior	U20	87	Snatch	92	Kaylee	Landa	AZ	10/19/24	Tempe, AZ
Women	Junior	U20	87	Clean & Jerk	108	Kaylee	Landa	AZ	10/19/24	Tempe, AZ
Women	Junior	U20	87	Clean & Jerk	111	Kaylee	Landa	AZ	10/19/24	Tempe, AZ
Women	Junior	U20	87	Total	200	Kaylee	Landa	AZ	10/19/24	Tempe, AZ
Women	Junior	U20	87	Total	203	Kaylee	Landa	AZ	10/19/24	Tempe, AZ
Women	Senior	Open	87+	Snatch	95	Rebecca	Walker	AZ	10/19/24	Tempe, AZ
Women	Senior	Open	87+	Snatch	100	Rebecca	Walker	AZ	10/19/24	Tempe, AZ
Women	Senior	Open	87+	Clean & Jerk	125	Rebecca	Walker	AZ	10/19/24	Tempe, AZ
Women	Senior	Open	87+	Total	220	Rebecca	Walker	AZ	10/19/24	Tempe, AZ
Women	Senior	Open	87+	Total	225	Rebecca	Walker	AZ	10/19/24	Tempe, AZ



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Women	Masters	40-44	49	Snatch	38	Tiffany	Gutknecht	AZ	10/19/24	Tempe, AZ
Women	Masters	40-44	49	Snatch	41	Tiffany	Gutknecht	AZ	10/19/24	Tempe, AZ
Women	Masters	40-44	49	Snatch	48	Noelle	Sallaz	AZ	10/19/24	Tempe, AZ
Women	Masters	40-44	49	Snatch	50	Noelle	Sallaz	AZ	10/19/24	Tempe, AZ
Women	Masters	40-44	49	Snatch	52	Noelle	Sallaz	AZ	10/19/24	Tempe, AZ
Women	Masters	40-44	49	Clean & Jerk	48	Tiffany	Gutknecht	AZ	10/19/24	Tempe, AZ
Women	Masters	40-44	49	Clean & Jerk	50	Tiffany	Gutknecht	AZ	10/19/24	Tempe, AZ
Women	Masters	40-44	49	Clean & Jerk	60	Noelle	Sallaz	AZ	10/19/24	Tempe, AZ
Women	Masters	40-44	49	Clean & Jerk	63	Noelle	Sallaz	AZ	10/19/24	Tempe, AZ
Women	Masters	40-44	49	Total	89	Tiffany	Gutknecht	AZ	10/19/24	Tempe, AZ
Women	Masters	40-44	49	Total	91	Tiffany	Gutknecht	AZ	10/19/24	Tempe, AZ
Women	Masters	40-44	49	Total	112	Noelle	Sallaz	AZ	10/19/24	Tempe, AZ
Women	Masters	40-44	49	Total	115	Noelle	Sallaz	AZ	10/19/24	Tempe, AZ
Women	Masters	40-44	55	Snatch	57	Cara	Farrell	NM	10/26/24	Albuquerque, NM
Women	Masters	40-44	55	Snatch	60	Cara	Farrell	NM	10/26/24	Albuquerque, NM
Women	Masters	40-44	55	Snatch	62	Cara	Farrell	NM	10/26/24	Albuquerque, NM
Women	Masters	40-44	55	Clean & Jerk	77	Cara	Farrell	NM	10/26/24	Albuquerque, NM
Women	Masters	40-44	55	Clean & Jerk	79	Cara	Farrell	NM	10/26/24	Albuquerque, NM
Women	Masters	40-44	55	Total	136	Cara	Farrell	NM	10/26/24	Albuquerque, NM
Women	Masters	40-44	55	Total	139	Cara	Farrell	NM	10/26/24	Albuquerque, NM
Women	Masters	40-44	55	Total	141	Cara	Farrell	NM	10/26/24	Albuquerque, NM
Women	Masters	40-44	59	Clean & Jerk	77	Karie	Taylor	NM	10/26/24	Albuquerque, NM
Women	Masters	40-44	59	Total	134	Karie	Taylor	NM	10/26/24	Albuquerque, NM
Women	Masters	40-44	64	Clean & Jerk	85	Tawny	Boyce	NM	10/26/24	Albuquerque, NM
Women	Masters	40-44	64	Total	144	Tawny	Boyce	NM	10/26/24	Albuquerque, NM
Women	Masters	40-44	64	Total	147	Tawny	Boyce	NM	10/26/24	Albuquerque, NM
Women	Masters	40-44	87	Snatch	69	Amy	Tunis	AZ	10/19/24	Tempe, AZ
Women	Masters	40-44	87	Snatch	72	Amy	Tunis	AZ	10/19/24	Tempe, AZ
Women	Masters	40-44	87	Snatch	75	Amy	Tunis	AZ	10/19/24	Tempe, AZ
Women	Masters	40-44	87	Clean & Jerk	87	Amy	Tunis	AZ	10/19/24	Tempe, AZ
Women	Masters	40-44	87	Total	162	Amy	Tunis	AZ	10/19/24	Tempe, AZ
Women	Masters	45-49	55	Snatch	40	Tovah	Kjolsrub	AZ	10/19/24	Tempe, AZ
Women	Masters	45-49	55	Snatch	42	Tovah	Kjolsrub	AZ	10/19/24	Tempe, AZ
Women	Masters	45-49	55	Clean & Jerk	52	Tovah	Kjolsrub	AZ	10/19/24	Tempe, AZ
Women	Masters	45-49	55	Total	92	Tovah	Kjolsrub	AZ	10/19/24	Tempe, AZ
Women	Masters	45-49	55	Total	94	Tovah	Kjolsrub	AZ	10/19/24	Tempe, AZ
Women	Masters	45-49	71	Snatch	70	Jessica	Walters	AZ	10/19/24	Tempe, AZ
Women	Masters	45-49	71	Clean & Jerk	83	Jessica	Walters	AZ	10/19/24	Tempe, AZ
Women	Masters	45-49	71	Clean & Jerk	86	Jessica	Walters	AZ	10/19/24	Tempe, AZ
Women	Masters	45-49	71	Total	153	Jessica	Walters	AZ	10/19/24	Tempe, AZ
Women	Masters	45-49	71	Total	156	Jessica	Walters	AZ	10/19/24	Tempe, AZ
Women	Masters	45-49	87+	Snatch	56	Courtney	Howard	AZ	10/19/24	Tempe, AZ
Women	Masters	45-49	87+	Clean & Jerk	48	Melina	Burt	NM	10/27/24	Albuquerque, NM
Women	Masters	45-49	87+	Clean & Jerk	52	Melina	Burt	NM	10/27/24	Albuquerque, NM
Women	Masters	45-49	87+	Total	93	Melina	Burt	NM	10/27/24	Albuquerque, NM
Women	Masters	45-49	87+	Total	97	Melina	Burt	NM	10/27/24	Albuquerque, NM
Women	Masters	50-54	81	Snatch	45	Nadine	Jones	AZ	10/19/24	Tempe, AZ
Women	Masters	50-54	81	Snatch	49	Nadine	Jones	AZ	10/19/24	Tempe, AZ
Women	Masters	50-54	81	Clean & Jerk	60	Nadine	Jones	AZ	10/19/24	Tempe, AZ
Women	Masters	50-54	81	Clean & Jerk	64	Nadine	Jones	AZ	10/19/24	Tempe, AZ
Women	Masters	50-54	81	Total	109	Nadine	Jones	AZ	10/19/24	Tempe, AZ
Women	Masters	50-54	81	Total	113	Nadine	Jones	AZ	10/19/24	Tempe, AZ



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Women	Masters	55-59	59	Clean & Jerk	51	Lucille Lopez		NM	10/26/24	Albuquerque, NM
Women	Masters	55-59	71	Snatch	42	Teresa Nystrom		NM	10/27/24	Albuquerque, NM
Women	Masters	55-59	71	Clean & Jerk	57	Teresa Nystrom		NM	10/27/24	Albuquerque, NM
Women	Masters	55-59	71	Total	96	Teresa Nystrom		NM	10/27/24	Albuquerque, NM
Women	Masters	55-59	71	Total	99	Teresa Nystrom		NM	10/27/24	Albuquerque, NM
Women	Masters	60-64	71	Snatch	33	Grace Nadell		NM	10/26/24	Albuquerque, NM
Women	Masters	60-64	71	Total	75	Grace Nadell		NM	10/26/24	Albuquerque, NM
Women	Masters	65-69	64	Snatch	31	Julie Canepa		NM	10/26/24	Albuquerque, NM
Women	Masters	65-69	64	Clean & Jerk	43	Julie Canepa		NM	10/26/24	Albuquerque, NM
Women	Masters	65-69	64	Clean & Jerk	45	Julie Canepa		NM	10/26/24	Albuquerque, NM
Women	Masters	65-69	64	Total	71	Julie Canepa		NM	10/26/24	Albuquerque, NM
Women	Masters	65-69	64	Total	74	Julie Canepa		NM	10/26/24	Albuquerque, NM
Women	Masters	65-69	64	Total	76	Julie Canepa		NM	10/26/24	Albuquerque, NM
Women	Masters	65-69	76	Clean & Jerk	52	Dolores Triviz		AZ	10/19/24	Tempe, AZ
Women	Masters	65-69	81	Snatch	30	Jaime Gale		AZ	10/19/24	Tempe, AZ
Women	Masters	65-69	81	Snatch	33	Jaime Gale		AZ	10/19/24	Tempe, AZ
Women	Masters	65-69	81	Clean & Jerk	40	Jaime Gale		AZ	10/19/24	Tempe, AZ
Women	Masters	65-69	81	Clean & Jerk	43	Jaime Gale		AZ	10/19/24	Tempe, AZ
Women	Masters	65-69	81	Clean & Jerk	46	Jaime Gale		AZ	10/19/24	Tempe, AZ
Women	Masters	65-69	81	Total	73	Jaime Gale		AZ	10/19/24	Tempe, AZ
Women	Masters	65-69	81	Total	76	Jaime Gale		AZ	10/19/24	Tempe, AZ
Women	Masters	65-69	81	Total	79	Jaime Gale		AZ	10/19/24	Tempe, AZ
Women	Masters	70-74	64	Snatch	16	Barbara Rivers		NM	10/26/24	Albuquerque, NM
Women	Masters	70-74	64	Clean & Jerk	22	Barbara Rivers		NM	10/26/24	Albuquerque, NM
Women	Masters	70-74	64	Clean & Jerk	23	Barbara Rivers		NM	10/26/24	Albuquerque, NM
Women	Masters	70-74	64	Clean & Jerk	24	Barbara Rivers		NM	10/26/24	Albuquerque, NM
Women	Masters	70-74	64	Total	38	Barbara Rivers		NM	10/26/24	Albuquerque, NM
Women	Masters	70-74	64	Total	39	Barbara Rivers		NM	10/26/24	Albuquerque, NM
Women	Masters	70-74	64	Total	40	Barbara Rivers		NM	10/26/24	Albuquerque, NM



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Men	Youth	U17	73	Snatch	88	Antonino Micela		AZ	10/19/24	Tempe, AZ
Men	Youth	U17	73	Clean & Jerk	115	Antonino Micela		AZ	10/19/24	Tempe, AZ
Men	Youth	U17	73	Clean & Jerk	120	Antonino Micela		AZ	10/19/24	Tempe, AZ
Men	Youth	U17	73	Total	198	Antonino Micela		AZ	10/19/24	Tempe, AZ
Men	Youth	U17	73	Total	203	Antonino Micela		AZ	10/19/24	Tempe, AZ
Men	Youth	U17	73	Total	208	Antonino Micela		AZ	10/19/24	Tempe, AZ
Men	Senior	Open	89	Snatch	136	Nathan Cerwinske		AZ	10/19/24	Tempe, AZ
Men	Senior	Open	102	Snatch	128	Zachary White		AZ	10/19/24	Tempe, AZ
Men	Senior	Open	102	Snatch	133	Zachary White		AZ	10/19/24	Tempe, AZ
Men	Senior	Open	102	Snatch	136	Zachary White		AZ	10/19/24	Tempe, AZ
Men	Senior	Open	102	Clean & Jerk	162	Zachary White		AZ	10/19/24	Tempe, AZ
Men	Senior	Open	102	Total	294	Zachary White		AZ	10/19/24	Tempe, AZ
Men	Senior	Open	102	Total	298	Zachary White		AZ	10/19/24	Tempe, AZ
Men	Masters	45-49	89	Snatch	95	Richard Smith		AZ	10/19/24	Tempe, AZ
Men	Masters	45-49	89	Clean & Jerk	123	James Braun		AZ	10/19/24	Tempe, AZ
Men	Masters	45-49	89	Total	216	James Braun		AZ	10/19/24	Tempe, AZ
Men	Masters	45-49	102	Snatch	91	Steve Vaughn		NM	10/27/24	Albuquerque, NM
Men	Masters	45-49	102	Clean & Jerk	122	Steve Vaughn		NM	10/27/24	Albuquerque, NM
Men	Masters	45-49	102	Total	213	Steve Vaughn		NM	10/27/24	Albuquerque, NM
Men	Masters	50-54	96	Snatch	90	Eugene McDougall		AZ	10/19/24	Tempe, AZ
Men	Masters	50-54	96	Snatch	101	Eugene McDougall		AZ	10/19/24	Tempe, AZ
Men	Masters	50-54	96	Clean & Jerk	110	Eugene McDougall		AZ	10/19/24	Tempe, AZ
Men	Masters	50-54	96	Clean & Jerk	116	Eugene McDougall		AZ	10/19/24	Tempe, AZ
Men	Masters	50-54	96	Clean & Jerk	121	Eugene McDougall		AZ	10/19/24	Tempe, AZ
Men	Masters	50-54	96	Total	211	Eugene McDougall		AZ	10/19/24	Tempe, AZ
Men	Masters	50-54	96	Total	217	Eugene McDougall		AZ	10/19/24	Tempe, AZ
Men	Masters	50-54	96	Total	222	Eugene McDougall		AZ	10/19/24	Tempe, AZ
Men	Masters	50-54	109	Clean & Jerk	147	Doug Clouse		AZ	10/19/24	Tempe, AZ
Men	Masters	50-54	109+	Snatch	116	Shawn Hanrahan		AZ	10/19/24	Tempe, AZ
Men	Masters	50-54	109+	Snatch	120	Shawn Hanrahan		AZ	10/19/24	Tempe, AZ
Men	Masters	50-54	109+	Clean & Jerk	150	Shawn Hanrahan		AZ	10/19/24	Tempe, AZ
Men	Masters	50-54	109+	Total	270	Shawn Hanrahan		AZ	10/19/24	Tempe, AZ
Men	Masters	55-59	89	Snatch	81	Glenn Canales		NM	10/27/24	Albuquerque, NM
Men	Masters	60-64	96	Snatch	56	Joseph Parmoon		NM	10/27/24	Albuquerque, NM
Men	Masters	60-64	96	Snatch	59	Joseph Parmoon		NM	10/27/24	Albuquerque, NM
Men	Masters	60-64	96	Clean & Jerk	65	Joseph Parmoon		NM	10/27/24	Albuquerque, NM
Men	Masters	60-64	96	Clean & Jerk	68	Joseph Parmoon		NM	10/27/24	Albuquerque, NM
Men	Masters	60-64	96	Clean & Jerk	70	Joseph Parmoon		NM	10/27/24	Albuquerque, NM
Men	Masters	60-64	96	Total	124	Joseph Parmoon		NM	10/27/24	Albuquerque, NM
Men	Masters	60-64	96	Total	127	Joseph Parmoon		NM	10/27/24	Albuquerque, NM
Men	Masters	60-64	96	Total	129	Joseph Parmoon		NM	10/27/24	Albuquerque, NM
Men	Masters	60-64	109+	Snatch	61	Ronald Legg		NM	10/27/24	Albuquerque, NM
Men	Masters	60-64	109+	Clean & Jerk	80	Ronald Legg		NM	10/27/24	Albuquerque, NM
Men	Masters	60-64	109+	Clean & Jerk	81	Ronald Legg		NM	10/27/24	Albuquerque, NM
Men	Masters	60-64	109+	Clean & Jerk	82	Ronald Legg		NM	10/27/24	Albuquerque, NM
Men	Masters	60-64	109+	Total	141	Ronald Legg		NM	10/27/24	Albuquerque, NM
Men	Masters	60-64	109+	Total	142	Ronald Legg		NM	10/27/24	Albuquerque, NM
Men	Masters	60-64	109+	Total	143	Ronald Legg		NM	10/27/24	Albuquerque, NM
Men	Masters	70-74	67	Snatch	45	Nicholas Weingarten		NM	10/26/24	Albuquerque, NM
Men	Masters	70-74	67	Snatch	48	Nicholas Weingarten		NM	10/26/24	Albuquerque, NM
Men	Masters	70-74	67	Clean & Jerk	55	Nicholas Weingarten		NM	10/26/24	Albuquerque, NM
Men	Masters	70-74	67	Total	103	Nicholas Weingarten		NM	10/26/24	Albuquerque, NM