

# MOUNTAIN SOUTH WEIGHTLIFTING RECORD

THIS CERTIFIES THAT

---

## Doug Clouse

---

HAS ESTABLISHED A NEW RECORD AT THE  
**MOUNTAIN SOUTH & AZ CHAMPIONSHIP**  
October 19, 2024 - Tempe, AZ

IN THE FOLLOWING CATEGORY & DIVISION

**109kg MASTERS MEN 50-54**

SNATCH

CLEAN & JERK

TOTAL

**147kg**



*Amanda Cook*

Amanda Cook - Mountain South President