

MOUNTAIN SOUTH WEIGHTLIFTING RECORD

THIS CERTIFIES THAT

Shawn Hanrahan

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

<u>SNATCH</u>	<u>CLEAN & JERK</u>	<u>TOTAL</u>
116kg	150kg	270kg
120kg		



Amanda Cook

Amanda Cook - Mountain South President