

# MOUNTAIN SOUTH WEIGHTLIFTING RECORD

THIS CERTIFIES THAT

**Cara Farrell**

HAS ESTABLISHED A NEW RECORD AT THE

**MOUNTAIN SOUTH & NM CHAMPIONSHIP**  
**October 26, 2024 - Albuquerque, NM**

IN THE FOLLOWING CATEGORY & DIVISION

**55kg MASTERS WOMEN 40-44**

SNATCH

**57kg**

**60kg**

**62kg**

CLEAN & JERK

**77kg**

**79kg**

TOTAL

**136kg**

**139kg**

**141kg**



*Amanda Cook*

Amanda Cook - Mountain South President