

MOUNTAIN SOUTH WEIGHTLIFTING RECORD

THIS CERTIFIES THAT

Tovah Kjolsrub

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

IN THE FOLLOWING CATEGORY & DIVISION

55kg MASTERS WOMEN 45-49

SNATCH

40kg

42kg

CLEAN & JERK

52kg

TOTAL

92kg

94kg



Amanda Cook

Amanda Cook - Mountain South President