

MOUNTAIN SOUTH WEIGHTLIFTING RECORD

THIS CERTIFIES THAT

Courtney Howard

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

IN THE FOLLOWING CATEGORY & DIVISION

+87kg MASTERS WOMEN 45-49

SNATCH

CLEAN & JERK

TOTAL

56kg



Amanda Cook

Amanda Cook - Mountain South President