

MOUNTAIN SOUTH WEIGHTLIFTING RECORD

THIS CERTIFIES THAT

Teresa Nystrom

HAS ESTABLISHED A NEW RECORD AT THE

MOUNTAIN SOUTH & NM CHAMPIONSHIP
October 27, 2024 - Albuquerque, NM

IN THE FOLLOWING CATEGORY & DIVISION

71kg MASTERS WOMEN 55-59

SNATCH

42kg

CLEAN & JERK

57kg

TOTAL

96kg
99kg



Amanda Cook

Amanda Cook - Mountain South President