

MOUNTAIN SOUTH WEIGHTLIFTING RECORD

THIS CERTIFIES THAT

James Braun

HAS ESTABLISHED A NEW RECORD AT THE

NORTH AMERICAN OPEN FINALS
December 7, 2024 - Tucson, AZ

IN THE FOLLOWING CATEGORY & DIVISION

89kg MASTERS MEN 45-49

SNATCH

96kg

CLEAN & JERK

125kg
130kg

TOTAL

221kg
226kg



Amanda Cook

Amanda Cook - Mountain South President