

MOUNTAIN SOUTH WEIGHTLIFTING RECORD

THIS CERTIFIES THAT

Richard Watkins

HAS ESTABLISHED A NEW RECORD AT THE

VIRUS Series 2

August 31, 2025 - Fort Worth, TX

IN THE FOLLOWING CATEGORY & DIVISION

110KG MASTERS MEN 35-39

SNATCH

103kg

106kg

110kg

CLEAN & JERK

120kg

TOTAL

230kg



Amanda Cook

Amanda Cook - Mountain South President