

MOUNTAIN SOUTH WEIGHTLIFTING RECORD

THIS CERTIFIES THAT

Amanda Cook

HAS ESTABLISHED A NEW RECORD AT THE

VIRUS Series 2

August 31, 2025 - Fort Worth, TX

IN THE FOLLOWING CATEGORY & DIVISION

86KG MASTERS WOMEN 40-44

SNATCH

83kg

CLEAN & JERK

100kg

TOTAL

183kg



Amanda Cook

Amanda Cook - Mountain South President