

# MOUNTAIN SOUTH WEIGHTLIFTING RECORD

THIS CERTIFIES THAT

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## Michael McHenry

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HAS ESTABLISHED A NEW RECORD AT THE

**UMWF World Championship**  
**December 7, 2025 - Daytona Beach, FL**

IN THE FOLLOWING CATEGORY & DIVISION

**110KG MASTERS MEN 35-39**

SNATCH

**155kg**

CLEAN & JERK

TOTAL

**283kg**



*Amanda Cook*

Amanda Cook - Mountain South President