

# MOUNTAIN SOUTH WEIGHTLIFTING RECORD

THIS CERTIFIES THAT

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## Amanda Cook

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HAS ESTABLISHED A NEW RECORD AT THE

**Masters National Championship  
April 11, 2026 - Salt Lake City, UT**

IN THE FOLLOWING CATEGORY & DIVISION

**86KG MASTERS WOMEN 40-44**

SNATCH

**88kg**

CLEAN & JERK

TOTAL

**193kg**



*Amanda Cook*

Amanda Cook - Mountain South President