

MOUNTAIN SOUTH WEIGHTLIFTING RECORD

THIS CERTIFIES THAT

Lilly Mullenau

HAS ESTABLISHED A NEW RECORD AT THE

Mountain South WSO Championship
April 11, 2026 - Salt Lake City, UT

IN THE FOLLOWING CATEGORY & DIVISION

44KG YOUTH WOMEN 14-15

SNATCH

34kg

CLEAN & JERK

45kg

48kg

50kg

TOTAL

79kg

82kg

84kg



Amanda Cook

Amanda Cook - Mountain South President