

# THE IRISH POWERLIFTING FEDERATION JULY OPEN 2018



14-15 JULY 2018  
HOSTED BY REVOLUTION FITNESS

## SUE VALENTE

A.B.S. POWERLIFTING  
BODYWEIGHT: 56.1KG  
WEIGHT CLASS: 57KG

SQUAT  
**95.0 KG**

BENCH PRESS  
**55.0 KG**

DEADLIFT  
**110.0 KG**

TOTAL  
**260.0 KG**

4-F-0-57-PL

Rob Burke  
President

