

# THE IRISH POWERLIFTING FEDERATION JULY OPEN 2018



14-15 JULY 2018  
HOSTED BY REVOLUTION FITNESS

## CAOILEANN APPLEBY

REVOLUTION FITNESS  
BODYWEIGHT: 61.7KG  
WEIGHT CLASS: 63KG

SQUAT  
**105.0 KG**

BENCH PRESS  
**67.5 KG**

DEADLIFT  
**140.0 KG**

TOTAL  
**312.5 KG**

4-F-0-63-PL

Rob Burke  
President

