

# THE IRISH POWERLIFTING FEDERATION JULY OPEN 2018



14-15 JULY 2018  
HOSTED BY REVOLUTION FITNESS

## SUSAN MCDONALD

A.B.S. POWERLIFTING  
BODYWEIGHT: 104.2KG  
WEIGHT CLASS: 84+KG

SQUAT  
**117.5 KG**

BENCH PRESS  
**89.0 KG**

DEADLIFT  
**145.0 KG**

TOTAL  
**351.5 KG**  
4-F-0-84+-PL

Rob Burke  
President

