

# THE IRISH POWERLIFTING FEDERATION JULY OPEN 2018



14-15 JULY 2018  
HOSTED BY REVOLUTION FITNESS

## TRISTAN MCDONAGH

ATHLONE POWERLIFTING CLUB

BODYWEIGHT: 70.9KG

WEIGHT CLASS: 74KG

SQUAT  
**177.5 KG**

BENCH PRESS  
**110.0 KG**

DEADLIFT  
**215.0 KG**

TOTAL  
**502.5 KG**

2-M-0-74-PL

Rob Burke  
President

