

# THE IRISH POWERLIFTING FEDERATION JULY OPEN 2018



14-15 JULY 2018  
HOSTED BY REVOLUTION FITNESS

## BEN O'CONNOR

PUREFITNESS  
BODYWEIGHT: 80.9KG  
WEIGHT CLASS: 83KG

SQUAT  
**130.0 KG**

BENCH PRESS  
**90.0 KG**

DEADLIFT  
**170.0 KG**

TOTAL  
**390.0 KG**  
7-M-0-83-PL

Rob Burke  
President

