

THE IRISH POWERLIFTING FEDERATION

OCTOBER OPEN 2018



20-21 OCTOBER 2018
HOSTED BY ABS POWERLIFTING & UCC POWERLIFTING

EMMA MCDERMOTT

BODYWEIGHT: 62KG
WEIGHT CLASS: 63
A.B.S. POWERLIFTING

SQUAT
135.0 KG

BENCH PRESS
65.0 KG

DEADLIFT
170.0 KG

TOTAL
370.0 KG

Rob Burke
President

