

THE IRISH POWERLIFTING FEDERATION OCTOBER OPEN 2018



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

GARY WILLIAMSON

BODYWEIGHT: 95.6KG
WEIGHT CLASS: 105
CORK CITY POWERLIFTING CLUB

SQUAT
165.0 KG

BENCH PRESS
115.0 KG

DEADLIFT
210.0 KG

TOTAL
490.0 KG

Rob Burke
President

