

# THE IRISH POWERLIFTING FEDERATION OCTOBER OPEN 2018



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

## SEAN CROWE

BODYWEIGHT: 144.5KG  
WEIGHT CLASS: 120+  
STRENGTH MILITIA

SQUAT  
**230.0 KG**

BENCH PRESS  
**165.0 KG**

DEADLIFT  
**325.0 KG**

TOTAL  
**720.0 KG**

Rob Burke  
President

