

THE IRISH POWERLIFTING FEDERATION

OCTOBER OPEN 2018



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

AMY NOLAN

BODYWEIGHT: 62.6KG
WEIGHT CLASS: 63
A.B.S. POWERLIFTING

SQUAT
100.0 KG

BENCH PRESS
67.5 KG

DEADLIFT
150.0 KG

TOTAL
317.5 KG

Rob Burke
President

