

THE IRISH POWERLIFTING FEDERATION OCTOBER OPEN 2018



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

SARAH SCALLAN

BODYWEIGHT: 62.4KG

WEIGHT CLASS: 63

SOUTH DUBLIN STRENGTH & CONDITIONING

SQUAT
105.0 KG

BENCH PRESS
65.0 KG

DEADLIFT
120.0 KG

TOTAL
290.0 KG

Rob Burke
President

