

THE IRISH POWERLIFTING FEDERATION

OCTOBER OPEN 2018



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

NIAMH SAVAGE

BODYWEIGHT: 70.4KG
WEIGHT CLASS: 72
FIT FOR LESS MIDLETON

SQUAT
130.0 KG

BENCH PRESS
62.5 KG

DEADLIFT
175.0 KG

TOTAL
367.5 KG

Rob Burke
President

