

# THE IRISH POWERLIFTING FEDERATION

## OCTOBER OPEN 2018



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

## GRACE TEDFORD

BODYWEIGHT: 71KG

WEIGHT CLASS: 72

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SQUAT  
**115.0 KG**

BENCH PRESS  
**62.5 KG**

DEADLIFT  
**152.5 KG**

TOTAL  
**330.0 KG**

Rob Burke  
President

