

THE IRISH POWERLIFTING FEDERATION

OCTOBER OPEN 2018



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

GEMMA MARKEY

BODYWEIGHT: 70.8KG

WEIGHT CLASS: 72

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SQUAT
127.5 KG

BENCH PRESS
62.5 KG

DEADLIFT
125.0 KG

TOTAL
315.0 KG

Rob Burke
President

