

THE IRISH POWERLIFTING FEDERATION OCTOBER OPEN 2018



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

AILBHE O'DALY

BODYWEIGHT: 71KG
WEIGHT CLASS: 72
IMPACT STRENGTH & PERFORMANCE

SQUAT
105.0 KG

BENCH PRESS
65.0 KG

DEADLIFT
130.0 KG

TOTAL
300.0 KG

Rob Burke
President

