

THE IRISH POWERLIFTING FEDERATION OCTOBER OPEN 2018



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

TAMZEN MALONE

BODYWEIGHT: 79.8KG

WEIGHT CLASS: 84

-

SQUAT
105.0 KG

BENCH PRESS
62.5 KG

DEADLIFT
127.5 KG

TOTAL
295.0 KG

Rob Burke
President

