

THE IRISH POWERLIFTING FEDERATION

OCTOBER OPEN 2018



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

TRACEY QUIRKE

BODYWEIGHT: 74.4KG
WEIGHT CLASS: 84
SAYERS STRENGTH

SQUAT
95.0 KG

BENCH PRESS
60.0 KG

DEADLIFT
135.0 KG

TOTAL
290.0 KG

Rob Burke
President

