

THE IRISH POWERLIFTING FEDERATION

OCTOBER OPEN 2018



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

RUTH WHELAN

BODYWEIGHT: 78.2KG
WEIGHT CLASS: 84
SF FITNESS

SQUAT
90.0 KG

BENCH PRESS
55.0 KG

DEADLIFT
110.0 KG

TOTAL
255.0 KG

Rob Burke
President

