

THE IRISH POWERLIFTING FEDERATION

OCTOBER OPEN 2018



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

JO PHELAN

BODYWEIGHT: 89.6KG

WEIGHT CLASS: 84+

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SQUAT
125.0 KG

BENCH PRESS
52.5 KG

DEADLIFT
142.5 KG

TOTAL
320.0 KG

Rob Burke
President

