

THE IRISH POWERLIFTING FEDERATION

OCTOBER OPEN 2018



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

DARREN MOLONEY

BODYWEIGHT: 71.4KG
WEIGHT CLASS: 74
FITNESS CLINIC

SQUAT
210.0 KG

BENCH PRESS
110.0 KG

DEADLIFT
240.0 KG

TOTAL
560.0 KG

Rob Burke
President

