

# THE IRISH POWERLIFTING FEDERATION OCTOBER OPEN 2018



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

## WEI CHOUN PHOON

BODYWEIGHT: 64KG

WEIGHT CLASS: 66

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SQUAT  
**137.5 KG**

BENCH PRESS  
**107.5 KG**

DEADLIFT  
**185.0 KG**

TOTAL  
**430.0 KG**

Rob Burke  
President

