

THE IRISH POWERLIFTING FEDERATION

OCTOBER OPEN 2018



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

PHILIP O'KELLY

BODYWEIGHT: 63.6KG

WEIGHT CLASS: 66

-

SQUAT
125.0 KG

BENCH PRESS
95.0 KG

DEADLIFT
160.0 KG

TOTAL
380.0 KG

Rob Burke
President

