

THE IRISH POWERLIFTING FEDERATION OCTOBER OPEN 2018



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

CONOR MULCAHY

BODYWEIGHT: 72.6KG
WEIGHT CLASS: 74
O'BRIEN FITNESS

SQUAT
132.5 KG

BENCH PRESS
105.0 KG

DEADLIFT
175.0 KG

TOTAL
412.5 KG

Rob Burke
President

