

THE IRISH POWERLIFTING FEDERATION

OCTOBER OPEN 2018



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

SEÁN DOWLING

BODYWEIGHT: 73KG
WEIGHT CLASS: 74
SB FITNESS

SQUAT
160.0 KG

BENCH PRESS
72.5 KG

DEADLIFT
175.0 KG

TOTAL
407.5 KG

Rob Burke
President

