

# THE IRISH POWERLIFTING FEDERATION

## OCTOBER OPEN 2018



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

## KYRAN O'REGAN

BODYWEIGHT: 71KG  
WEIGHT CLASS: 74  
KAOS GYM

SQUAT  
**135.0 KG**

BENCH PRESS  
**92.5 KG**

DEADLIFT  
**177.5 KG**

TOTAL  
**405.0 KG**

Rob Burke  
President

