

THE IRISH POWERLIFTING FEDERATION OCTOBER OPEN 2018



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

ALAN FLANAGAN

BODYWEIGHT: 82.6KG
WEIGHT CLASS: 83
REACTIVE TRAINING SYSTEMS

SQUAT
200.0 KG

BENCH PRESS
130.0 KG

DEADLIFT
245.0 KG

TOTAL
575.0 KG

Rob Burke
President

