

THE IRISH POWERLIFTING FEDERATION

OCTOBER OPEN 2018



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

COLIN JONES

BODYWEIGHT: 81.8KG

WEIGHT CLASS: 83

CORK CITY POWERLIFTING CLUB

SQUAT
162.5 KG

BENCH PRESS
97.5 KG

DEADLIFT
205.0 KG

TOTAL
465.0 KG

Rob Burke
President

