

# THE IRISH POWERLIFTING FEDERATION OCTOBER OPEN 2018



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

## ASHLEY HOLT

BODYWEIGHT: 78.2KG  
WEIGHT CLASS: 83  
STUDIO ONE

SQUAT  
**120.0 KG**

BENCH PRESS  
**82.5 KG**

DEADLIFT  
**160.0 KG**

TOTAL  
**362.5 KG**

Rob Burke  
President

