

THE IRISH POWERLIFTING FEDERATION OCTOBER OPEN 2018



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

JAMES HOWLETT

BODYWEIGHT: 91.4KG

WEIGHT CLASS: 93

XAVIER'S SCHOOL FOR GIFTED YOUNGSTERS

SQUAT
265.0 KG

BENCH PRESS
182.5 KG

DEADLIFT
307.5 KG

TOTAL
755.0 KG

Rob Burke
President

