

# THE IRISH POWERLIFTING FEDERATION

## OCTOBER OPEN 2018



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

### ADAM KEANE

BODYWEIGHT: 90KG  
WEIGHT CLASS: 93  
CITYGYM LIMERICK

SQUAT  
**260.0 KG**

BENCH PRESS  
**145.0 KG**

DEADLIFT  
**255.0 KG**

TOTAL  
**660.0 KG**

Rob Burke  
President

