

# THE IRISH POWERLIFTING FEDERATION

## OCTOBER OPEN 2018



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

## MARK DOWLING

BODYWEIGHT: 89KG  
WEIGHT CLASS: 93  
#TEAMGRINDLIFE

SQUAT  
**250.0 KG**

BENCH PRESS  
**132.5 KG**

DEADLIFT  
**270.0 KG**

TOTAL  
**652.5 KG**

Rob Burke  
President

