

THE IRISH POWERLIFTING FEDERATION

OCTOBER OPEN 2018



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

IAN BENSON

BODYWEIGHT: 92.6KG
WEIGHT CLASS: 93
STUDIO ONE

SQUAT
225.0 KG

BENCH PRESS
155.0 KG

DEADLIFT
270.0 KG

TOTAL
650.0 KG

Rob Burke
President

