

THE IRISH POWERLIFTING FEDERATION

OCTOBER OPEN 2018



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

SHAYNE MONE

BODYWEIGHT: 90.2KG

WEIGHT CLASS: 93

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SQUAT
225.0 KG

BENCH PRESS
162.5 KG

DEADLIFT
240.0 KG

TOTAL
627.5 KG

Rob Burke
President

