

THE IRISH POWERLIFTING FEDERATION

OCTOBER OPEN 2018



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

SARAH HAYDEN

BODYWEIGHT: 56KG
WEIGHT CLASS: 57
REVOLUTION FITNESS

SQUAT
105.0 KG

BENCH PRESS
52.5 KG

DEADLIFT
112.5 KG

TOTAL
270.0 KG

Rob Burke
President

