

THE IRISH POWERLIFTING FEDERATION

OCTOBER OPEN 2018



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

LIAM MCMANUS

BODYWEIGHT: 91.4KG

WEIGHT CLASS: 93

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SQUAT
210.0 KG

BENCH PRESS
115.0 KG

DEADLIFT
250.0 KG

TOTAL
575.0 KG

Rob Burke
President

